

THE
Entrepreneurial
CLINICIAN

CHAPTER 3

WORKSHEETS

Who you are

JO MUIRHEAD

What I would like you to do is answer these questions honestly:

We are starting five years into the future because we want to work back from something meaningful. Remember this is no longer about wishful thinking. No longer about someone else's goals and vision for your life. This is YOUR life.

Write down in as much detail, everything you can about your five years into the future self. You can use single words, phrases, prose, pictures, stories, feelings, emotions, sensations and experiences to help you.

This is a brain dump. It is not about analysing whether any of this is possible or not, so let yourself go.

1 **How old will you be in five years' time?**

2 **What did you expect you would be doing by that age?**

3 **What things did you expect to have in your life by then?**

4 What things did you vow you would NOT be doing by then?

5 Can you see the pathway to make your life five years from now happen?

**Next, you will bring this
future into the present.**

Ask yourself:

1 What three words do I hear people use to describe me frequently
(e.g. patient, loving, kind, bossy, opinionated, caring, brave)?

2 What am I currently known for?

3 What do I want to be known for?

4 What are the three most important things that I could NOT live without (e.g. family, friends, coffee, travel, freedom, choices, money)?

5 What five things do I LOVE about my work and life to date?

6 What five things about my work do I NEVER want to do again?

7 What really annoys me and makes me so mad I want to scream?

8 What makes me sad?

9 What makes my heart sing, what lights me up?

**Now, I want you to have
a good look at your answers:**

1 What have you learned about yourself that you did not know before you did this exercise?

2 What parts of who you are have you rejected or been embarrassed by?

3 What parts of you form the essence of the person you want to be?