



EXERCISE

USING THE PENTAGRAM

A BRILLIANT GAMBLE

EXERCISE

USING THE PENTAGRAM

The Pentagram gets you to focus on 5 aspects of constructing a more aligned, integrated work and life experience.

As I explained in the video, you're going to consider what "ideal" would look and feel like and then consider what the current reality is in relation to all 5 criteria. You might notice that in one or more category life is pretty much how you want it to be! But if you're feeling out of sync somewhere in your life, this exercise helps you see where that feeling is coming from.

I ask you to imagine giving yourself a score of 10/10 in each of the 5 criteria. That's perfection! Just play with the idea of 10/10 and hold it lightly. Don't worry about whether it is realistic or how you would get there.

STEP ONE

Passion

Something you care about, something you think is important, something that drives you, even a sense of calling. Maybe passion is too grand a word for it. Maybe just start by thinking about what you love, what you enjoy, what you care about.

Think about what 10/10 would look or feel like. If you were able to give yourself 10/10 for the extent to which you're really living your passion fully, what will be happening? What will your business be like? What kind of work will you be doing?

Need

Is there a need in the world for what you love to do? When we feel we are meeting a real need there's an innate sense of worth in how we spend our time. What is the need you address through the things you love?

If you felt 100% confident that there was a need and that you were meeting that need, who would you be serving? What need would you be addressing?

Impact

This is about the impact your work is having on others. We all want to make a difference. To what extent are you making the difference you want to make? To what extent are you addressing the need?

If you were able to give yourself 10/10 for the impact you're having, what would that look like? How many people would be positively impacted by you and your work? In what way would they be impacted? What difference would your work be making to them?

Talent

What are your talents? What are you good at that gives you a really sense of satisfaction? What are the talents you have or the talents you could develop that really align with your values (not skills you've developed to be able to tolerate what would be intolerable to others!)

If you were doing work or living a life that really made the most of your talents, what talents would you be using? What would you have become exceptional at?

Integrate

This is the final category and it makes sense of everything else you've thought about. You could find paid work, or rewarding work, or meaningful work based on your answers in the other 4 criteria. But you might still end up unhappy, out of sync or delaying gratification because it didn't integrate with the rest of your life.

Looking at what you've already noted down from the other 4 categories, Imagine it's all blending really well with the rest of your life – family, partner, friends, self – and describe how the work, how your life would need to look for it to really work for you. What else is in your life that matters? You might consider your working hours, or your work environment, how much money your work brings in to facilitate the rest of your life, how your work would meet other needs you have or help you to invest time and energy in other interests and priorities. If it were working perfectly (10/10) as part of your life, what would that look like?

STEP TWO

Now that you've had a chance to reflect you can think about where you are today compared with where you want to be.

Looking at the notes you've made for each of the 5 categories, and thinking about what 10/10 would look like, ask yourself what score you would give yourself today.

How passionate do you feel about what you do day to day? How much does it matter to you? What about the impact you're making. Is that where you want it to be?

Do people need what you do today? Do they need it in the way you do it? Is there a need people have that's greater than the need you currently address and which sits in your sweet spot?

Are you slap bang in the middle of your talent or is too much of your day spent doing things you aren't good at, or aren't innately drawn to or don't enjoy? Could you get good at it but lack the drive, the real interest in doing that?

And how integrated is it all? Does it work for you as it is? What's not working? Where is there tension or lack of alignment?

STEP THREE

You're now ready to scope out a simple roadmap. There's an exercise for that too!

Sign up for A Brilliant Gamble Online and continue your journey. There's a special 10% discount at the moment and I'd love for you to join in!

For more information, please visit <https://goo.gl/dJHRQd>