



# First Date or Crush Activity

Think back to your first date or crush...

What attracted you to that person?

What did you know about them?

How long did your first impression last?

What changed as you got to know them?

*Now, imagine you have to be together every day for the rest of your life...what is your reaction?*

Your Reaction:

## Mindfulness Activity

Notice three things in your day (or about you) that usually go unnoticed. These could be things you hear, smell, feel, see or taste.

1.

2.

3

Forexample, see the window in your room, hear the sounds of nature outside, feel your clothes on your skin as you walk to work, or smell the flowers in the park. Notice these and notice the connection they have with the world. Notice your own connection to the world.

What was it like to be present to these things for a few moments?

- Did you develop a deeper appreciation for what these items looked or sounded like?
- Have you ever noticed their finer, more intricate details?

Let your creative mind explore the wonder, impact and possibilities these usually unnoticed things have on your life. Allow yourself to fully experience your surroundings and how you fit in them. By becoming mindful of who you are, where you are, what you are doing and the purpose, if any at all, and how everything else interacts and you can cultivate a stronger awareness of our present. This helps you learn to reduce stress and anxiety and difficult, painful and perhaps frightening thoughts, feelings and sensations.

## Values List

Accuracy	Influence	
Achievement	Integrity	
Advancement	Learning	
Adventure	Leisure	
Aesthetics	Location	1.
Autonomy	Love	
Belonging	Loyalty	2.
Challenge	Nature	
Competency	Perseverance	3.
Competition	Personal Development	
Conformity	Physical Fitness & Health	4.
Contribution	Power	
Control	Prestige	5.
Cooperation	Recognition	
Creativity	Religious Beliefs	6.
Efficiency	Responsibility	
Fairness	Security	7.
Family	Self-Respect	
Financial Security	Service	8.
Flexibility	Social Activities	
Friendship	Stability	9.
Generosity	Tolerance	
Happiness	Tradition	10.
Independence	Variety	

### Top Ten: Values of Most Importance To Me

Now, place a check next to your top five.

Take a moment to reflect on these values and keep them in mind when you complete the following activities to help you continue to examine, analyze and hopefully articulate who you are; the critical first step in dating and interviewing.

Remember, assessing your values, strengths, weaknesses, passions, attributes and skills will develop greater self-awareness and help clarify your goals. Accept who you are (at least for right now) rather than who you think others want you to be. Having self-confidence is important in any situation. For instance, most people are reluctant to support a proposal that is presented by someone who is scared, fumbling or over apologetic. However, these same people will be persuaded to support the same proposal by someone who speaks clearly and with conviction, who answers questions assuredly, and who readily admits if they do not know something. Confidence is attractive! Confidence and authenticity reflect self-acceptance and self-respect.

Taking the information you have just analyzed and evaluated, we will now help you create a personal mission statement:

1. On a separate sheet, make a list of words that resonate with you, as many as you can in 10 minutes.
2. Rank-order your list of words starting with the word that you are most drawn to, for whatever reason.
3. Select the top five words that define you.

**Top Five Words**

- 1.
- 2.
- 3.
- 4.
- 5.

Now incorporate those words into the following sentences:

At my highest and best, I am...

I delight in...

I genuinely enjoy...

Personal Mission Statement:

Draft a mission statement that makes you feel like it is really speaking to the "professional you", not what you want to be, but who you really are and what is important to you.