

18.



Finding your fingerprint

The activities that follow are designed to help you explore facets of your being that distinguish you as unique. You can also use these exercises when you are coaching or mentoring others. It is important that you are clear about who you are, who you are not, and what you are ultimately about in order to live your life to the fullest and be able to offer all you are capable of. Once you have thought through and identified 'who you are', you can translate this knowledge to the frames you have in your life, and explore whether they are enabling you or impeding your growth.

Spend some time exploring the authentic you. And always remember: there has only ever been, and will always only be, one you. Would you dare deprive the world of that gift?

ACTIVITY 5

MY DAYDREAMS

Daydreaming is as natural as thinking. In fact, the mindless activity of daydreaming occupies a lot of your consciousness during the course of any given day.

Psychologists estimate that we daydream for one-third to one-half of our waking hours, although a single daydream lasts only a few minutes. You might think of daydreaming as an outlet — sort of like a decompressor for the mind when it is stretched or strained or even lacking mental stimulation. Boredom, which is considered a stressor, is a major catalyst for daydreaming.

In its most technical sense, daydreaming is a short-term detachment from your immediate surroundings, during which you create a visionary fantasy, typically filled with happy, pleasant thoughts, hopes and ambitions, imagined as coming to pass — all while wide awake! At their best, daydreams allow you a range of possibilities which in the hard cold light of reality aren't likely to come to pass without major transformation on your part. The beauty of daydreams is that, in the particular moment, nothing is impossible. The dreams are about what you can do and would like to do, not about imposing constraints or restraints.

Specifically, daydreaming can help you cement your beliefs and values, clearly important components to who you are as a person. For example, when you daydream about scenarios in which you are trying to convince someone of something you believe in strongly, you are also in a sense getting to know yourself and what you stand for better.

For one workday week, record in the space below as many of your daydreams as possible. Write down what you were doing in the daydream and what the outcome was. At the end of the week, review your daydream log and determine whether there are any prevalent themes. What are you learning about yourself from your daydreams? What do they tell you about either your current frustrations or future aspirations?



DAYDREAM LOG

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	