

Introductory Module Free Taster Workbook

How it Works

Welcome to your Free Introductory Module Taster Workbook!

The Core Confidence Blueprint describes the aims and purpose of your self-development journey. Its foundation is our core programme - **“Create Your Future”** - and this document is your personal workbook for the Introductory Module.

It is your personal learning log and a living record of your initial growth.

IMPORTANT: This is a private workbook for your eyes only. While we invite you to share your key takeaways via the reflection form on our website, we will never ask you to submit your workbook contents. You are always welcome to share information if you choose to do so.

Be completely honest with yourself; the quality of your results depends entirely on the depth of your reflection. You don't need to be a great writer, an excellent speller, or have perfect grammar—as long as you understand what you have written, that is all that matters. There are no tests, grades, or marking, and you will never be judged.

YOUR PERSONAL COMPASS

This workbook is your essential companion, designed to help you move from uncertainty to clarity and purpose. The exercises on the following pages correspond directly to Lesson 1 and Lesson 2 in your free video training.

Pause the videos whenever prompted to record your thoughts below. You may find it helpful to keep a notebook and pen handy for rough notes before writing your final reflections here.

When you complete these exercises, head back to the web page to fill in your 2-question Reflection Form ("Happy Sheet") so I can offer tailored encouragement as you take your next steps!

REMEMBER – YOU ARE NOT ALONE!

Harry Gilfillan Founder – ARVUS Personal Clarity and Growth

(PLEASE REMEMBER TO SAVE YOUR WORK AS YOU GO ALONG!)

The Core Confidence Blueprint

INTRODUCTORY MODULE: Prepare to Transform

LESSON 1 – Building Your Personal Compass

Exercise: Identifying Your Values

Use the information in the lesson video /slides to structure your thoughts and guide your thinking. Please type /write your answers underneath each of the headings and don't forget to save them as you go along. List the five values that resonate most strongly with you. Don't overthink it; your first instincts are often the best."

List your top 5 Core Values below:

Your Unique Strengths

Your natural talents and skills. These are the things you're naturally good at - the skills that come to you with less effort than for others. What you **do effortlessly**.

List your top 3 strengths.

Your Life's Purpose.

This is your **Guiding Star**. What gives your life meaning – your why. What impact do you want to have in **YOUR** world?

Write a brief statement describing your life's purpose below:

LESSON 2 – Using Your Compass to Make a Decision.

Exercise – Using Your Compass

Think of a small, current decision you need to make. It could be something as simple as how to spend your weekend, or something more significant, like a new project you're considering at work. Follow these steps to guide your thought process and write down your answers under each step heading.

Step 1: State the Challenge Clearly and concisely describe the situation or the decision you're facing. Be specific. (Example: *"I'm deciding whether to take on a volunteer role that requires a large time commitment on Saturdays."*)

Step 2: Consult Your Compass Look back at the core values and non-negotiables you identified.

Example: (My core values are "community" and "personal growth." My non-negotiables are "time with family" and "adequate rest.") Write down your answers to the following questions:

Which of my core values are most relevant to this decision?

Which of my non-negotiables might be impacted by this choice?

Step 3: Evaluate the Options: Analyse the potential choices through the lens of your compass.

Example: (The volunteer role would greatly align with my value of "community" and could lead to "personal growth." However, it would compromise my non-negotiable of "time with family" and may impact my ability to get "adequate rest.") For each option you're considering, ask:

How well does this option align with my relevant values?

How does this option affect my non-negotiables? Does it compromise any of them?

Step 4: Make an Aligned Choice Now, you can make a decision not just based on what's easiest or expected, but on what feels most true to you. There might be a compromise, but you'll understand why you are making it. **Example:** (I will accept the volunteer role but will negotiate a shorter time commitment. This allows me to honor my value of 'community' while protecting my non-negotiable of 'time with family'.)

Reflection and Next Steps

You've now successfully used your compass to make a conscious choice. The more you use this tool, the more natural it will become. Start small, and you'll find that it makes a difference in both major and minor life decisions.

Practice this process with another small decision this week. Let me know what you found, or if you'd like to work through a different kind of scenario!