



InspirEngage's 'My Passport' (starter)

A tool for defining personal Identity and Purpose

Before you start- here's what you'll need:

- A printout of the below or a blank piece of A4 or A3 paper
- Pens (colours if you want to get creative)
- Sit in a space that's comfortable and uninterrupted

Ready? Let's go!

Question. When planning for the future, do you first consider what you want to do, or do you consider who you are and what assets you possess?

We so often ask people **what** they want to do when they're older, but never **who** they want to be. The 'what' may change several times over your lifetime. But who you fundamentally are, won't. That's the starting place.

Beginning the 'My Passport' journey will bring your focus back to the reason for why you want to do something and most importantly- who you are. Your compass is your sense of Purpose. This tool helps you define that. Recent data and research is showing that people are happier, more productive and motivated when exercising their purpose (whether professionally or personally). And for those who introspect regularly, this will just confirm it for you further.

Benefits:

- The basis for your purpose and decision-making
- Shapes your identity. The most valuable asset you'll ever owe: you.
- Defines what makes you unique- it's your ticket
- Your passport helps you cross borders, currently holding you back
- A sense of confidence, starting the process for owning who you are

Please note that the below is a starter version of the InspirEngage 'My Passport' tool (simplified). The fuller version is used in our Training Bootcamps and 1-2-1 Coaching.

InspirEngage's *My Passport* tool

Your
photo

Name

Date

My Values

You refer to them when making important decisions, e.g. family, independence etc.

My Passion

What would you get up and do for free on a Sunday?

My Greatest Strengths

In a room full of people, what are you better than average at?

My Long-Term Goal

Whether next year, 5-year or 20-year goal

Congratulations! Your passport is complete!

Created June 2018 InspirEngage International. All Rights Reserved.

Tip: You can keep adding to this as you grow through various experiences and career steps. Reflect, note it down and as a result make conscious decisions based on your sense of purpose and identity. That way, your passport will lead you to where you need to be.

Next Step: Was it helpful and do you wish to develop further? Enquire about our InspirEngage group training Bootcamps or 1-2-1 *Invest in Yourself* coaching. Email info@inspirEngage.com

Connect with us!



@Melody_Hossaini
@InspirEngage



<http://inspireengage.com>
<http://melodyhossaini.com>