

Professional Development Exercises for Your Self View

Self-Direction

Exercise #1 - Write Your History Timeline

What are the key milestones or events that have made you who you are today? (Think of one or more milestones, relationships, achievements, or setbacks for each decade of your life. Remember the past, imagine your ideal future.)

Date of Birth _____

Location, family, other circumstances:

First 10 years of life:

10 – 20 years old:

20 – 30 years old:

30 – 40 years old:

40 – 50 years old:

50 – 60 years old:

60 – 70 years old:

70 – 80 years old:

80 – 90 years old:

90 – 100 years old:

Exercise #2 - Surprise Birthday Party

How would you like others to speak about your character at your surprise birthday party when you turn 90-years old?

1. A business associate

2. A son or daughter

3. A lifelong friend

4. A grandson or granddaughter

5. A spouse

6. A friend from a service or religious organization

Exercise #3 - Who Will I Become?

After reading Growing Influence, define your character and expertise using the guidelines described in the book.

Values of Self Governance:

Values of Interpersonal Relationships:

What kind of expert influence do I want to grow?

Who are 5 – 7 thought leaders in this field of expertise I can learn from?

How will I use this expertise to serve others?

Other exercises for growing Self Direction: