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**A Profile of You**

**Self-Coaching Workbook**

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**My background:**

*I have a Master of Education and Postgraduate Certificate in Educational Research from the University of Melbourne and a Bachelor of Education (Early Childhood) from University of Southern Queensland. I have worked with children of all ages as a kindergarten teacher, primary teacher, music teacher and tutor, and with adults as a trainer and assessor for Early Childhood Education and Care. I currently tutor Indigenous students through a number of universities, and also mark assignments for Education and Human Services. I regularly perform as a classical singer and I enjoy writing blog posts, e-books, educational manuals and songs.*

**Modules:**

*The following questions will help you to create a profile of ‘You’. They will explore your past, your present, and your goals for the future. Through knowing more about yourself you can start to find the life that is ideal for you. The more deeply you reflect on these questions, the more helpful they will be to you. Take your time and enjoy brainstorming. There are no right or wrong answers.*

*The guidebook has been provided as a Word document, so that you can type your answers into the spaces provided.*

**Module 1: A profile of You**

**Your profile**

Why do you feel that you need to know more about yourself?

Do you feel happy in your life at the moment?

Why do you think this is the case / not the case?

Did you enjoy school?

Did you enjoy the learning aspects of school?

Did you enjoy the social aspects of school?

What were your challenges at school?

Do you feel happy at home? Do you enjoy being with your family? Do you enjoy the types of activities that your family enjoys?

What do you most enjoy doing?

What do you think you are good at? What did you do well at school? What do other people think you’re good at? What skills have you acquired?

What makes you feel unhappy; bored; frustrated; what you are definitely not interested in?

What makes you feel happy; excited; confident; interested?

In your life so far?

1. Which decisions have you made independently?
2. Did you feel good about the decisions that you made?
3. Have you studied / Done short courses / Had lessons of any kind?
4. Which job roles have you had?

Do you feel restricted in any way to pursue things that interest you / matter to you?

1. Do you feel restricted by other people? Who or why?
2. Do you feel restricted by society’s expectations?
3. Do you feel restricted by yourself? In which ways do you feel that you’re holding yourself back?

Do you feel that you’re a motivated person or do you find self-motivation difficult? Do you have any idea why this is the case?

***Some words to describe you might be:***

**Module 2: Your Personality**

***These questions will help you to reflect on your unique personality. You can also discover your Myers-Briggs personality type so that you can learn more about your innate preferences. You can complete a Myers-Briggs personality test online, or read about the sixteen personality types and determine which most relates to you. You might need to read a number of profiles before you decide. Google your personality type and you will find many websites providing information about it. Reflect on the information that you find and think about how this might assist you in making decisions in your life. Some personality type websites also provide career suggestions.***

Can you sum up your personality?

1. Do you like to spend more time with others, or alone?
2. Do you become energised when you’re around people, or do you become tired after you’ve been around others?
3. Do you tend to make decisions with your emotions, or with logic?
4. Do you think with your heart, or with your head?
5. Do you like structure / routine, or do you prefer less routine?
6. Do you like to organise your day in advance, or see where it takes you?
7. Do you like to think about what is, or about what is possible?
8. Do you think of yourself as a practical person?
9. Do you think or yourself as a spontaneous person?
10. Do you like to know what is going to happen in advance?
11. Do you like to feel safe and comfortable?
12. Do you like to take risks?
13. Do you feel comfortable to express your feelings or do you prefer to keep them hidden?
14. Do you feel that you need to talk to others to feel better, or do you prefer to think by yourself?
15. Do you like to feel strong in your body, or in your mind?
16. How do you see your identity? Do you identify as a shy person, an outgoing person, a cautious person, a confident person?
17. How do you think others see you?

***Your Personality Type is probably:***

**Module 3: What do you want for your life? What do you want for now?**

***Reflect on what you want for your life, both now and in the future.***

***The best way to think about your life plan is to take tiny steps towards your goals every day. Visualise your ideal life or situation regularly. This will inspire you to take those small steps. Before you know it, you will have made significant steps towards your ideal life.***

Which of these do you feel that you need in your life? Give each a score out of 10, with 10/10 being a strong need and 0/10 being something that you don’t need.

1. Friends /10
2. Family /10
3. Romantic relationships /10
4. Health /10
5. Meaningful work /10
6. Hobbies /10
7. Children /10
8. Pets /10
9. Garden /10
10. Creativity /10

In which environments do you feel most comfortable and happy? Circle how happy you feel in each environment.

1. City Happiest / Happy / Neutral / Unhappy
2. Country Happiest / Happy / Neutral / Unhappy
3. Coastal places Happiest / Happy / Neutral / Unhappy
4. Rural towns Happiest / Happy / Neutral / Unhappy
5. Out of the house Happiest / Happy / Neutral / Unhappy
6. At home Happiest / Happy / Neutral / Unhappy
7. Outside Happiest / Happy / Neutral / Unhappy
8. Inside Happiest / Happy / Neutral / Unhappy

How do you think this fits your personality type?

Are there any things on these lists that you feel that you can’t have now? Why is this?

***What do you think you need to prioritise for the future?***

**Module 4: Your job**

***Below are some questions about your work life. Think about a variety of options that may work for you, rather than one specific career path.***

***Keep in mind that your work should be related to your purpose in life. Knowing that our work is related to our purpose gives us the motivation to be fully engaged with our work. We want to feel that our work is what we want to be doing with our time, not a chore that we feel we have to endure. It’s not always easy to know our purpose. Keep in mind that you may experience many different types of work in your lifetime. As we progress in life and find out more about ourselves we gravitate towards work that is more suitable and fulfilling for us. In the meantime, it is okay to try things and discover that they’re not for you.***

Are there any job roles that you have previously considered for yourself?

Are there any job roles that others have suggested for you?

Do you think that you would enjoy working for yourself, or as part of an organisation or workplace? Why do you think this is?

How do you think your work could relate to your interests?

Think about your skills. How could you use your skills in your work?

Have you thought about what kind of environment you would enjoy working in?

What could be some possible ‘next steps’ towards achieving your preferred work life?

***Your possible ‘next step could be:***

**Module 5: Dress for who you want to be**

***The questions below are about image. What we wear can create an image of ourselves which determines how we see ourselves, and how others view us.***

***Creating an image should be fun. You are free to make decisions regarding your image and how you choose to convey it.***

In which ways do you think clothes can convey the image of a person?

What types of clothes / outfits do you like to wear?

Do you know which colours suit your skin tone?

Do you know which styles suit your body shape / height?

Do you know which styles fit with your personality?

What type of image do you want to convey?

Are you attracted to particular brands of clothing? Why do you think this is?

How do you feel about makeup?

Are you happy with your hairstyle?

How about accessories? Do they convey the image that you want to have?

***Your possible ‘next step’ could be:***

**Module 6: How is your health?**

***These questions are about health. If we are in good health we have the energy and motivation to live our best life and be our best selves.***

Do you think about your health? Do you think your health is important for your body / for your mind / for your emotions?

Do you try to have good nutrition?

Do you exercise / move regularly?

What types of exercise do you most enjoy?

Do you take supplements or vitamins?

Do you feel that you diet needs improving? In which ways?

Do you have any health issues that you’d like to work on?

Do you feel that you are emotionally healthy?

Do you have any emotional issues that you would like to work on?

Have you seen any health professionals; doctors / alternative health professionals / counsellors etc.? Would you like to do this? Why or why not?

***Your health plan could include:***

**Module 7: Who are you friends?**

***These questions are about the people that you surround yourself with. Are they people who inspire you? Do you feel like your best self around them?***

Do you feel that you have enough friends?

Do you feel that these friends are good friends for you? Why do you think you enjoy spending time with them?

Are your friendships equal / reciprocal? Are there equal amounts of give and take in your friendships?

Other than your current friends, what types of people do you like spending time with?

Are you spending time with these types of people now? If not, why do you think this is?

What do you like about people, and why?

What irritates you about other people, and why?

How do you think you could go about procuring the types of friendships that you would like to have?

Do you have a romantic partner? Is this something that you feel you would like to have now, or in the future?

How do you think having a romantic partner would affect your life?

***Your friendship / relationship ‘next step’ is:***

**Module 8: Your life plan / Your plan for now**

***This module will allow you to make a list of ideas for your future life, and create a list of small steps that you can be taking that will point you in the direction that you want to go.***

**Your Life Plan:**

Imagine your ideal life, based on the information that you have gathered about yourself. What types of jobs do you see yourself doing in the future? Do you see yourself with a family? Where do you see yourself living? Do you see yourself with pets / animals? Which hobbies do you think would be important in your life? Which skills do you want to acquire? Do you want to travel, and if so, where?

Include some goals below:

1.

2.

3.

4.

5.

**Your Plan for Now:**

Include some small steps that you can take towards your goals.

Your work

1.

2.

3.

Your image

1.

2.

3.

Your health and wellbeing (including mental and emotional wellbeing)

1.

2.

3.

Your friends

1.

2.

3.

Your hobbies, interests, and skills that you would like to acquire

1.

2.

3.

Things that you would like to achieve

1.

2.

3.

Experiences that you would like to have

1.

2.

3.

***Which small step will you take today?***

Congratulations on completing all eight modules of this **Self-Coaching** **Workbook**.

You can access additional resources from my website: pennymuller.com