

“Finding Yourself”

The Rose Programme
for
Rediscovering your purpose and Sense of Self

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Introduction

Sometimes in life we get stuck – we feel like we have lost ourselves or lost our way; or what we want feels too impossible and so there's no point trying.

These exercises are designed to help stimulate you into thinking what you really want to be and do; and to have the courage and the practical skills to move on with your life.

There are no wrong answers – this is about what is inside you. No one else needs to see this – the important thing is to be honest and challenging with yourself.

You can draw or write responses. Drawing often brings out more subconscious thoughts and is more enjoyable the more effort you put into the colours and detail.

You can do the exercises in any order that appeals to you. Some exercises are better following on from another – but you will be told that at the beginning.

Be as creative as you can ☺

Exercise One: Your optimum personality – the best that you can be…Explore who you want to be:

What is your optimum personality? How would you love people to describe you? Draw or write

Exercise Two: Which relationships help you and which hold you back or weigh you down.

Write a list of all your major relationships, good and bad – all the people who affect your life on a regular basis. Next to this draw or write how they make you feel. Use accurate words, or rate them out of 100 if neutral no affect on your life = 50. Less than 50 means they pull you down or affect you negatively and above means they affect you positively.

Exercise Three: Your achievements

Draw or write anything you feel you have achieved – no matter how big or small.

Alongside – what made it an achievement? Was any one of particular importance to you? Why?

Exercise Four: Favourite moments

Draw a fun image and write in each (or write) one of your favourite life moments – it can be a funny memory or an achievement; Don't worry if you repeat what you have already written/drawn somewhere else.

What made it special to you?

Exercise Five: Balances

What do you think is the ideal balance in a person's life between these areas?
Physical activity
    Physical relaxation
Mental activity
    Mental relaxation
Emotional activity
    Emotional relaxation
Social activity
    Social relaxation
Spiritual activity
    Spiritual relaxation

Is there anything which falls outside of these areas? Write that in.

Draw a pie chart to express the ideal amount spent in these different areas you think are needed to get a perfect life balance.

What do you have in your life which fulfils each of these areas -
Draw a pie-chart to show the ratio of time spent on each area.

Where would you like more emphasis in your life? Are you happy with the balance?

Exercise Six: Journey's End

Imagine you are looking out over a vista of many hills. On each horizon you see a potential future for yourself. What are the different options? Draw or write them – don't judge them or think about them too much – just write immediately what occurs to you – all the possibilities. Don't keep it only to your ideal future – write anything that you think you are skilled to do – (with or without further training).

Now look at each one – which one excites you? Which depresses you?

Now analyse them – what path would get you from here to there?

Exercise Seven: Weights and Scales

What holds you down and de-energises you?
Draw yourself with weights handing off your arms and with pressures on top of your shoulders – they can be specific – like people, activities, worries.

Write in the drawings – or label specific things, issues and people who drain your energy.

Exercise Eight: goal setting

Thinking about the future possibilities raised in Exercise Six – Journey's End; for each of the viable goals write a short term goal, medium term goal and long term goal:

By the end of this next four months I will have……

By the end of two years I will have…….

By the end of twenty years I will have…….

*Visualise yourself achieving those goals – spend some time seeing the picture of you achieving that goal.

*What do you have to achieve practically to meet the first goal? Who do you have to call? What change do you need to make? What activity do you need to do?
Write a list of action points. Put a date next to them by which you mean to have achieved this.

Exercise Nine: Plan B – fall-back position

Sometimes when we cannot achieve our first plan we lose all of our energy for change. So, plan for contingencies. Prepare psychologically and realistically so you can move straight on to another plan without losing your confidence and energy.

Write/draw your main goal:

Write the steps towards your goal – this can be as a ladder using the action plan from Exercise 8.

What could go wrong?

What can your plan B be?

Do this for each step.

Exercise ten: Life scale

Draw a line from 0 – 10. Ten is the best possible life you can imagine. Zero is the worst nightmare.

0_____10

What would number 10 be for you> Write it in. What would number zero be?

Where is the lowest (mark on the scale) you have ever been in your life?
Where was the best (mark it)? What made it that way?
Where are you now?
What would moving up to the next number entail? Is it achievable?
What helped you rise from the lowest? What did you learn?

Exercise Eleven: Life Map
Draw a path through your life from as early as you can remember. Use symbols you like to represent good times and bad experiences – highs and lows, tough times and achievements. What have you learned? Do you believe everyone's lives have many ups and downs?

Exercise Twelve: Love yourself as you love your friend!
Write yourself a letter giving you advice as you would give it to someone else. We often are too close to our own situation but can see things clearer on behalf of others.

Exercise Thirteen: Epitaphs
Draw two tombstones. On one write the epitaph of how you are now. How would someone sum up your life right now. On the other write how you would like it to be if you become the person you want to be.

Exercise Fourteen: Icons

Draw a picture of you achieving your main goal. How is this different to the exercise one? Think in terms of your personality not just a job or achievement. Who are you being this person?