

A person's hands are pulling up a teal t-shirt, revealing a glowing lightbulb inside. The lightbulb is illuminated, casting a warm glow. The background is a solid teal color.

ILLUMINATE

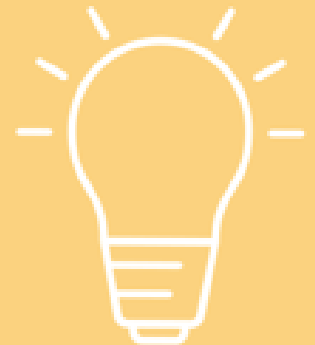
YOUR PURPOSE

Final Report

CONGRATULATIONS!

Well done, <NAME>. You just completed the Ama La Vida Illuminate Your Purpose program! Though it may have been challenging or uncomfortable at times, you really dug deep and brought your thoughts to the surface. You may not know it yet, but you are already on your way to living a more purposeful and fulfilling life.

This report captures what you uncovered about yourself and the goals you set to better live your Purpose, both professionally and personally. Keep it near. Keep it handy. Open it to remind yourself who you are and what you want for YOU.





Your Personal Passions

- 1 Exercise
- 2 Time with Family & Friends
- 3 Adventure

When you are doing something that you are passionate about, time flies and you feel full and alive.

Your Work Passions

- 1 Strategy
- 2 Leading
- 3 Problem Solving

Passion is the emotion you feel when you are engaged in ideas, activities or causes that motivate, energize and excite you.



A background collage of various people in dynamic, athletic poses, such as jumping, running, and stretching, scattered across the entire page. The poses are in different colors and orientations, creating a sense of movement and energy.

YOUR GIFTS

1

Persistence and
Resilience

2

Trustworthy and
Reliable

3

Sports and Athletics

4

Coaching and
Mentoring

5

Moral and Ethical

Your gifts are your unique characteristics. They are the qualities that make you stand out from everyone else in your own individual way and allow you to make a powerful difference in the world and the lives of others.

YOUR PERSONAL VALUES

Your values work as a compass, helping guide you in your decisions and direction.



Authenticity



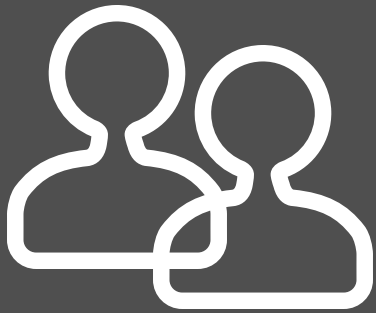
Resilience



Family

YOUR WORK VALUES

Values are your non-negotiables. They are the principles, ideas and behaviors that are most important to you and your way of life.

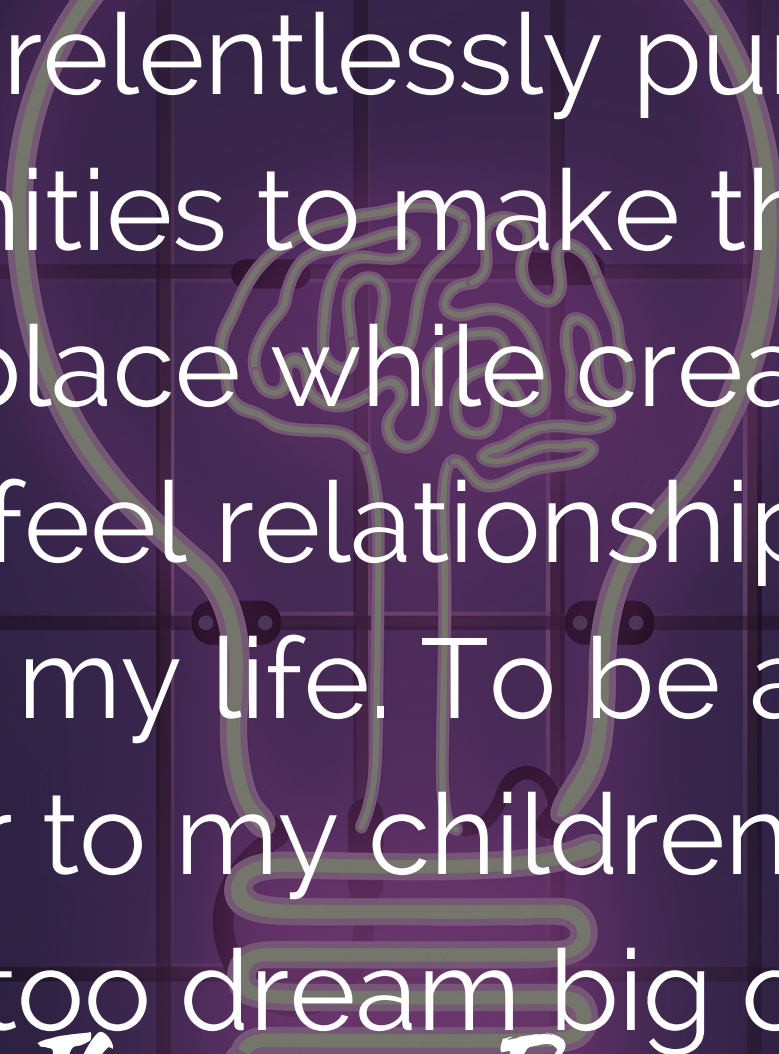


Relationships

Transparency



Autonomy



To relentlessly pursue opportunities to make the world a better place while creating and inspiring feel relationships in every sphere of my life. To be an inspiring mother to my children so they might too dream big one day.

This is your Purpose

AT WORK

I will stop letting my frustration when roadblocks come up suddenly from creating situations that I will regret because they left a bad impression. I need to cultivate a positive reputation in order to gain access to larger responsibility and decision making capacity - thus, I need to show that I am ready for this capacity through mature and measured ability to handle smooth and rocky times.

AT WORK

I will start engaging beyond "hello" with one new person every couple of weeks. Stop and grab coffee or take two minutes to get to know them better. If I am able to feel like work is more personal, more familial, I will begin to see the importance of my role and value what I'm doing more. It may also help me to start a little of the mentoring etc that I'd like. Maybe little by little.

AT WORK

I will continue to ask questions, speak up, make suggestions and ask for the chance to come up with a solution on my own before we conclude something.

To better embrace my passions I will...

STOP

START

CONTINUE

I will stop talking myself out of doing things. I have a habit of letting personal things go until the "next day" so that I can get something else done for other people or for professional parts of my life. Let the personal take a stand and be the focus.

AT HOME

Keeping myself accountable to learn the cello and to working out. I need to find value beyond my family and in myself for the next few years while Jimmy is working a lot. I will also try to foster one new friendship over the next few months. In the next few months I'd like to try to get involved on the board of a non-profit organization that involved education or providing resources to underserved communities.

AT HOME

I will continue to take walks around the city as much as possible.

AT HOME



AT WORK

I will stop saying yes to everything that comes my way. I will be particular about the commitments I make based on how much work I have.

AT WORK

To ask for a challenge at work that can maybe be a side project or a small task one day that maybe is a bit outside my expertise and then struggle with it and try to learn from it so that I can showcase on my persistence and reliability.



AT WORK

I will continue to show up ready to go and stay until the job is done.

To better utilize my gifts I will...

STOP



START

CONTINUE

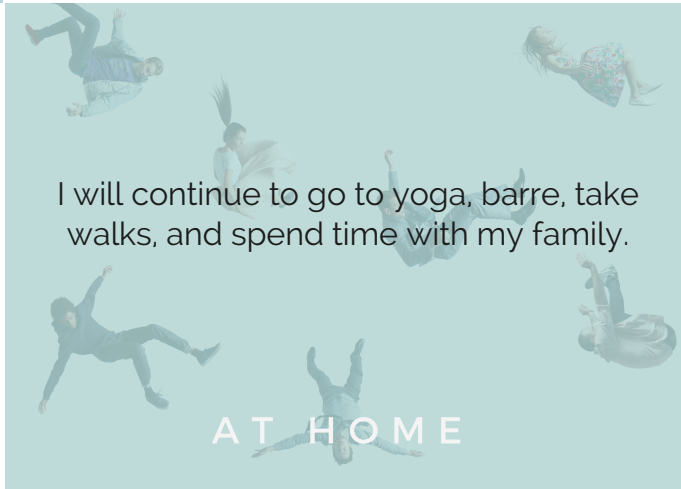


Criticizing Jimmy for the job that he choose and the lifestyle it dictates.

AT HOME

I will start better supporting Jimmy as he prepares to start work and send him a note each day that shows i'm there for him.

AT HOME



I will continue to go to yoga, barre, take walks, and spend time with my family.

AT HOME



AT WORK

I will stop beginning relationships at work with mistrust or skepticism.
I can do this by getting to know them beyond just the work more.

AT WORK

I will talk with my managers about my non negotiable values and tell them what helps me feel valued and work positively.



AT WORK

I will continue to speak up with what I think and what is right. I will vocalize how things make me feel and being an assertive female in the office.


To live more aligned with my values I will...

STOP



START

CONTINUE




I will stop telling myself I can't or I'm not good, when really I can and I am great.

AT HOME

I will start to share more of my worries or concerns with my family and fiancé. I have a habit of sometimes letting it boil internally while I try to sort through it, but I'd like to start sharing so I can be more authentic and get help.

AT HOME



I will continue to talk to my family and friends often on the phone and visit them as much as I can.

AT HOME

GOALS TO LIVE MY PURPOSE PROFESSIONALLY

One Week Goal

To work with my manager to finalize my new employment contract.

Six Month Goal

To be offered a continue on job with the new company after the acquisition closes.

Accountability Plan

Create a task on my list once a week that reminds me of my commitments. Ask for feedback on my work and work relationships to learn how I might be tracking against my goals.



GOALS TO LIVE MY PURPOSE PERSONALLY



One Week Goal

To cook dinner for Jimmy and myself and to spend time each day just chatting about anything together on the couch or taking a walk.

Six Month Goal

To stay calm through this long period of transition. My goal is to communicate more about my worries so the I don't become frustrated and angry and want to lash out. Transition is hard and I need to remember I'm sharing it with someone very special.

Accountability Plan

I will reward myself once a month based on how well I am committing and accomplishing my goals. Write them down on a place that Jimmy can see them and ask every month how he thinks I am doing.

“Life is so short. To just 'do things' is insane. Live with a purpose. Live for a reason.”

-John Piper



Ama la Vida