

Writing the Vision & Walking in Your Purpose: Equipping Your Mind & Soul for 2016 and BEYOND!

with Chanelle A. Watson & Princess R. Williams

Week 8 -Looking Beyond Preparation Exercises

In preparation for this week's class, below are 5 activities we would like you to complete before Thursday night. Please come ready to discuss your results ☺.

1) Email your Support System, Closest friend(s) and/or family member(s) and ask them these three questions:

- i. If you had to write my biography, in a few sentences sum up what you remember about me most?
- ii. What is your favorite memory of me and/or with me?
- iii. What life do you think I need to know about life?

2) On post-its or paper, start anonymously leaving compliments, words of encouragement, or affirmations around for your family, friends, or co-workers to read. Record any reaction, responses, etc. you may observe.

3) Invite a co-worker you don't know much about to lunch and learn more about them.

4) Spend the whole day answering the question, "How are you today?" or "How are you doing?" with the response, "Outstanding, how are you?" Observe the feedback you receive.

5) Write one letter to you younger self and one letter to your future self. Tell yourself any goals, words of encouragement, things to look past, overcome, etc. that you think would have been helpful or will be helpful.