



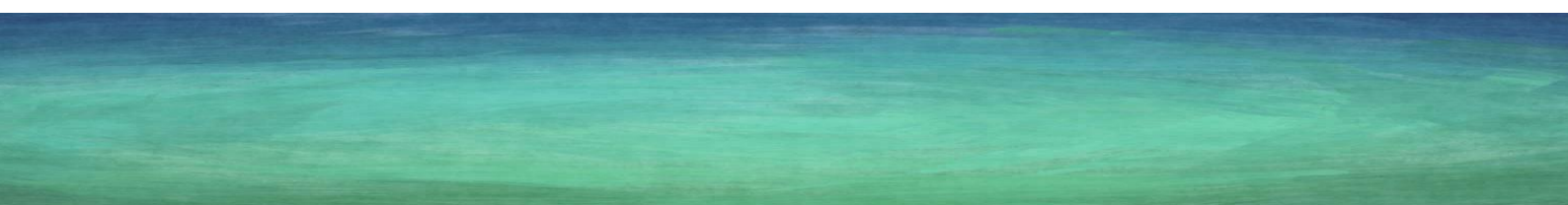
# True Dialogue

## 1-2-3 steps closer to a remarkable me

Mindful reflection exercises to help you find personal and professional clarity and purpose

Thinking and writing about what's important to you, is taking the first step towards living a life that expresses the very best you can be...

*Veronica Strachan*



My life belongs to me!

What I think, feel, do and believe  
matters  
– and that's what counts.

~ *Veronica Strachan* ~

People often ask me

*“How do I work out what I’m supposed to be doing with my life?”*

This booklet has three of my favourite things to suggest when people are ready to pay closer attention, to take control, and to change their life – to be remarkable leaders.

In my book, **remarkable** means worthy of attention – and you are worthy of attention – start with your own.

By completing these exercises, you can get closer to working out who you'd like to be and what you'd like to do. You'll get a list of actions that move you towards actually living your dream, your best life.

I've done all of these exercise myself (more than once) and I've seen them get others thinking and acting differently immediately. They've worked time and again for all sorts of people, in all sorts of situations.

In my role as a coach, facilitator and change agent I know we need to have 3 things happening for sustainable change to take place:

1. First, our emotional self needs to be persuaded to get involved and want the dream for ourselves – we need to know and feel our why
2. Secondly, our logical self needs to understand the direction to take, and
3. Finally, we need clear action steps and the signposts to mark our path and measure our success.

If you complete these three exercises, chances are they'll get you 1-2-3 steps closer to who you want to be, and what you want to do.

*Find your dream, get your direction,  
then go and do it - now!*



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# 1. Exploring your values

## What's important to me?

Getting conscious of what's important to you is a great first step to living a conscious, confident and remarkable life. Your values are essential to how you live and learn and lead. They're part of your big 'why'.

Knowing your values helps you understand what drives you to get up in the morning and do it all again – what you enjoy, what inspires you and what you'd like more of in your life.



“Be a first-rate version of yourself, instead of a second-rate version of somebody else.”

~ Judy Garland ~

*By building a life and lifestyle*

*around your values, you create a life that's more meaningful to you, and one which expresses the very best of who you are.*

Your values can change over time as you gather experience and deepen as you understand yourself better.

Your values can also be situational - so what's true for you at work may not be as important at home and vice versa.

The values listed in the exercise below are only to give you some ideas, there may be other words you'll want to add that better capture what's significant to you.

**Remember:** When it comes to **values**, there's no right or wrong – only what's important to you.

## Exercise 1 instructions

1. Print out the booklet or just the next 3 pages.

Grab a pen.

Find a quiet spot.

Close your eyes and take 3 long, slow, deep breaths.

Now breathe away normally.

Open your eyes and without over thinking let your eyes and hand run down the lines and highlight any word in the list that feels important to you.

If you feel like a word is missing, or one pops into your head, add it to the list.

Accomplishment	Directness	Honour	Resilience
Accuracy	Discovery	Humour	Respect
Acknowledgement	Ease	Idealism	Responsibility
Achievement	Effortlessness	Independence	Resourcefulness
Adventure	Empowerment	Innovation	Romance
Affection	Enthusiasm	Integrity	Safety
Arts	Environment	Intellectual status	Security
Authenticity	Excellence	Intuition	Self-esteem
Balance	Fairness	Joy	Self-reliance
Beauty	Family & friends	Kindness	Self-respect
Boldness	Flexibility	Learning	Service (to others, society)
Calm	Ethical practice	Listening	Simplicity
Challenge	Focus	Love	Spirituality
Change	Forgiveness	Loyalty	Spontaneity
Collaboration	Freedom	Meaning	Status
Community	Friendship	Money	Strength
Compassion	Fun	Optimism	Success
Concern for others	Generosity	Orderliness	Tact
Confidence	Gentleness	Participation	Teamwork
Connectedness	Groundedness	Partnership	Thankfulness
Contentment	Growth	Passion	Tolerance
Communication	Happiness	Patience	Tradition
Contribution	Hard work	Peace	Trust
Cooperation	Harmony	Personal growth	Unity
Courage	Having a family	Presence	Variety
Creativity	Health	Productivity	Vitality
Curiosity	Helpfulness	Purpose	Wisdom
Determination	Honesty	Recognition	

2. Now look at all the words you've underlined and choose your top 5 values. Write the top 5 down here and write a few words about why they feel important to you. Don't over think it, just write whatever pops up for you right now.

1.

2.

3.

4.

5.

3. Now choose your number one (1) value. What's the word that sits at the core of you and your life right now?  
How does this value relate to your past decisions? Write about one decision that this value may have influenced in your home or work life.

4. Now that you're beginning to see what's important to you – what are you going to do with that information?

You could start by writing down one area of your life where you're going to use what you value to make different choices. It could be at work, with family or on your leisure time.

Make it easy, just pick one area and one action and try it for a few days.

Spend a few minutes each evening before you go to sleep writing about any moments in the day when you did or thought or felt something connected to that value.

At the end of each day, check in - Does it still feel as though this is your number one value?

*It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul.*

*The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity."*

*~ Thomas Moore ~*



## 2. A letter to your future remarkable self

### Exercise 2 instructions

So now you've got a sense of what's important to you, it's time to start on clarifying your dream and your purpose.

Choose a date some months or even years ahead that means something to you – an anniversary or a birthday.

Close your eyes for a few moments and imagine that a miracle has happened.

Your life has turned out exactly the way you wanted it to, it's remarkable. Imagine how you'd feel if you were living the life of your dreams, a life full of meaning and joy, success and purpose, worthy of your attention.

After you've spent at least 5 minutes imagining, open your eyes and write a letter telling yourself about everything in your life - describe your perfect day in as much detail and colour as you can, sights, sounds, tastes, include how you feel, what you're doing, where you are and who's with you. Look in your diary and see what you've got planned for the day, the week, the year – work or pleasure or a mix of both. Check your bank balance and see what the entries and balance are. Where are you off to work or are you working from home or part-time or online? Have you retired from work? Who are you having lunch with? Open your wardrobe and try out your new clothes. Whatever feels right – this is your dream.

Some people prefer to draw instead of writing, do whatever feels good to you, just make it full of your dream destination.

“Imagination is the beginning of creation.

You imagine what you desire, you will what you imagine, and at last, you create what you will.”

~George Bernard Shaw~

*“If you don't build your dream someone will hire you to help build theirs.”*

*~ Tony Gaskins ~*

# 3. Taking action towards your dream

## Exercise 3 instructions

The third exercise puts the first two steps together – your values and dreams – and creates the path to get you there. To head towards your dream one step at a time.

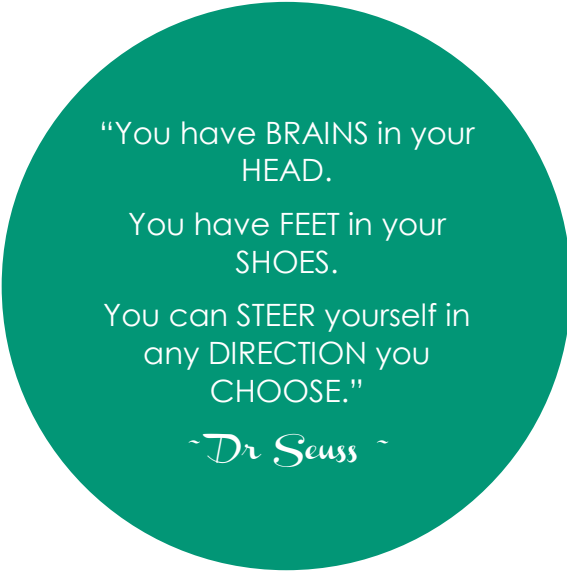
A simple path has a starting point, signposts along the way to tell you how far you've come and to point to where you're going - to your destination.

Your starting point is where you are now, how you're feeling and being, and what you're doing. Your goal – your destination – is to be the remarkable person you wrote to in your letter – remember how it felt to imagine your life as that future remarkable you and keep that version of you in mind when you write out an action list.

Go back to your letter to your future self and with a highlighter, mark the big signposts that come up in the story, the things that will have to change to move you from where you are and who you are now. This could be a new skill you have, a new job, a new home, a new relationship, a new way of thinking, feeling or being.

Write down the first task. Imagine the very first action you'll need to take that would get you started. For example: you may have written that you're relaxed and calm at work, that you spend time regularly practicing meditation. What are the steps you need to take to get there?

- ✓ Schedule meditation into the calendar (Wait, you don't know how to meditate)
  - ✓ Learn meditation (How are you going to learn – remember your values and how you prefer to learn)
    - ✓ Book into a meditation course (Are there any courses near you?)
      - ✓ Google meditation courses (What if you don't have any extra funds for a course)
        - ✓ Check YouTube for meditation videos and download onto phone.
- ✓ OK, NOW schedule meditation into the calendar.



So, the very first thing you might do is go to YouTube and search for free meditation videos and download one that looks and sounds right onto your phone.

Excellent, one step closer to your goal and purpose to be a calmer and more relaxed you. As soon as you take that first step, you'll begin to see all sorts of synchronicities appear with your new awareness of what's important and who and where you want to be.

*Energy flows where the focus goes.*

Now put your list of action steps up where you can see them on the fridge or the wall near your desk – add a date that you'll start the step (and a date you'll finish the step if it's going to take a while). Don't forget to add some creative and exciting ones in there – all work and no play is no fun.

And this is a **biggie** – who can you share your goal, your dream destination with? Talk with one or two people who will genuinely want to see you succeed in achieving your goal. This could be a friend, colleague, manager or a coach. Explain to them why achieving this goal is important to you. Ask if they'll support you and hold you accountable in reaching your goal. Select and agree on future dates and times that you'll report updates on your progress with them.

All that's left is to keep taking action, keep ticking off tasks off the list, one small step at a time. And when you've finished one goal list, go back to your letter and pick up the next one.

*Progress, not perfection, will get you there.*

Journal each day about the things you've done and what you've learnt about your remarkable self, your path and your purpose.

Don't forget to go back to the dream regularly to check you're still heading in the right direction. It's fine to change it – it's your dream after all.

*“Freedom is feeling and knowing, really knowing in every single cell that my life belongs to me.”*

*~ Veronica Strachan ~*

*Who do you dream of being?*

*What does your dream life look, sound, taste and feel like?*

*What small step can you take to start living that dream now?*

*“The biggest adventure you can ever take is to live the life of your dreams.”*

*~ Oprah ~*

*Go on then - take that step.*

# What happens next?

Now you've taken the first step towards a more conscious, confident, remarkable life. This can provide the momentum you need to change. But, if you want tailored support and accountability to help you learn more about being the kind of leader you know you can be, then take the next step. Hire a coach.

A coach is your *confidential thinking partner*, someone who can give you another perspective; an outside eye who can crack open your frustration and discontent and help you create sustainable forward motion.

A coach's role is to get you energised, organised, and heading in the right direction.

Imagine leading a team engaged by your vision and inspired into action. You work as a cohesive productive and compassionate group. Each member understands their strengths and contributes to a shared vision of the future. You're a confident, successful leader, highly respected by all those around you.

So ask yourself...

*What's my next step?*

Book a 30-minute strategy session with me via the contact form on the [website](#). Let's see what we could do together.

*Go confidently in the direction of your dreams*

*- live the life you've imagined.*

*~ Henry David Thoreau ~*

# About Veronica Strachan



I'm a leadership coach, facilitator and author. I work with mid-career health professionals who are overwhelmed with operational workloads and trying to inspire their teams. I offer strengths-based leadership coaching to build your capacity to plan and implement lasting change and to deliver great care.

I started my career as a nurse and midwife, coaching people back to health and into parenting. I worked hard to become a good clinical nurse, and was promoted into leadership and management roles – but with no additional training and often very little

support. The sink or swim mentality.

I wanted to be a good leader and manager, so I sought advice, read and put myself through further education; finding coaches and mentors along the way who could teach me or steer me in the right direction. I wanted to lead with meaningful purpose, inspire my team to a shared goal, and deliver great care.

My forty years of clinical, management and project work come to each session along with my coaching experience. I can help you cut straight to the heart of what you need; decrease the overwhelm, the overwork, and get you off the change fatigue treadmill.

You can find more information about leadership coaching with me one-on-one, or taking yourself through a modular online program at <http://www.truedialogue.com.au/leadership-coaching/>

Thanks for reading

## Veronica

And If you'd like to read more about my own quest for personal and professional clarity and purpose, you can purchase my book [\*Breathing While Drowning: One Woman's Quest for Wholeness.\*](#)

It's the story of a young woman with impossible dreams, who wished for a remarkable life and got exactly what she wished for – just delivered in a way she could never have imagined, a whole new world of hurt, anger and loneliness, joy, triumph, and love.