

Gary C Smith Public Speaking & Trainings

Doing an inventory of oneself is often an exploration in limits, but knowing our limits opens doors to travel beyond our limits. As with most doors there are keys to opening the doors and a mind that asks questions, open-ended questions, will unlock doors to treasures we didn't know we had.

Profiling WHO YOU ARE, as a profile is a valuable tool.

Our profiles can often run our life.

Be specific, spontaneous, and non-self-judgmental.

Step outside the box and note when something is sensitive.

- Life is _____.
- Life is _____.
- Life is _____.

Skills I have:

Successes I have created:

.

Past, current & future goals:

Current Challenges:

Gary C Smith Public Speaking & Trainings

Any demons, forgiveness or unresolved issues?

What would you change, if anything about your life?

What I remember about my mother was:

What I remember about my father was:

My favorite teacher or mentor told me:

My friends tell me:

Have you found your 'calling' or purpose?

Briefly recreate yourself in the 'best of all world.'

Gary C Smith Public Speaking & Trainings

Check appropriate statements:

- I am a morning person
- I need a cup of coffee to get started
- Structure is important
- I am a fast-paced person
- I don't like to say no
- I remember jokes
- I embarrass easily
- I can be animated in communication
- I got rhythm
- I remember words to songs
- I can paint and/or draw
- I can work late into the night
- I inspire people
- I would lie to keep from hurting someone
- I got answers
- I got questions
- I work well under pressure
- I make lists
- I like myself
- Appearance are important
- I smile at almost everyone
- I know how to relax
- "I can resist everything but temptation"
- I read my lists
- I delegate well
- I am a grateful person
- I can do thing 'just for the hell of it'
- This is fun

Gary C Smith Public Speaking & Trainings



Life is not a yes or no world, **but a continuum.**

The more we understand the continuums we exist upon the more flexibility we have in life. Creating more choices, greater freedoms, increased confidence. Life becomes a feedback loop. If our behavior works, repeat, if not, change.

Here are four continuums we all fall within.

1-Our motivational continuum from moving towards our goals to moving away from what we don't want. Call it attraction & repulsion.

In speaking there are those whose motivation is to move away from the fear, and those who move toward greater skills.

Where do you see, feel, believe you are?

2- Worldview continuum. Those who believe in options or possibilities, and those who are procedural and love structure and rules. There is time for both.

Where do you see, feel, believe you are?

3-Proactive or reactive continuum. Are you an initiator or a wait and see? The proactive is motivated from inside, the reactor moved by what's on the outside. **Where do you see, feel, believe you are?**

4-Specific or general continuum. Do you look at life in specifics or in general terms? Big broad strokes, or small exactitudes?

Where do you see, feel, believe you are?

Gary C Smith Public Speaking & Trainings

From **The Four Agreements** “Only by making an inventory of all of our agreements will we uncover all of the conflicts in the mind and eventually make order out of the chaos of the mind in fog. The mind, where a thousand people talk at the same time. The state in which I believe “I Am _What I Contribute_ (fill in the blank-my mind, my body, my job, good, bad, stupid and wrong, my breakfast, an idiot, a god, my car etc.) To attain your goals, recover lost attention, to build successes begins by asking the ageless question WHO ARE YOU?”

Prioritize-1 being least important.10 being most important.

CLEANING THE HOUSE

MAINTAINENCE ON THE CAR

PHYSICAL WORKOUT

DATING/ROMANCE

EXCELLING AT:

QUIET TIME

SOCIALIZING

EDUCATION

PAYING BILLS

PROMOTING BUSINESS

*How can you get very far,
if you don't know who you are?
How can you do what you ought,
if you don't know what you got?
And if you don't know which to do
of all the things in front of you,
then what you'll have when you are through
is just a mess without a clue.
Of all the best that can come true
if you know what and which and who.
Quote from Winnie the Pooh.*