



Personal transformation board

Purpose: I am taking this opportunity for self reflection to shape my ideal self. I want to contribute to the world in a way that is meaningful, relevant and aligned to my strengths.

Ground Rules:

- 1) I will answer with honesty and speed, making sure I do not overthink
- 2) I care more for my truth than how I come across to others
- 3) This is a mere template to trigger my thinking and does not replace my own power of choice

My top 3 areas of experience (eg. cycling, planting trees, doing makeup)

My top 3 talents (eg. I'm a good speaker, I cook well without trying, I have a knack for fixing cars)

My top 3 topics of interest (eg. sport, politics, fashion)

PAUSE: Before going further, take a moment to reflect on what was just written. Then reflect some more. Make a cup of tea and read over your answers.



My **ABSOLUTELY** favourite way of helping others (I enjoy this so much, I often do it for free!)

HINT: If there is more than one activity, write them all down and try to find the common element across all, eg. I love fixing computer problems. I love sorting car electronics. I guess I enjoy electronic debug actions.

How can I make my help available digitally? (eg. teach my method on Youtube, coach clients using Zoom)

Is there a way I can monetise this? (eg. advertising, subscriptions)

What digital skills do I need to sharpen to make this happen? (eg. learn to do video editing)

