

# Discovering Your Sources of Power

Answer the following questions on a separate sheet of paper. Save the handout and your answers and respond to the questions again at the end of the course. Then compare your two sets of responses.

- Identify the specific skills you have that fall into the following categories:
  - machine or manual skills
  - planning and organizing skills
  - mathematical and financial skills
  - performing skills
  - communication and language skills
  - educational skills
  - research and analytical skills
  - athletic skills
  - outdoor skills
  - skills of influencing or persuading
  - leadership skills
  - human relations (social and helping) skills
  - creative and artistic skills
- List people in your life who are positive role models for you. For each person, indicate her or his key qualities.
- List people you know, directly or indirectly, who have significant power. For each person, indicate what kind(s) of power he or she has.
- List people in your life you can turn to when you are feeling challenged or need support.
- On a scale of 1 through 7 (7 is highest), rank your sense of
  - personal self-esteem
  - hope (that your goals in life can be achieved)
 Give reasons for your answers.

## Wholistic Health Checkup

Before you start this course, take a moment and check your "wellness" in these areas of your life. Draw a face in the left column to indicate how you are "feelin' " right now. Then, at the end of the course, check yourself again (using the right column) to see where you have improved.

FOR EXAMPLE:



I'm feelin' fine ...



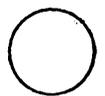
Could be better ...



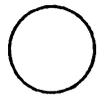
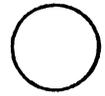
Wish you hadn't asked

BEFORE

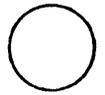
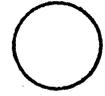
AFTER



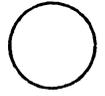
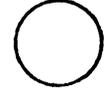
**MY SPIRITUAL LIFE:** I am committed to as much of God as I know at the moment.



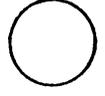
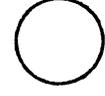
**MY PHYSICAL LIFE:** I am keeping myself as fit as I know how at the moment.



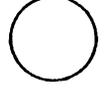
**MY EMOTIONAL LIFE:** I am coping as well as I know how with stress, anger, and fear.



**MY RELATIONAL LIFE:** I am dealing with sour relationships at home, school, work ... Immediately.



**MY VOCATIONAL LIFE:** I am happy with my work. I feel fulfilled in my life calling.



**MY ENVIRONMENTAL LIFE:** I am filling my life with things, leisure, and friends that are healthy ... and promote "good health."

