

Adversity as Teacher

**PURPOSE
PERSPECTIVE
&
POSSIBILITIES**

SUSAN DE SILVA

POSSIBILITIES

*Energy
Resonance
Fulfillment*



FEAR

*Fight
Flight
Freeze*

MY HUMAN DIMENSIONS

FINANCIAL
(Means to Sustain)

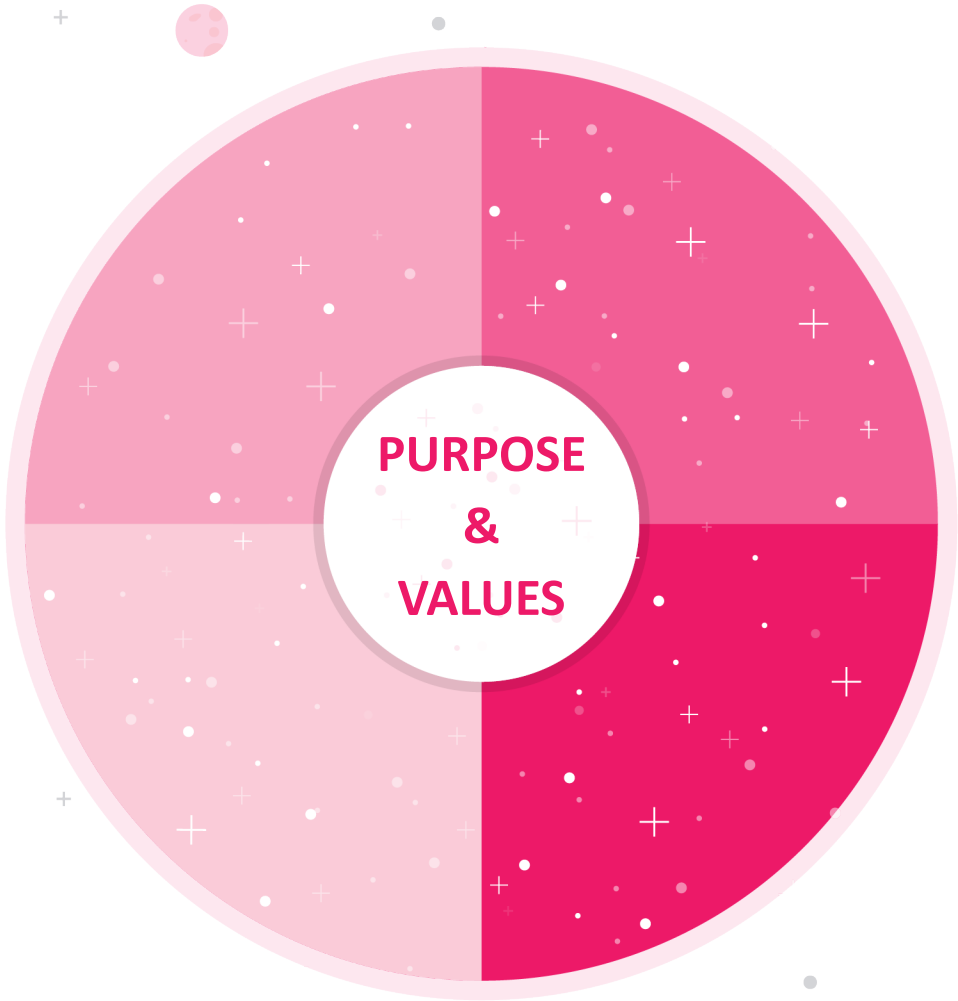
INTELLECTUAL
(Mastery/Learn & Grow)

PHYSICAL
(Sustain)

EMOTIONAL
(Secure –
belong/accepted/valued)

**PURPOSE
&
VALUES**

MY HUMAN DIMENSIONS



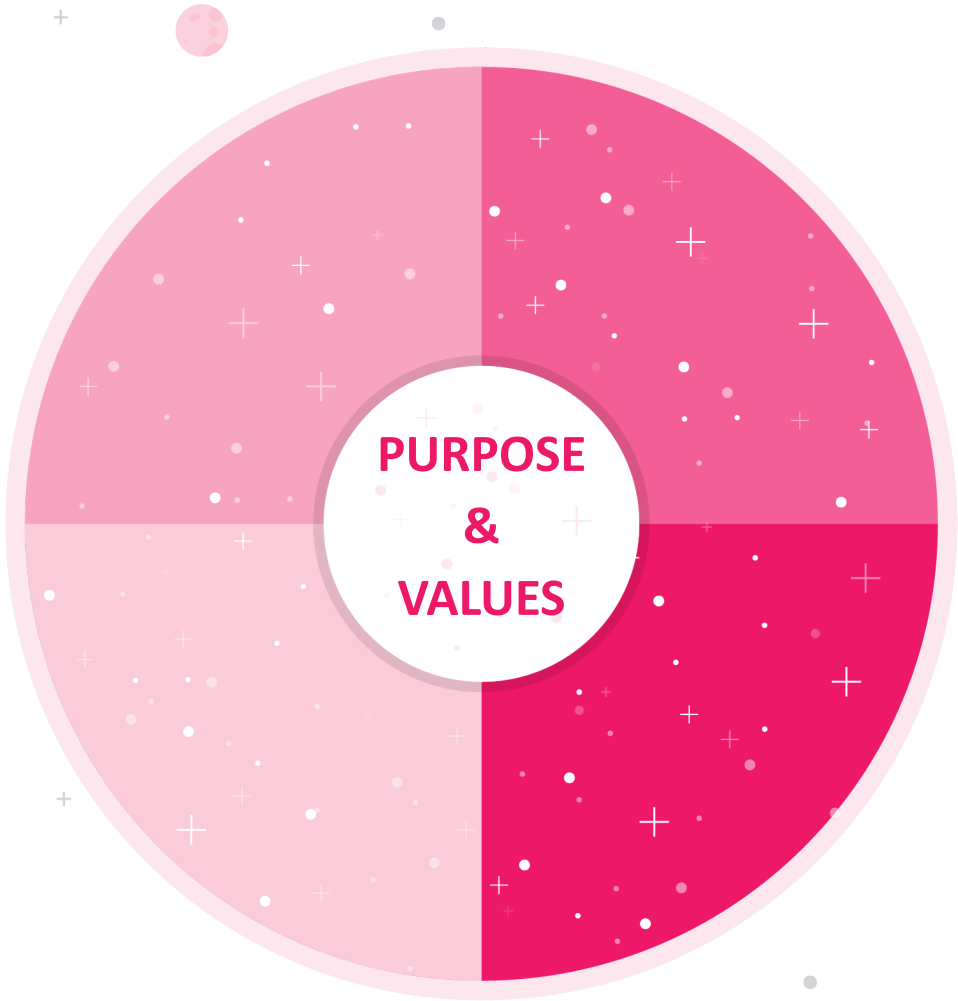
Unpacking VALUES

Values describe the personal qualities that matter most to us, that we choose to embody, to guide -

- *our actions;*
- *the sort of person we want to be;*
- *the manner in which we treat ourselves, and others; and*
- *our interaction with the world around us.*

adapted from ethicssage.com

MY HUMAN DIMENSIONS



VALUES

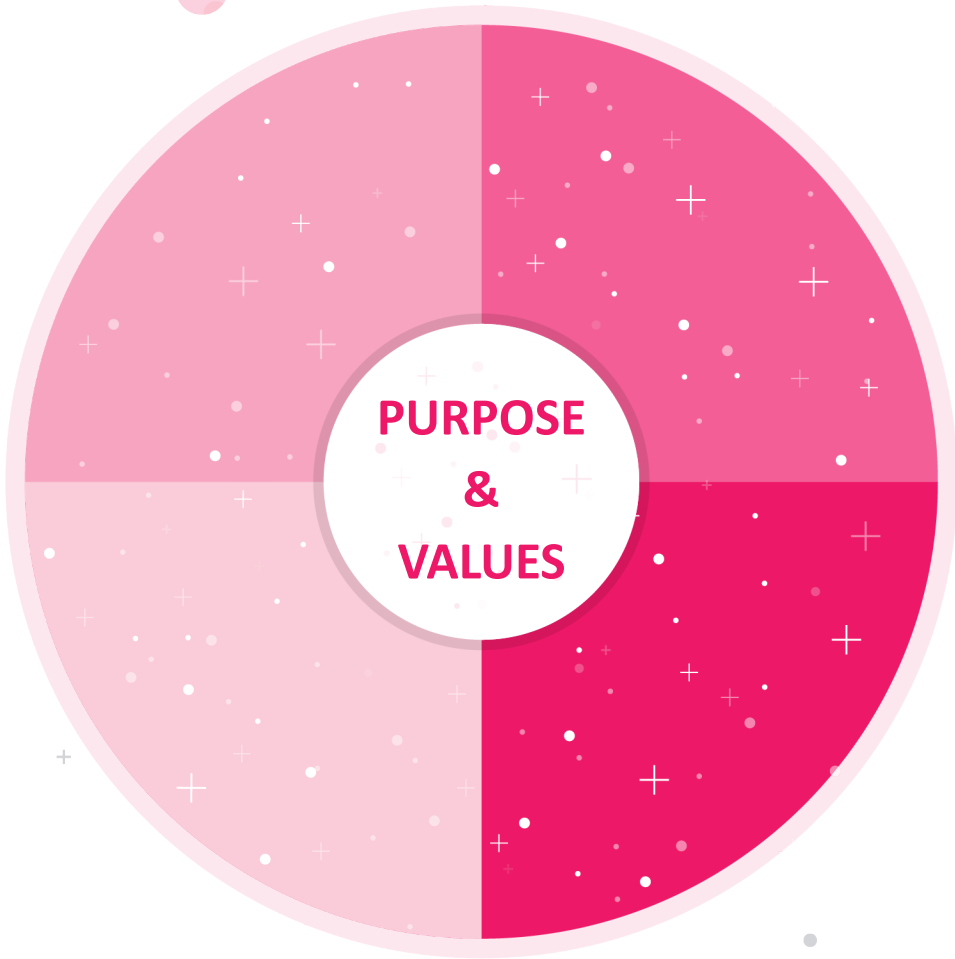
... such as -

- *Love/Compassion/Empathy/Non-judgement.*
- *Honesty/Integrity/Authenticity/Truth.*
- *Family/Relationships.*
- *Respect/Human Dignity/Human Worth.*

➤ **MY VALUES:**

- **Write at least 15 values.**
- **Pick top 10.**
- **Rank them 1 -> 10.**

OUR HUMAN DIMENSIONS



PURPOSE is...

- Contribution to something bigger than ourselves.
- Ikigai – our reason for being.
- Our WHY, cause, belief.

“He who has a WHY to live for can bear with almost any HOW.”

Nietzsche

Simon Sinek's **GOLDEN CIRCLE**

WHAT

HOW

WHY

<https://startwithwhy.com/commit/the-golden-circle>





CORE PURPOSE STATEMENTS



To bring inspiration and innovation to every athlete (If you have a body, you are an athlete).



We're in business to save our home planet (At Patagonia, the protection and preservation of our environment isn't what we do after hours. It's the reason we're in business.)



Do the kind thing for your body, taste buds, and your world. TM

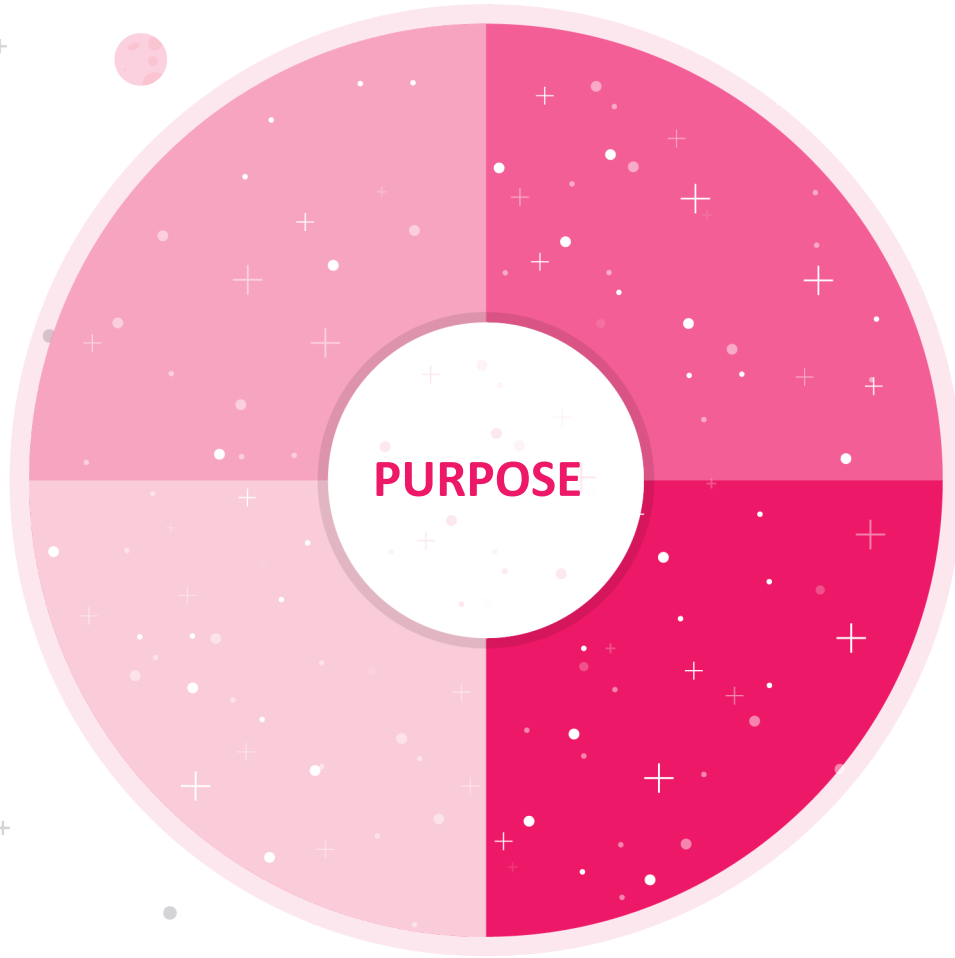


To refresh the world in mind, body, and spirit. To inspire moments of optimism and happiness through our brands and actions.



To inspire and nurture the human spirit, one cup and one neighbourhood at a time.

OUR HUMAN DIMENSIONS



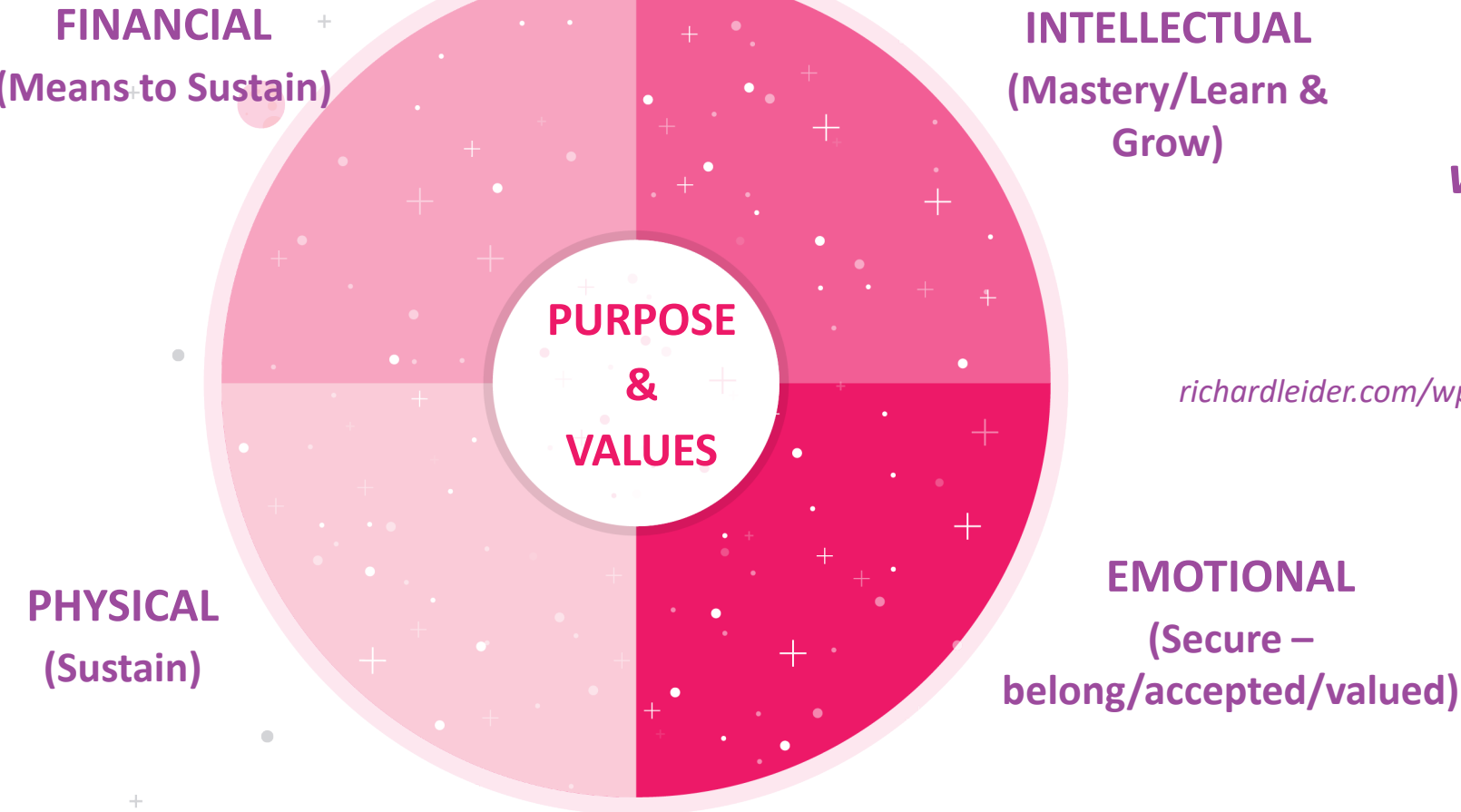
MY PURPOSE STATEMENT

*I am _____[Metaphor]
who/that/which _____[my Contribution]
so that _____[my Impact].*

simonsinek.com/commit/why-discovery-course-intro

richardleider.com/wp-content/uploads/2020/04/CallingCards_Handout.pdf

MY HUMAN DIMENSIONS



MY PURPOSE STATEMENT

*I am _____ [Metaphor]
who _____ [Contribution]
so that _____ [Impact].*

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MY VALUES

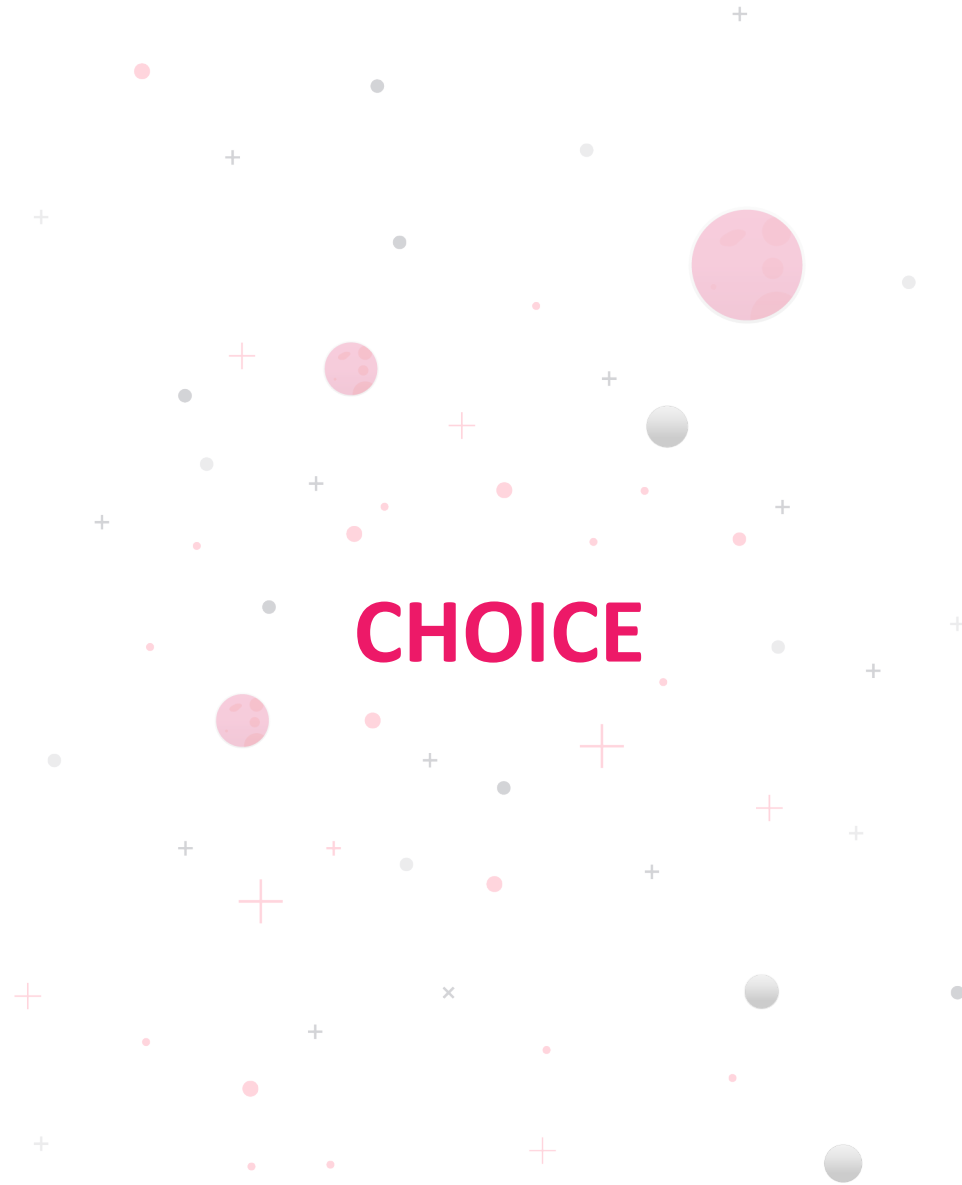
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

- **Unpack my PURPOSE & VALUES.**
- **Rate my satisfaction in each aspect (1 -> 10).**
- **Where am I ready to make some changes, aligned to Purpose?**
- **What will I be/do more of. By when?**
- **What do I need to let go of?**

STIMULUS

CHOICE

RESPONSE



Thank you



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