

## This is your life: take a helicopter view

You'll probably receive some excellent advice during this transition period. In fact, seek information and advice from multiple sources. And when it comes to what's really important be sure to listen deeply to yourself. Success in life means different things to each of us. Don't lose track of what's important to you. You can clarify your sense of purpose by tuning into your values, setting new goals and by taking stock of your unique talents, interests, strengths and skills.



“Success in life means different things to each of us. Don't lose track of what's important to you”

*Self-actualising individuals have superior awareness of their own impulses, desires, opinions, and subjective reactions in general*

*Abraham Maslow*

### 1. Values

You might like to reflect on personal values that act like a compass, providing direction for life decisions at times of change. What's important to you? What are you really passionate about?

Use these helpful guides to [define your values](#) and make your own [values map](#)!

#### Reflection: Values

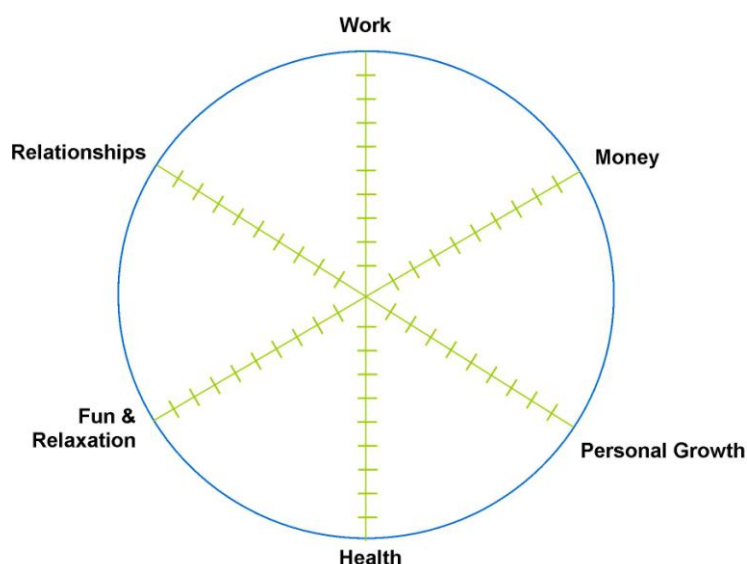
Review a values list and note down your top five values.

Write a letter from your future self about how you'd like to be remembered.

# This is your life

## 2. Goals

You can set clear and specific goals based on what you value. For instance, what would you like to achieve in the areas of work, money, personal growth, health, fun & relaxation and relationships? Take a glimpse into the future. Where do you see yourself in each area of your life in five years time?



Goal setting wheel

You might like to write down some SMART goals for key areas of your life in the coming week, month and year. SMART goals are specific, measurable, achievable and attractive, realistic and time framed. What are the benefits of your goal? What strategies will you adopt? What resources do you need? What will be your initial step? What might help and hinder you? Review your progress regularly.

**Visualise** yourself achieving your goals and enlist a cheer squad. Taking charge of what's in your control helps to maintain motivation and momentum during transition. Sometimes it's possible create your own luck.

You can find examples of goal setting plus more information [here](#)

### Reflection: Goals

Write out goals for the coming week, month and year together with a realistic plan of attack.

**S** specific

**M** measurable

**A** achievable  
attractive

**R** realistic

**T** time framed

*It is not enough to take steps  
which may someday lead to a  
goal; each step must be itself a  
goal and a step likewise*

*Johann Wolfgang von Goethe*

# This is your life

## 3. Self Awareness

This is a good time to take stock of your knowledge about yourself. Consider all of your unique personal attributes, interests, strengths and skills. For example, what are some of your best qualities? What are some of your proudest moments? What are your strengths? What have you learnt from past mistakes and disappointments? What do you wish to learn next? Not only can you remind yourself of your personal potential and resilience at times of doubt, employers are also interested in your capacity for self awareness.



**“Employers are also interested in your capacity for self awareness.”**

*Remedy your deficiencies, and your merits will take care of themselves*

*Edward Bulwer-Lytton*

### Reflection: Strengths and skills

I am confident I can...

I'd like to improve my ability to...