

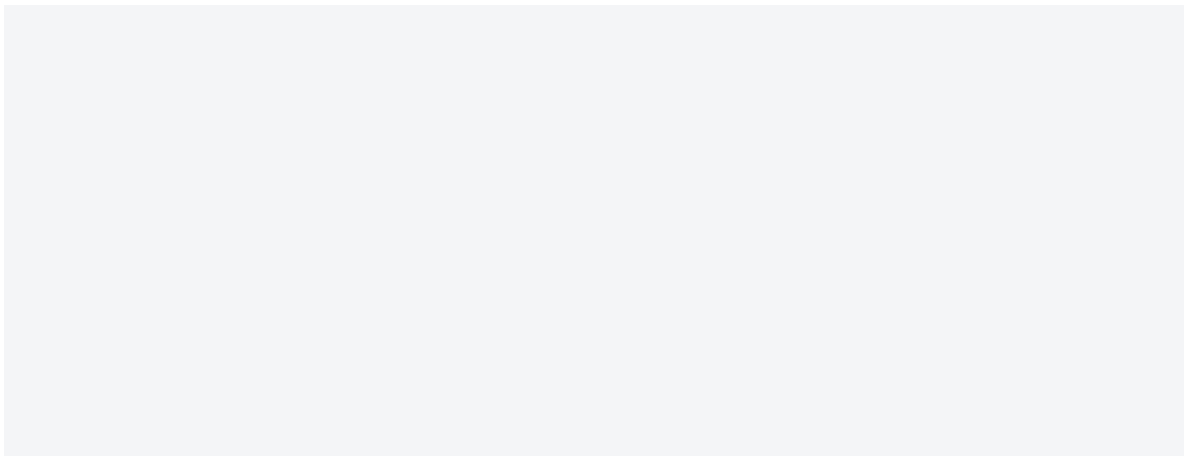
How Joined Up is Your Life?

Authentic people typically spend more time doing the things they genuinely love and are passionate about. They are open to new experiences and do things in life that make them feel most alive (Joseph, 2019).

Ask your client to answer the following questions to understand their interests and strengths (Joseph, 2019).

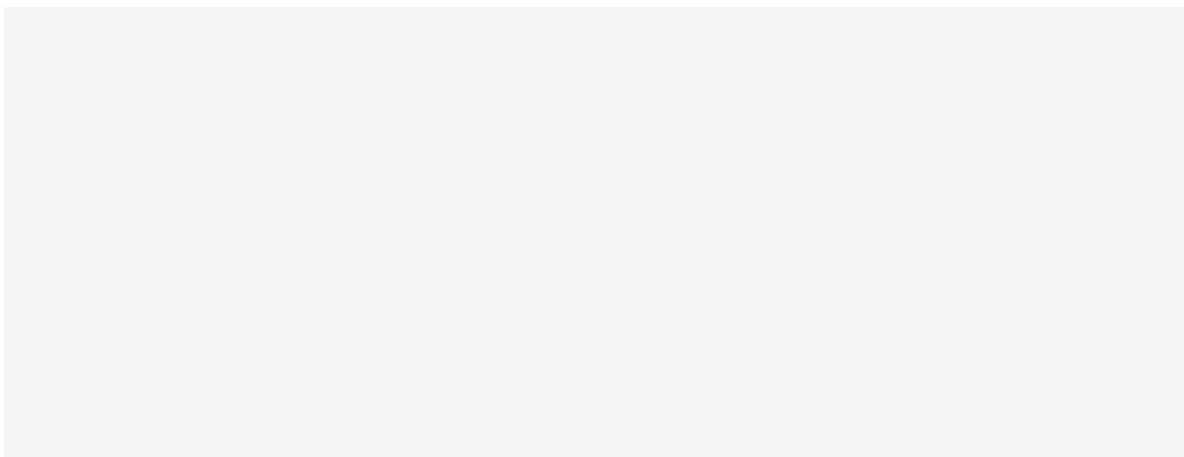
What are your passions and interests?

- What do you love to do?
- What excites you?
- What are you doing when time flies by?



What values do you hold dear?

- What is important and high priority in your life?



What are you good at doing?

- What are your skills, talents, and strengths?

Based on the above answers, reflect on the following questions:

How do you spend your time?

How much of your time do you engage in what you are passionate about?

How often are you using your skills and strengths?

Can you think of a way of expanding the time spent on the above?

- What might a week look like?

References

- Joseph, S. (2019). *Authentic: How to Be Yourself and Why It Matters*. Little, Brown Book Group Limited.