



Wishing Well Works  
CORPORATE WELLNESS



*WEEK 1*

# SERIOUS SELF-CARE WORKBOOK

DISCOVERING  
YOUR SELF-WORTH  
& AUTHENTIC  
PURPOSE



*WHAT MOTIVES YOU TO DEVELOP*

# SELF-WORTH?

IT CAN FEEL CHALLENGING TO STAY MOTIVATED WHEN YOU'RE STARTING SOMETHING NEW. BELOW, DISCOVER WHAT MAKES YOU WANT TO WORK ON LOVING YOURSELF MORE. WHAT WILL IT GIVE YOU?

KNOWING MY SELF WORTH IS IMPORTANT TO ME BECAUSE:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS DEVELOPING SELF-WORTH IMPORTANT FOR YOU?



# DISCOVERING

# SELF - WORTH

## POSITIVE MESSAGES

IN THE SPACES BELOW, IDENTIFY POSITIVE MESSAGES ABOUT YOURSELF THAT YOU HAVE RECEIVED FROM OTHERS. THESE MAY HAVE HELPED YOU FEEL MORE CONFIDENT OR WORTHY, EVEN IF YOU DIDN'T FULLY BELIEVE THEM. THESE CAN SERVE AS A LAUNCHING-PAD TO FINDING YOUR SELF-WORTH. IF YOU HAVE A HARD TIME WITH THIS ON YOUR OWN, PHONE IN A FRIEND OR LOVED ONE!

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## GIFT, STRENGTHS, TALENTS & SUPER-POWERS!

MAKE A LIST OF YOUR GIFTS, STRENGTHS AND TALENTS- AKA YOUR SUPERPOWERS! THESE ARE NOT JUST THE ROLES YOU HAVE IN YOUR LIFE LIKE MOTHER/FATHER, HUSBAND/WIFE, DAUGHTER/SON, EMPLOYEE, ETC.

INSTEAD, THINK ABOUT WHAT MAKES YOU VALUABLE IN ALL OF THESE ROLES, AND MORE IMPORTANTLY, AS AN INDIVIDUAL. WHAT TRAITS ARE YOU PROUDEST OF? WHAT ARE YOU NATURALLY GOOD AT?

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# DISCOVERING

# AUTHENTIC PURPOSE

## WHO DO YOU ADMIRE?

MAKE A LIST OF PEOPLE WHO INSPIRE YOU, AND WHO'VE DONE THINGS YOU'D LIKE TO ACCOMPLISH. FIGURE OUT WHAT ASPECTS OF THEM YOU FIND INSPIRATIONAL. ONCE YOU KNOW WHY YOU ADMIRE THEM, YOU'LL HAVE MORE CLARITY ABOUT WHAT YOU'D LIKE TO ACCOMPLISH.

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## WHAT DOES SUCCESS MEAN TO YOU?

SUCCESS IS MULTIFACETED, IT'S NOT A ONE-SIZE-FITS-ALL DEFINITION. IN ORDER FOR YOU TO BE SUCCESSFUL IN YOUR OWN LIFE, YOU NEED TO FIRST DETERMINE WHAT SUCCESS MEANS TO YOU. LIST OUT WHAT WOULD MAKE YOU FEEL SUCCESSFUL AND FULFILLED. WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE? WHAT DO YOU WANT TO DO? WHO DO YOU WANT TO BE?

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*DISCOVERING*

# AUTHENTIC PURPOSE

## WHAT ARE YOU PASSIONATE ABOUT?

WHAT ISSUES DO YOU HOLD CLOSE TO YOUR HEART? WHAT KIND OF CONVERSATIONS DO YOU HAVE WITH YOUR CLOSEST FRIENDS? WHAT CONTRIBUTIONS DO YOU WANT TO MAKE TO THE WORLD? WHEN YOUR TIME ON EARTH IS DONE, WHAT DO YOU WANT YOUR LEGACY TO BE?

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## WHAT BRINGS YOU TRUE JOY?

WHAT MAKES YOU HAPPY? RIGHT HERE, RIGHT NOW, WHAT MAKES BRINGS YOU JOY? WHAT TURNS YOUR GRAY SKIES BLUE AND KEEPS THE SUNSHINE ROLLING IN? WHAT MAKES YOU FORGET ABOUT THE WORLD AROUND YOU? WHEREVER YOU FIND YOUR HAPPINESS IS PART OF WHERE YOU'RE MEANT TO BE.

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*DISCOVERING*

# AUTHENTIC PURPOSE

## WHAT WERE YOU PASSIONATE ABOUT AS A CHILD?

CHILDHOOD IS TELLING, EXPLORATIVE AND IMAGINARY. IT ALLOWS US TO BE FREE BEFORE WE'RE CONDITIONED BY SOCIETY. WE UNDERSTOOD THE INNER WORKINGS OF OUR SOULS AND PURPOSE BEFORE THOSE THINGS EVEN HAVE A NAME OR DEFINITION. LIST OUT SOME THINGS YOU REMEMBER ENJOYING AND BEING PASSIONATE ABOUT IN CHILDHOOD.

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## IF MONEY WASN'T A FACTOR

FINANCIAL OBLIGATIONS ARE OFTEN THE DRIVING FORCE BEHIND MANY OF THE CHOICES WE MAKE IN OUR LIFETIME. ASK YOURSELF IF MONEY WASN'T A FACTOR, WHAT WOULD YOU DO? HOW WOULD YOU SPEND YOUR TIME? WHAT DREAMS WOULD YOU PURSUE WITHOUT THE PRESSURE OF FINANCES?

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*MAKING A*

# BUCKETLIST

WHAT DO YOU WANT TO ACCOMPLISH BEFORE YOU DIE? LIFE IS ABOUT LIVING, CREATING AND HAVING EXPERIENCES. SO WHEN YOU'RE SEARCHING FOR YOUR PURPOSE, EXAMINE THE THINGS YOU'D LIKE TO DO, AND PLACES YOU WANT TO GO.

## PERSONAL GOALS

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## EXPERIENCES

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## CONTRIBUTIONS

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**DISCOVERING**

# AUTHENTIC PURPOSE

## WHO DO YOU WANT TO BE?

IN THIS PHYSICAL WORLD, WHO DO YOU WANT TO BE? WHAT TITLES DO YOU WANT TO CARRY? WHAT ACCOMPLISHMENTS DO YOU WANT TO ACHIEVE? WHAT ATTRIBUTES WOULD YOU LIKE TO DEVELOP?

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## WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

TAKE A MOMENT TO REFLECT ON YOUR LIFE TO DATE. IS IT EVERYTHING YOU IMAGINED? ARE THERE THINGS YOU'D LIKE TO CHANGE? IT'S TIME TO GET CLEAR ON WHAT YOU DO WANT. MAKE A LIST OF WHAT YOUR LIFE WOULD LOOK LIKE IN A PERFECT WORLD. WHERE DO YOU WANT TO GO OR LIVE? WHAT DO YOU WANT TO HAVE AND EXPERIENCE? ETC.  
REMEMBER: THE SKY IS THE LIMIT! DREAM BIG!

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