

RAISING THE BAR 2009 – November 6, 2009

Rekindle the Flame

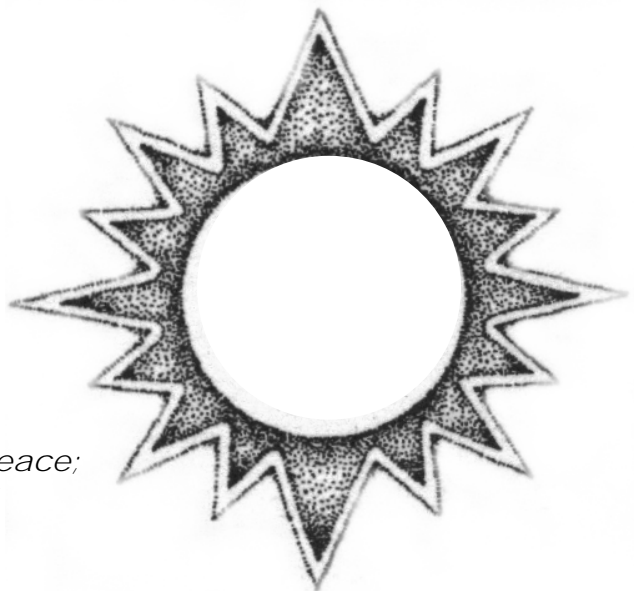
with Denise Bissonnette

"Joy is the holy fire that keeps our purpose warm and our intelligence aglow."

- Helen Keller

"If I could only remember the days were not bricks to be laid row on row, to be built into a solid house, where one might dwell in safety and peace; but only food for the fires of the heart."

- Edmund Wilson



Denise Bissonnette is an internationally renowned writer, trainer and keynote speaker. For over two decades, she has inspired people and organizations throughout North America to look beyond traditional concepts of career development and to craft livelihoods rooted in the individual "genius" of each person. Her work is a rich tapestry of her talents as a poet, writer, storyteller, teacher and career developer.



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For complete information on Denise's work and publications, please visit:
www.diversityworld.com

Self-Assessment of the Ten Themes

On a scale from 1- 10 (1 being "Poor" and 10 being "Excellent"), rate yourself in each of these areas in terms of the extent to which you are living true to the qualities associated with each of these keys.

- _____ 1. Celebrating your gifts. (Creativity, Generosity, Authenticity)
- _____ 2. Connecting with your purpose. (Meaning, Purposefulness, Fulfillment)
- _____ 3. Shaping fresh hope from new dreams. (Vision, Hope, Direction)
- _____ 4. Pulling your own strings. (Responsibility, Mindfulness, Power)
- _____ 5. Choosing faith over fear. (Courage, Faith, Choices)
- _____ 6. Recognizing your teachers. (Being Teachable, Maturity, Humility)
- _____ 7. Honoring your rhythm. (Balance, Wholeness, Integrity)
- _____ 8. Living in color. (Wholeheartedness, Joy, Gratitude)
- _____ 9. Remaining true to the soul. (Wisdom, Reverence, Self-awareness)
- _____ 10. Seizing the day by harnessing the moments. (Determination, Self-Discipline, Dedication)

Circle the three themes which hold the qualities you would like to more fully embrace in your life and work. Choose a practice or routine that will serve as a daily reminder to live truer to those qualities.

Assessment of Work Motivators

- a. In the first column, rate each of the following work motivator on a scale from 1 to 10 (1 being not important at all and 10 being most important).
- b. In the second column, rate the extent to which you are satisfied in each of these areas in your current work situation.

1. ____ ____ Work that is exciting and challenging
2. ____ ____ Feeling like I am making a difference and serving a purpose
3. ____ ____ Being part of a team, a community or an industry
4. ____ ____ Recognition for my contributions, effort and achievements
5. ____ ____ Having a good time at work or fun on the job
6. ____ ____ Pride in the company I work for and what we are doing
7. ____ ____ Career growth
8. ____ ____ Being able to meet my financial responsibilities
9. ____ ____ Security of benefits enabling me to be self-sufficient
10. ____ ____ Working for great people and under inspiring leadership
11. ____ ____ Using my talents and abilities fully
12. ____ ____ Flexibility in the workplace in terms of hours, dress etc.
13. ____ ____ Autonomy, control in doing my work my own way
14. ____ ____ Working for a company that is at the cutting edge of the industry

OTHER:

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Assessment of Current Challenges

Challenge/Problem:

Notes:

Challenge/Problem:

Notes:

Challenge/Problem:

Notes:

Values and Actions Chart

1. Consider your responses to the questions below to assist you in identifying your primary convictions, principles and values.
2. Identify in the column on the right how your actions, habits and life choices are in alignment with the values you listed on the left.
 - What three things would you most like to be remembered for by your family and friends?
 - What are the values or qualities in life that you consider most sacred?
 - What are some of the aspects of your life that you would never want to compromise?
 - What laws or principals do you want to live by?

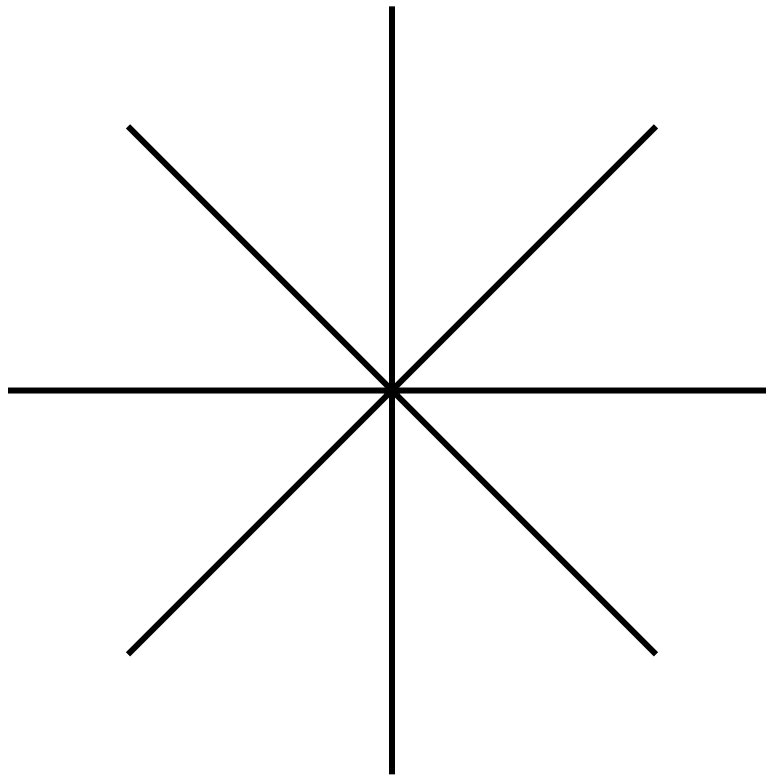
**Convictions, Principles
Beliefs, Values**

**Habits, Actions
Choices, Practices**

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Rekindle the Flame: Values Wheel

1. Choose from the list at the bottom of the page the 6-8 areas of your life upon which you place the greatest importance and value and write them in the spaces at the end of the spokes of the Values Wheel.
2. Considering each of these areas of your life in relation to the others, place a mark upon the spoke with regard to its relative importance and value – the place you would to have it in your life. (The closer to the center of the wheel, the less value, the closer to the end of the spoke the greater value.)
3. Connect the dots.
4. Now, place a mark along each spoke of the wheel which reflects how much of your current time, energy and commitment is invested in that area of your life.
5. Connect the second set of dots to see the differences between how you are living your life and how you would like to more closely reflect your values.



Family
Work
Health and fitness
Fun and adventure
Others:

Friendships
Time in nature
Time for yourself
Intellectual stimulation

Use of talents
Community involvement
Spirituality or religion
Creative expression

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Life Values Checklist

Honesty	Nurturing	Appreciation
Integrity	Gratitude	Peace
Reliability	Sensitivity	Justice
Focus	Courage	Trustworthiness
Dependability	Persistence	Strength
Responsibility	Productivity	Open-mindedness
Affection	Tolerance	Patience
Dedication	Wisdom	Humility
Devotion	Authenticity	Spontaneity
Acceptance	Sincerity	Wholeheartedness
Fairness	Joy	Humor
Helpfulness	Passion	Purposefulness
Faith	Enthusiasm	Creativity
Vision	Inspiration	Encouragement
Commitment	Kindness	Light-heartedness
Love	Supportiveness	Generosity
Reverence	Self-discipline	Wonder
Meaning	Optimism	Conviction
Contentment	Fulfillment	Wholeness
Awe	Innocence	Compassion

Others:

I Want to Live in Color

I don't want to live in the black and white of
conventional wisdom, of judgment and dogma,
in the security of my own fixed opinions,
though a certain comfort they bring.
I want to live in color!

With *vitality*, as green as summer grass and as enduring!
With *purpose*, as red as the blood coursing through my veins
and as deliberate!
With *joy* as yellow and shining as the face of the sun and as generous!
With *passion*, as purple as the clustered grapes hanging heavy
on the twiggly vine and as true to its source.
With *courage*, as brown as the Redwood forest and as unrelenting.
With *love*, as blue as the sea and the sky and as infinite.
With *wonder*, as white as the virgin snow and as pure.

I want every color, every life-affirming quality,
on the palette with which I paint my life!

And though the colors will mix and fade,
Transmuting into the darker tones
of sorrow and doubt, even despair,
I want to live wholehearted.
I want a stained glass life
through which Spirit may pour,
leaving not a pale shadow,
but a rainbow of light!

- Denise Bissonnette