

The Spark, The Flame and the Torch Workbook



The Why-Be-Do®

Destiny—WHY am I here on Earth?

DEVELOPING A PERSONAL DESTINY STATEMENT

What do I believe is the most serious physical, spiritual or emotional threat to humanity and our planet (we call this a “Terrathreat”) that unless resolved, threatens our future?

1. What is the Terrathreat? _____
2. What is the Terrafix? _____
(The one-word antonym)
3. What is your Destiny? _____

Are you prepared to **LIVE** this Destiny fully, using it to guide you for the rest of your life?

Yes No

Character— How I will BE while I am here?

DEVELOPING A PERSONAL CHARACTER STATEMENT

How do I want people to know me? What is my personal “brand”? How do I want to “BE” and live in this world? What qualities will I embody, so that I am an inspiration and a model for others?

1. What are the personal traits or behaviors that get in your way as you seek to build relationships and create a better world?
-

2. What are the qualities and behaviors that you have you found work best for you as you seek to build relationships and create a better world?

3. Are there connections between these two that you can discern? Are they the same? Dissimilar? Opposite?

4. Who do you know in your life, now or in the past, who best models how you would like to “**BE**”?

5. Why do you admire them?

6. What made or makes this person so special?

7. What qualities and behaviors do they live in their lives? What are their attributes of “**BEing**” that they model and exemplify for you? How do you perceive them to “**BE**”?

8. What did it take for them to “**BE**” the way they are?

9. Are you prepared to **LIVE** these same behaviors, attributes and characteristics? Are you prepared to “**BE**” the same way?

10. Would doing so help you to follow your “North Star”?

11. Is anything blocking you from being the person you aspire to “**BE**”?

12. How do you wish to be remembered? When people talk about you after you have gone, how do you wish them to describe you—the way you lived your life—the way you impacted them, and others, and the world? How you chose to “**BE**”?

13. Which of your characteristics would inspire others?

14. What is your Character Statement?

Calling—What I will DO and how I will use my talents and gifts to serve the world?

DEVELOPING A PERSONAL CALLING STATEMENT

What are my greatest talents? What do I love to do so much that it fills my heart with joy? Where is the intersection of my passion and my greatest talents?

1. Who do you know in your life who is passionately living their Calling?

2. What is it about their ability to live their Calling that inspires you and that they model and exemplify for you?

3. Is anything blocking you from following your Calling?

4. What would it take to shift those blocks out of your way?

5. In the area below, consider those people in your life who model how you wish to be – people who are role models for you.

What made or makes this person so special?	
What did it take for them to “live” their Calling?	
Why do you admire them?	
What are the characteristics they display that you would like to adopt?	
What could you achieve in your life if you did?	
Would it help you to reach your <i>essential self</i> —your North Star?	
Could you achieve a personal breakthrough if you were to follow your Calling in the same way that your role model has done?	
When will you begin?	

6. What is your Character Statement?

The CASTLE® Principles (<https://tinyurl.com/yxnuagh>)

Courage: Reaching beyond the boundaries of our existing limitations, fears, and beliefs

DEVELOPING PERSONAL AND MORAL COURAGE

Who do you know in your life who models Courage for you?

What are the characteristics of Courage that this person models and exemplifies for you?

What is blocking you from being the Courageous person you aspire to “be”?

In the area below, consider those people in your life who are Courageous role models for you.

What made or makes this person so special?	
What did it take for them to act Courageously?	
Why do you admire them?	
What are the characteristics they display that you would like to adopt?	
What could you achieve in your life if you did?	
Would it help you to reach your	

<i>essential self</i> —your North Star?	
Could you achieve a personal breakthrough if you behaved more like your Courageous role model?	
When will you begin?	

Authenticity: Being genuine, transparent, and aligned with our inner voice in all aspects of life

DEVELOPING PERSONAL AUTHENTICITY

Who do you know in your life who models Authenticity for you?

What are the characteristics of Authenticity that this person models and exemplifies for you?

What is blocking you from being the authentic person you aspire to be?

In the area below, consider those people in your life who are Authentic role models for you.

What made or makes this person so special?	
What did it take for them to act	

Authentically?	
Why do you admire them?	
What are the specific traits of Authenticity that they practice?	
Describe an example.	
Can you see an opportunity in your life for doing the same?	
What could you achieve in your life if you did?	
Would it help you to reach your <i>essential self</i> —your North Star?	
Could you achieve a personal breakthrough if you behaved more like your Authentic role model?	
What would that breakthrough be?	
When will you begin?	

Service: Willing, and actively supporting, the good of the other

DEVELOPING PERSONAL SERVICE AND BECOMING A SERVANT-LEADER

Who do you know in your life who models Service and Servant-leadership for you?

What are the characteristics of Service and Servant-leadership that this person models and exemplifies for you?

What is blocking you from being the Servant-leader you aspire to “be”?

In the area below, consider those people in your life who are role models of Service for you.

What made or makes this person so special?	
What did it take for them to act in a Serving manner?	
Why do you admire them?	
What are the characteristics they display that you would like to adopt?	
What could you achieve in your life if you did?	
Would it help you to reach your <i>essential self</i> —your North Star?	
Could you achieve a personal breakthrough if you behaved more like your Service oriented role model?	
When will you begin?	

Truthfulness: Being honest and transparent in all thoughts, words, and actions

DEVELOPING PERSONAL AND ORGANIZATIONAL TRUTHFULNESS

Who do you know in your life who models Truthfulness for you?

What are the characteristics of Truthfulness that this person models and exemplifies for you?

What is blocking you from being the Truthful person you aspire to “be”?

In the area below, consider those people in your life who are Truthful role models for you.

What made or makes this person so special?	
What did it take for them to act from a place of Truthfulness?	
Why do you admire them?	
What are the characteristics they display that you would like to adopt?	
What could you achieve in your life if you did?	
Would it help you to reach your <i>essential self</i>—your North Star?	
Could you achieve a personal breakthrough if you behaved more like your Truthful role model?	
When will you begin?	

Love: Relating to others by touching their hearts in ways that add to who we both are as persons

DEVELOPING A LOVING PERSONAL AND ORGANIZATIONAL PRESENCE

Who do you know in your life who models Love and a Loving nature for you?

What are the characteristics of Love that this person models and exemplifies for you?

What is blocking you from being the Loving person you aspire to “be”?

In the area below, consider those people in your life who are Loving role models for you.

What made or makes this person so special?	
What did it take for them to always act in a Loving way?	
Why do you admire them?	
What are the characteristics they display that you would like to adopt?	
What could you achieve in your life if you did?	
Would it help you to reach your <i>essential self</i> —your North Star?	

Could you achieve a personal breakthrough if you behaved more like your Loving role model?

When will you begin?

Effectiveness: Achieving desired outcomes successfully

DEVELOPING PERSONAL EFFECTIVENESS

What is the one aspiration that you have right now that you would like to turn into a positive state?

What can you do more Courageously that would help to get you there?

What can you do more Authentically that would help to get you there?

How can you Serve others more completely in order to help to get you there?

How can you be more Truthful with others to help to get you there?

What can you do more Lovingly that would help to get you there?

What can you do more Effectively to help to get you there?

Who Do You Know in Your Life Who are Models of Effectiveness for You?

What Are the Characteristics of Effectiveness That This Person Models and Exemplifies For You?

What is Blocking You from Being the Effective Person You Aspire to Be?

In the area below, consider those people in your life who are Effective role models for you.

What made or makes this person so special?	
What did it take for them to act Effectively?	
Why do you admire them?	
What are the specific traits of effectiveness that they practice?	
Describe an example.	
Can you see an opportunity in your life for doing the same?	

<p>What could you achieve in your life if you did?</p>	
<p>Would it help you to reach your <i>essential self</i>—your North Star?</p>	
<p>Could you achieve a personal breakthrough if you behaved more like your Effective role model?</p>	
<p>What would that breakthrough be?</p>	
<p>When will you begin?</p>	

CONFIDENTIAL