

Session 1: Introduction

Why am I here?



What would I like to happen by the end of this workshop?

Who am I?

Where am I going?

How will I get there?

Name Card



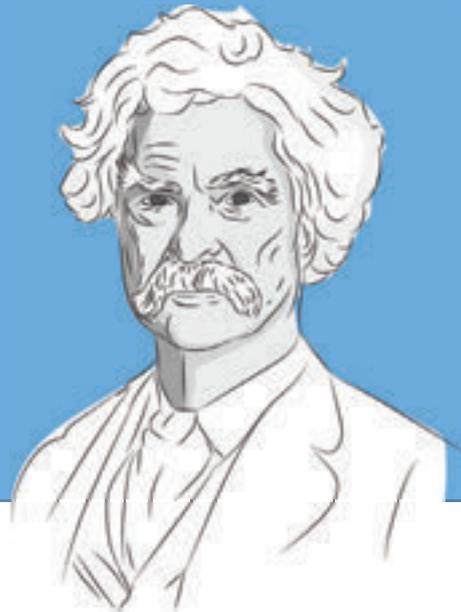
Looking at the name card I have drawn, what do the symbols and pictures reveal about who I am? What do I like about my name? Jot down or sketch any thoughts here:



The Meaning of My Life

“The two most important days in your life are the day you are born and the day you find out why.”

Mark Twain



“
Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Alfred Adler taught, but a quest for meaning. The greatest task for any person is to find meaning in his or her own life.



Viktor Frankl”

“
Many people die with their music still inside them. Too often it is because they are getting ready to live. Before they know it, time runs out.



Oliver Wendell Holmes Sr.”

“
Yes, a key can lie forever in the place where the locksmith left it, and never be used to open the lock the master forged for it.



Ludwig Wittgenstein”



Do I believe my life has a purpose? What gives my life meaning and significance? What motivates me to carry on living?
Jot down or sketch any thoughts here:



Self-Awareness and the Creation of Meaning

“The unexamined life is not worth living.” Socrates

None of us are born knowing the meaning of our lives. As Viktor Frankl reminds us, we must search for it. Meaning is created when we pause and reflect on life’s experiences. This workshop is designed to help you discover the meaning of your life.

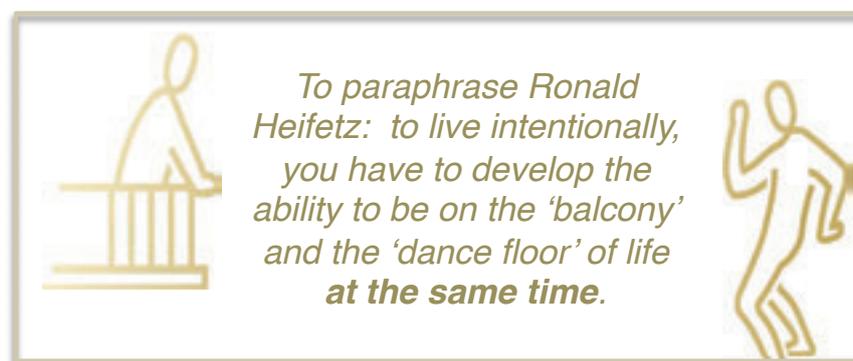


Life on Autopilot – the Unexamined Life



Although the quest for meaning is vitally important it is not actually necessary for existence. Most of life happens automatically – we are biologically programmed to pursue rewards and to run away from danger. Meaning is available to all who seek it, but it does require pressing the ‘pause’ button in order to break the tyranny of constantly living life on autopilot.

Becoming Self-Aware - The Balcony and the Dance Floor



Once we learn how, most of us find it easy to step out on the ‘balcony’ and observe ourselves in the dance. Taking a ‘balcony moment’ is the first step to becoming self-aware. Without this awareness you will be unable to discover the meaning of your life.



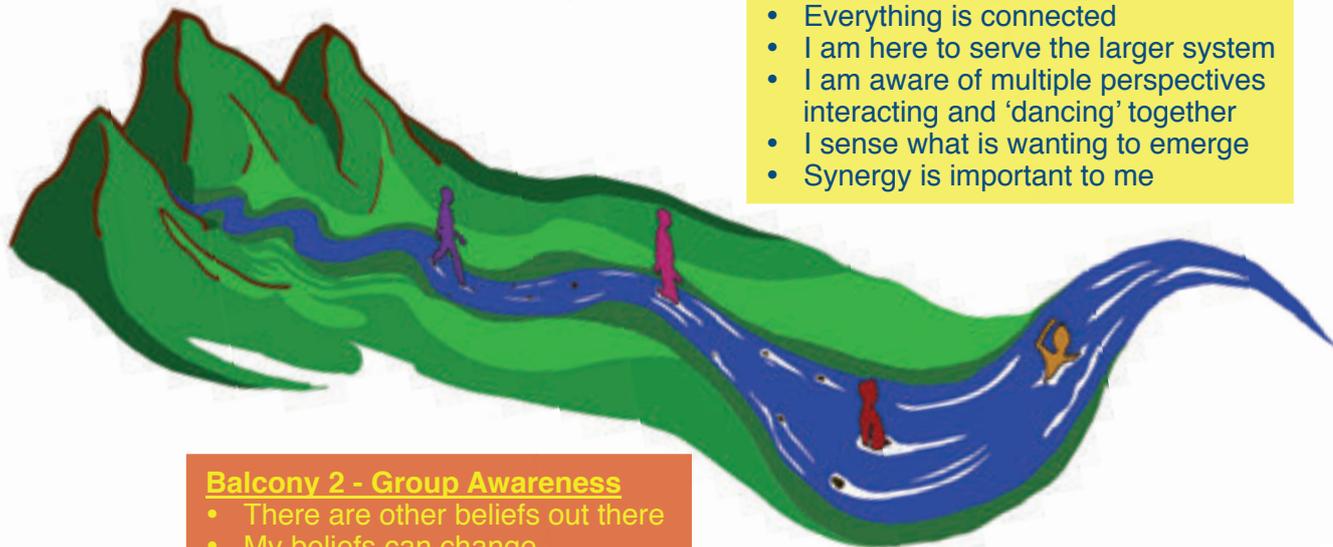
Levels of Awareness - The River of Life

Balcony 1 - Self Awareness

- My beliefs are true
- My value comes from others
- I assert my viewpoint
- I see the world through my eyes
- Adding value is important to me

Balcony 3 - System Awareness

- Everything is connected
- I am here to serve the larger system
- I am aware of multiple perspectives interacting and 'dancing' together
- I sense what is wanting to emerge
- Synergy is important to me



Balcony 2 - Group Awareness

- There are other beliefs out there
- My beliefs can change
- My value comes from within
- I value the perspective of others
- Harmony is important to me

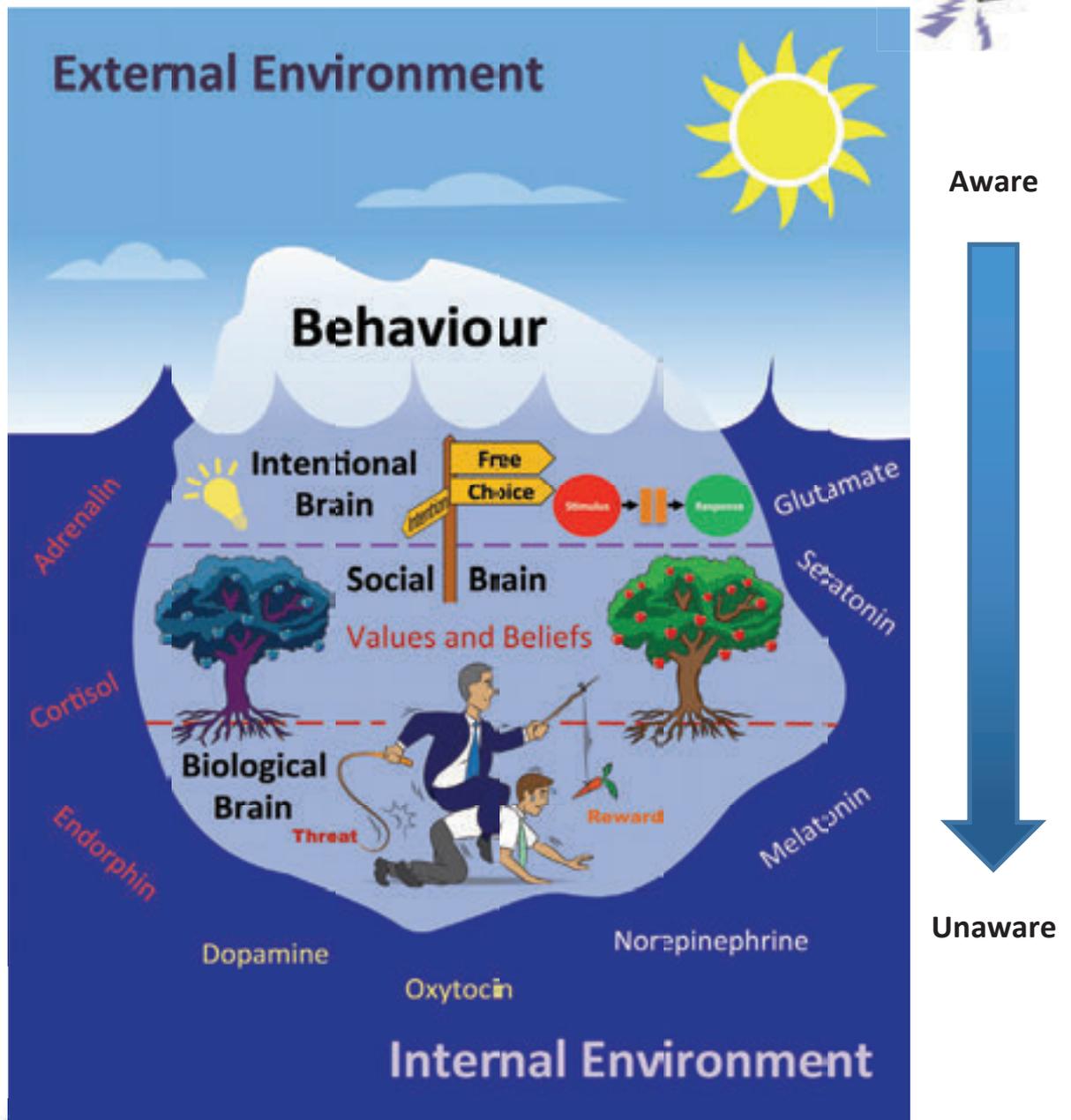


Where am I in the River of Life? Jot down any reflections here:

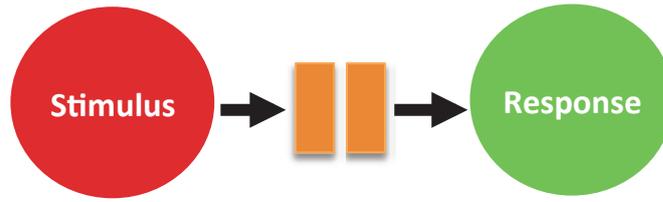


Authentic Lives Self-Awareness Framework – Iceberg

Our behaviour can be likened to an iceberg – only the tip is visible. What drives our behaviour is hidden below the surface, a combination of our biology (nature) and our sociology (nurture) and, to a limited extent, our ability to choose our response.



The Wisdom of Victor Frankl – How the Intentional Brain Works



“ Between **stimulus** and **response** there is a **space**. In that space is our power to **choose** our response. In our response lies our growth and our freedom. Victor Frankl ”

Authentic Lives Self-Awareness Framework – IQ, PQ, EQ, MQ

Intelligence Quotient

Prioritization
Analysis
Logic
Asks “What?”
Outcome Focus

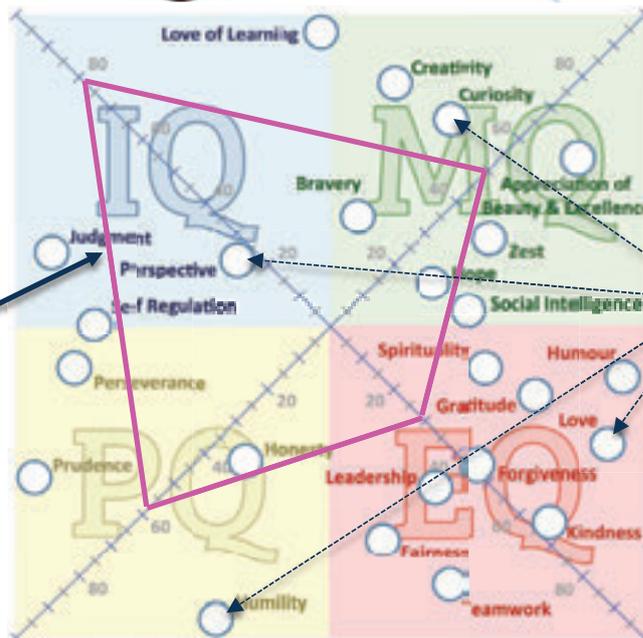


Meaning Quotient

Imagination
Patterns
Vision
Asks “Why?”
Impact Focus

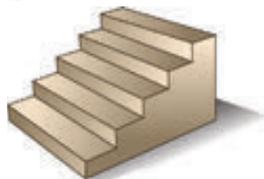


Biological Brain
(Natural Preferences)



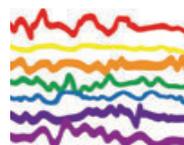
Social Brain
(VIA Character Strengths)

Output Focus
Asks “How?”
Rules
Action
Routine



Practical Quotient

Input Focus
Asks “Who?”
Harmony
Emotions
Relationships



Emotional Quotient



Authentic Lives Self-Awareness Framework - Bricks of Meaning

Our thoughts, beliefs, emotions, memories and habits shape our behaviour. Some are known to us, others are not. They are also the building blocks for constructing our sense of identity, meaning and purpose. We call these “Bricks of Meaning”.

What Attracts Me? (One Way Mirror, 100 Dreams, Future Self)

What attracts me? - Record here your key insights from the One Way Mirror, 100 Dreams and Future Self exercises



What Drives Me? - Record here your key insights from the Name Card, Lifeline, Gremlins and Personal Construct exercises

What Drives Me? (Lifeline, Name Card, Gremlins, Personal Constructs)

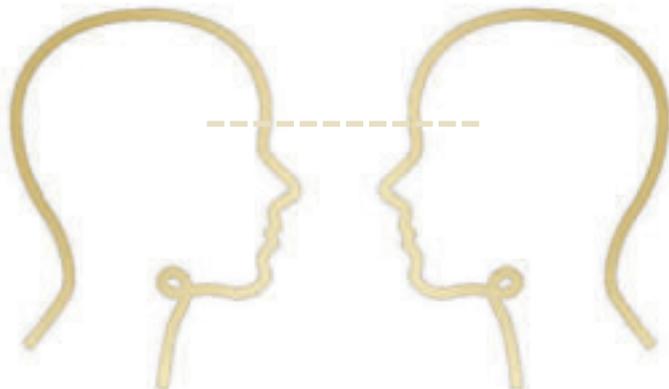


Try out the Value Sorter now by summarising insights from the Name Card exercise.

Love Bazaar

Sometimes we get our bricks of meaning from other people. That's what this exercise is for – for you to share words of encouragement that the other workshop participants might take as bricks of meaning for themselves. If what is said to you resonates, then receive it as a gift. If not, feel free to forget it.

What makes you great in my eyes is...



Add any insights from the Love Bazaar to the Value Sorter, too.





Take some time to self-reflect at the end of this session.
Ask yourself: What have I learned? What do these insights mean?



Constructing My Identity – Identity and Destiny

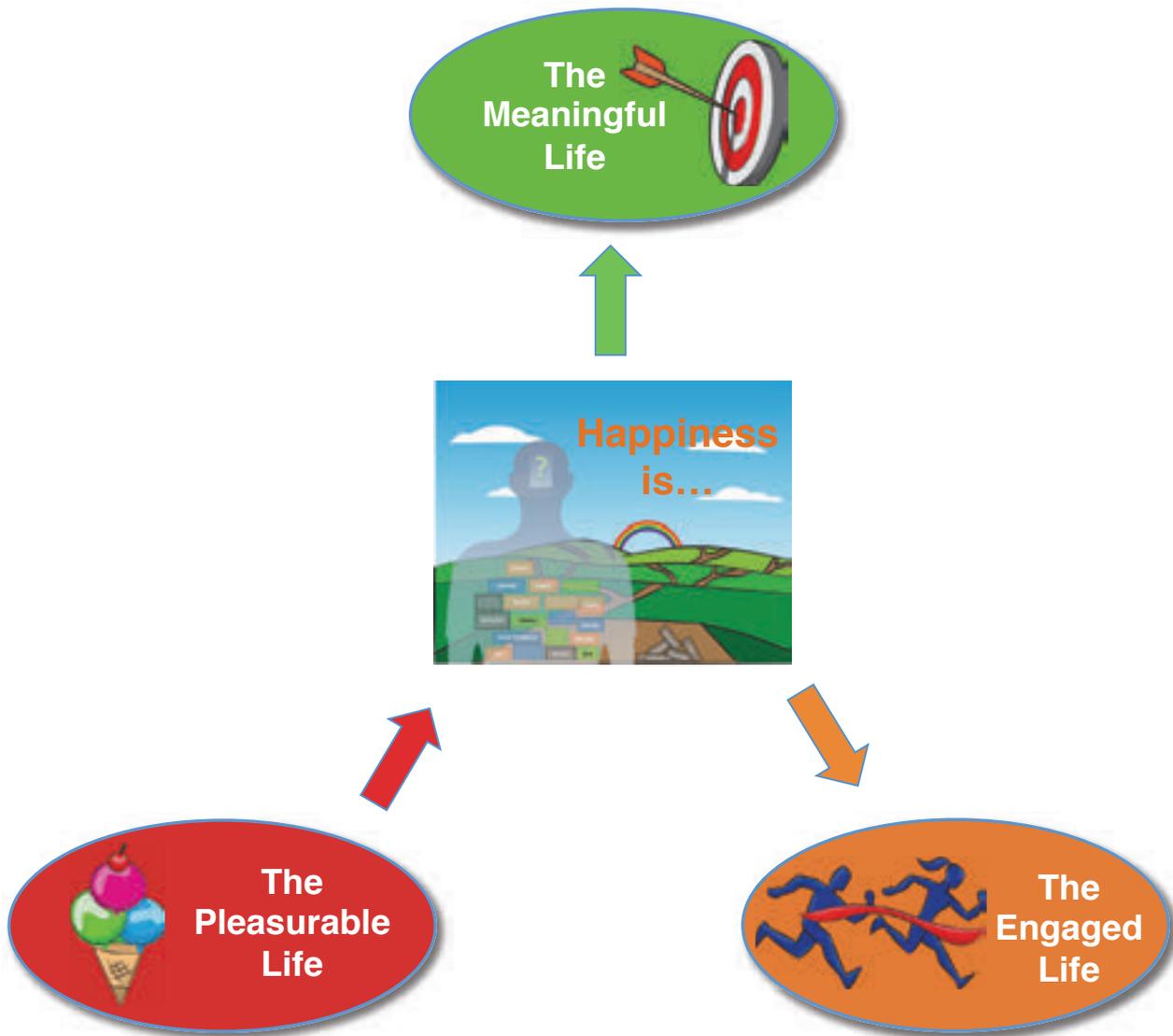


Summary

- *My identity and sense of life purpose is something I have to discover for myself. It does not happen automatically.*
- *Becoming self-aware is the necessary first step in the quest for meaning.*
- *The Balcony and the Dance Floor and The River are simple tools to help me access different levels of consciousness and awareness.*
- *Through insight and self-reflection, I construct my identity and the meaning of my life. Two useful questions are:*
 - *What does this mean?*
 - *What must I do?*
- *Each exercise in this workshop will uncover new 'bricks' of meaning' about me. These 'bricks' are made up of the different aspects of my biology (natural preferences), sociology (values, memories and beliefs), and the freedom of choice I have to shape my behaviour and sociology.*
- *I record these 'bricks of meaning' in the workbook and on the Values Sorter.*
- *I can then use these 'bricks' to reconstruct my identity, integrating some and rejecting others.*
- *Understanding who I am (my identity) will help clarify where I am going in life (my destiny).*



Constructing My Identity – What Makes Me Happy?



The Pleasurable Life

What activities do I find enjoyable and pleasurable?





The Engaged Life

When do I really feel alive (engaged, focused, 'in the zone')?



The Meaningful Life

What gives my life purpose, meaning & significance?



When have I felt like a 'round peg in a square hole' (disengaged)?

