
A Gaze Ahead

This activity is a modified version of the exercise in the course A Gaze Ahead.

The course A Gaze Ahead, is designed to support women in working towards personal development. Unfortunately, many women don't take the time to invest in themselves, and therefore are standing in their own way of reaching their full potential. This course provides the tools to help determine where the learner would like to focus on their personal development, and create a journey in reaching their goals.

Introduction

The Women in Enterprising Families Initiative (WEFI) content is intended to guide women in finding their own solutions. As you go through this activity, please keep in mind that this is a self-reflection activity, and should be completed as you feel it will provide the most value.

Objectives

The objective of this activity is to:

1. Define your identity within each pillar of the self
2. Evaluate your current satisfaction within each pillar
3. Express the identity you would like to develop in each pillar of the self
4. Develop a new habit
5. Create your action plan

Outcome

We hope that this activity has helped you understand how to achieve greater satisfaction from your roles. Remember that your roles will change over time, so you should regularly go through this reflection process.

1. Identify three characteristics that you feel define you in your family, business and individual self.

Think of the self as three pillars. There's the individual self, the family self, and the business self. Who you are in each of these pillars may all overlap, but your identity in each of them may vary. Your identity is the makeup of the characteristics that make you, YOU!

Individual

- 1. EXAMPLE CHARACTERISTIC
- 2. EXAMPLE CHARACTERISTIC
- 3. EXAMPLE CHARACTERISTIC

2. Fill in the number of stars to determine your level of satisfaction with your current identity.

5 stars indicates the highest level of satisfaction, one star indicates the lowest level of satisfaction.



3. Identify three characteristics that you would LIKE to define you in your family, business and individual self.

- 1. Determine three characteristics that indicate how you would like to identify yourself in each pillar
- 2. Circle one characteristic from each pillar to make it your goal

What I would like to define my Individual self

- 1. EXAMPLE CHARACTERISTIC
- 2. EXAMPLE CHARACTERISTIC
- 2. EXAMPLE CHARACTERISTIC

Role model

EXAMPLE ROLE MODEL

4. Develop a habit in 7 steps.

Did you know you can follow 7 steps to develop a habit?

- 1. Make a decision
- 2. Create an affirmation
- 3. Never allow an exception
- 4. Resolve to persist
- 5. Tell others
- 6. Reward yourself
- 7. Visualize yourself

— Brian Tracy, 7 steps to developing good habits.

This information will help you in Step 5!

5. Determine one activity that you can begin to help you develop this goal, and determine the frequency that you will complete it.

Activity that will help me achieve my Individual Goal

EXAMPLE ACTIVITY

Frequency I will complete my Individual goal

EVERYDAY FOR 2 MONTHS

A Gaze Ahead



Individual

- 1. _____
- 2. _____
- 3. _____



Family

- 1. _____
- 2. _____
- 3. _____



Business

- 1. _____
- 2. _____
- 3. _____

How I would like to define my Individual self

- 1. _____
- 2. _____
- 3. _____

Role model

How I would like to define my Family self

- 1. _____
- 2. _____
- 3. _____

Role model

How I would like to define my Business self

- 1. _____
- 2. _____
- 3. _____

Role model

Activity that will help me achieve my Individual goal

Frequency I will complete my Individual goal activity

Activity that will help me achieve my Family goal

Frequency I will complete my Family goal activity

Activity that will help me achieve my Business goal

Frequency I will complete my Business goal activity
