

# THE GOOD AND THE BAD



What are your best qualities?

What are your worst qualities?

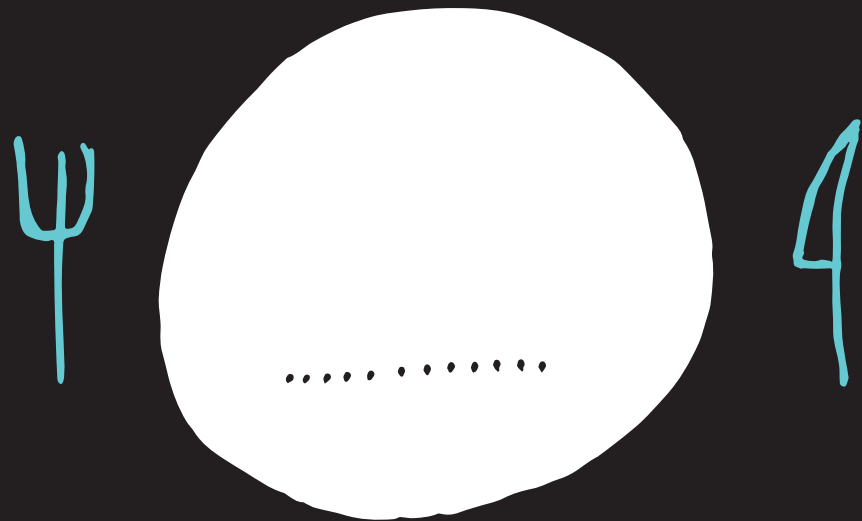
What are you good at?

What are you not good at?



# EXERCISE

What do you usually order in your favourite restaurant?



Now order something else.

# I AM ~~NOT!~~

Circle the words that best describe you. Why do they best describe you? Can you give examples? Also think of the words that you do not circle and ask yourself why you don't think you have that quality.

Accurate

Charismatic

Active

Compassionate

Adventurous

Creative

Ambitious

Competitive

Brave


Easy going

Caring

Funny

**EXERCISE**

How well  
do you  
know your  
body?



Don't eat  
any sugar or  
fried foods or  
drink sodas  
for a week.

**EXERCISE**



# WHAT DO YOU THINK

A low or high self-image is something we all have. We think we know ourselves best, but sometimes others can give you a fresh insight in how you are perceived by them.

Ask the 5 most important people in your life the following questions and compare them with your own answers.

1. What do you think are my best qualities?

2. What do you think are my worst qualities?

3. What do you think I'm good at?

# MAKE A PLAN



A business plan contains all the aspects of a business. When you write one it will most likely give you a good idea of what aspect of a business you like best. A business plan can be written for all sorts of reasons and it can be as elaborate as you want, but for this exercise, just keep it short and simple.

## Chapter 1

### WHAT?

Think of a product or service. (It can be an idea you have. Maybe it can be about the change you want to see in the world. Or perhaps just borrow an existing product or service.)

What is the product or service?

What does it look like? How does it work?

Draw technical sketches if you need them.



# EXERCISE

## make ROADMAPS to success

When you plan a trip you have to know where you are going, at what time the bus leaves, how long the journey will take, etc. The same thing can be done for your life. After all, we are all taking a trip.

This roadmap will be a monthly one, but you can make it for any timeframe you want.

- 1 Write down this month's goals.
- 2 What steps do you need to take to achieve these goals?
- 3 Make a weekly plan in which you put the steps in a timeline. Give every step a deadline.
- 4 Reward yourself for achieving your goal!



MONTH X


	week 1	week 2	week 3	week 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
GOALS				
STEPS				
NOTES				


× × ×


What were the words you circled to describe yourself?

What do your family or friends think are your best qualities?  
And what are you good at, according to them?

What colour do you most consider yourself to be?

  
**Yellow**

  
**Green**

  
**Blue**

  
**Red**

Look back at your mood boards and write down three things from your 'to buy' list and three things from your 'bucket list'.

**to buy**

**to do**

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What part of your business plan did you enjoy most?



# 2

Now narrow it down to 5 jobs you would like best.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

STEP  
1

Talk to people who you think have fun in their jobs (any job) and ask them what makes them happy.

STEP  
2

Remember the 10 jobs you wrote down in chapter 2.2? Interview people who have that job.

STEP  
3

Now go out and find people with the jobs you wrote down.

Ask them:

- What do you like best about your job?
- What do you not like about your job?

This way you are fully prepared.

*'Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.'*

Thomas  
A. Edison

## Tip 6

### **Practice makes perfect**

Or maybe it's better said, 'Perfect practice makes perfect'. You can practice something over and over again, but going about it the wrong way makes the practice not so perfect.

So practice on jobs you don't want and make an honest assessment of everything you did wrong and why you didn't get the job. And then try again until you feel confident enough to try on a job you do want.