

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."

