

# What will 'the workshop of yourself' be?

Today I took the time to slowly and indulgently read through an article that has been lying around the house since the weekend. I knew it was going to be a special article that I would want to take in without distraction. The article is



'[What Trent Dalton heard in GoMA's golden chair](#)' published in The Weekend Australia,

This is a wonderful article that makes you reflect on who you are, your life and your purpose. Or as the writer Mr David Malouf calls it "The workshop of yourself". It also makes you think about those key relationships in your life. Are they being tended? Are you giving them time?

I cannot recommend this article enough for those curious about life and keen to be inspired and to learn some wonderful lessons.

For those interested in some self – reflection work around their purpose, you can download some [complimentary guides](#) to get you started.

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# How To Define & Live Your Values

*“There is no passion to be found in playing small—in settling for a life that is less than you are capable of living.” –  
Nelson Mandela –*



Our values make us who we are. They are developed over time in the interactions we experience. It is important for you to understand your values as they act as internal guides to the things you do and say.

The majority of people have never sat down and thought about or documented what their values are. If you are unsure about your key values, I encourage you to review the extensive list of values below to assist in determining what they truly are. If there are values missing from this list, add these to the bottom blank section and treat them as a part of the two exercises below.

It is important to be aware of the values that are meaningful to us. If we know what we value, we are better positioned to think about what industries, types of jobs and companies we may be most suited to. Or whether or not we want to work for ourselves. It will also help to identify those values that we want to avoid in our career and life.

***Are You Living Your Values?***

[DefiningLivingYour-ValuesExercise](#)

[Russ Harris, Author of The Happiness Trap](#) also has some great free short [values exercises](#) and other worksheets on his website that I would encourage you to visit.

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# How To Identify The Blockers That Are Stopping You Achieving Your Dreams

Most of us are afraid when it comes to embarking on a new career path, setting up a new venture or following our creative side – whether for pure pleasure or financial gain.

We all have blockers, with some version of fear underlying them all. (see activity below)

In this 30 minute video with [Elizabeth Gilbert and Marie Forleo](#) you will find great stories and tips to give you confidence and inspiration to sit more comfortably with your fear and pursue your dreams regardless.

My greatest take-away from the video (there are many) is that finishing something, even if it is just OK is always better than not finishing anything!

<http://www.marieforleo.com/2015/09/elizabeth-gilbert-big-magic/>

**Download blockers Activity Here** [Career-Change-Blockers\\_KellyMagowan](#)