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Psychological Selfie™

Jayne Bright (Sample Report)

The first step in creating
a life you love.

**FIND
MYWHY**



A quick note before you dive into the detail

You've taken time the time to invest in yourself, so the least we can do is make sure that your Selfie provides a detailed, high definition picture. The consequence of this is that there is a lot of information in the pages that follow.

Your Psychological Selfie is divided up into 'albums' each showing a picture of you in different ways:



We've divided your Selfie into albums to help you digest it at your own pace.

You may choose to have a quick skim through now before returning to the detail, or perhaps dive straight into the most interesting album for you. You could begin with your strengths before addressing your weaknesses, or vice versa. Tackle your selfie in whichever way suits you best.

However you go about it, the most important thing is that you give yourself time to reflect on what each album says and consider how you feel about it.



Psychological Selfie™

"It is clear enough by now to most people that 'the camera never lies' is a foolish saying. Yet it is doubtful whether most people realise how extraordinarily slippery a liar the camera is."

James Agee (US film critic and novelist)

Little did Agee know how prophetic his words in the 1940s were of our age of social media. Sure 'a picture can paint a thousand words', but rarely is this true on Facebook, Instagram and Twitter. Selfies and other posts are prolifically constructed, edited and managed to portray a glossy picture of life that tries to convey our ideal self (the self we aspire to be and want to be seen as).

But what is the consequence of becoming conditioned to project only our best, albeit unrealistic, selves online as a modern way of keeping up with the Joneses?



The ideal self

"My ideal self would be an immaculately groomed 44 year old successful freelance psychologist, with a doting husband, well rounded children, a perpetually clean house who effortlessly balances her life!"



Self-image

"I am a 44 year old psychologist who struggles to spin her plates and has to convince herself that changing out of joggers and applying make up is a good use of time. I have a husband who doesn't seem to notice our mostly habitable home and sometimes feral children!"

Surveys have shown that 40% of people feel bad if nobody likes their selfies. For 35% of us, our confidence is directly linked to our number of followers we have. Our self-image is our understanding of the person who we actually are, based on the actions, behaviours and habits we currently possess. The stark realisation that our ideal self and our self-image are often not the same is affecting our mental well being and leading to anxiety, depression and reduced self-esteem- to name only a few!

Here's the thing, 'likes' do not define your self worth. **We need to break out of the spiral where all of our self love comes from the affirmations of others** instead of from within ourselves. **We need to stop comparing our lives with those portrayed by others** (after all they are doing the same construction, editing and curating and of the truth) and **start to focus on understanding and recognising the value of who we actually are**, building our esteem from the inside out rather than the other way round.

The Psychological Selfie that follows will help you do just that so you can be real, be you and love you.



The Psychological Selfie from FindMyWhy is presented like a social media profile. Your profile picture is one thing, but your albums reveal a more faithful picture of the multifaceted you. These albums (based on the way in which you responded to the questionnaire) will add insight and context to your image(s). Its ultimate aim is to build your esteem from the inside out. It does this by helping you to understand your unique value, take confidence in who you are (warts and all) and feel comfortable sharing and articulating this. It will help you to "Be Real, Be You & Love You" and make choices about how you invest in yourself to align your self-image with your ideal self.

Your profile picture

Think of this as the picture you choose for your profile. It shows how you want to be seen and see yourself – "YOUR IDEAL SELF". It's a lovely picture of you at your best and you bask in your glory when you see it

Album 1 in social situations

How might your style, drivers and values play out in a social context and how might others see you as you see yourself?

Album 2 at work

How might your style, drivers and values play out in a work context and how might others see you as you see yourself?

Album 3 for health & wellbeing

To what extent are you valuing yourself by maintaining your health & wellbeing to keep your profile picture fresh and beautiful?

Be real, be you and love you.

The 'so what' part!

According to psychologist Carl Rogers, we all possess the basic instinct to improve ourselves and realise our full potential. He believed this state is attained when our ideal self and self-image are in line with each other.

What if your ideal self (profile picture) and self-image (outlined in your albums) are not the same? If this isn't an issue for you then don't worry. If it is impacting your identity and esteem, what will you do to minimise this inconsistency so you can be real, be you and love you? What might get in your way?



Before we begin to analyse your Psychological Selfie, let's remind ourselves of the wealth of information you have provided about you to inform it...



The stuff that is in your heart

The things that you value and want from your life (your more global life goals) that inform your beliefs about what you ought to do in given situations.

Your values



The stuff that puts fire in your belly

The things that energise, direct and allow you to sustain your behaviour.

Your drivers



The way you walk

Your preferred ways of thinking, feeling and behaving. The qualities that make you unique and determine how you tend to be.

Your personality



The extent to which you...

Take care of yourself.

Your wellbeing

Together this has helped us create a picture of who you are and what you desire and strive to attain – and believe us, you are looking good!

**FIND
MYWHY**



The stuff that is in your heart

The things that you value and want from your life
(your more global life goals) that inform your beliefs about
what you ought to do in given situations.

Your values.

Family

Friendships

Freedom

Fun

Happiness



The stuff that puts fire in your belly

The things that energise, direct
and allow you to sustain your behaviour.

Your drivers.

Working Conditions

A safe and comfortable physical environment that has the necessary resources for me to live my life.

Loyalty & Trust

An environment where people are valued and respected, where promises are kept and people act in each other's best interests.

Independence

Freedom to live my life in my own way, try new ways of doing things and set personal goals that I can strive towards without interference.

Cooperation

Cooperative, supportive and friendly relationships, where I feel there is mutual respect and all are striving for the same ends.

Reward & Recognition

Recognition and reward for my contribution, being acknowledged and appreciated for a job well done



The way you walk

Your preferred ways of thinking, feeling and behaving. The qualities that make you unique and determine how you tend to be.

Your personality.

- Being lively, engaging and animated
- Warm and friendly
- Networking and making connections
- Expressive, forthright and persuasive

- Receptive to new ideas and experiences
- Seeking change over stagnation or routine
- Curious, imaginative and creative, seeing possibilities
- Relishing intellectual debate and working with theoretical concepts

- Generous and selfless in support of others
- Considerate with a strong capacity for empathy
- Trusting and transparent in dealings with others

- Driven, diligent and industrious
- Prefer to plan, organise and systematically deliver according to the plan
- Setting high personal standards
- Goal and target driven

- Unruffled, calm and untroubled by pressure
- Cool and composed in a crisis
- Quick to recover from setbacks and disappointments
- One of life's optimists, who expects things to turn out for the best



"Deep inside, she knew who she was, and that person was smart and kind and often very funny, but somehow her personality always got lost somewhere between her heart and her mouth, and she found herself saying the wrong thing or, more often, nothing at all." Julia Quinn

ALBUM

1

ALBUM 1: Me in social situations

Looking at your values, drivers and personality gives insight into the kinds of social situations that help you be your ideal self. It can also give clues about the shadow that your style can cast on others in a social setting. Being aware of your shadow side will help you be yourself with more skill.



ALBUM 1: Me in social situations





ALBUM 1: Me in social situations

You see yourself as someone who feels and appreciates the difficulties that others face and who responds accordingly, sometimes making personal sacrifices to meet the needs of others. It is likely that others will view you as compassionate, kind-hearted, selfless and supportive. With this comes a risk that others may see you as a 'soft touch'.

- How do you prioritise whose needs you focus on?
- What steps do you take to look after your own needs?
- How comfortable are you having the tougher conversations we sometimes need to have with those around us?

The kinds of social contexts
where you are more likely to
thrive and have your ideal
self shine through

**FIND
MYWHY**



ALBUM 1: Me in social situations

Your responses suggest you like to be the life and soul of the party and a lively, outgoing and boisterous member of your group of friends.

You like to be the one who takes charge, who has their views and opinions heard and who drives and influences what you and your friends do.

You trust your friends whole-heartedly and engage in unfiltered conversations without caution or discretion.

You tend to nurture your friends and work tirelessly to ensure their needs are met, sometimes at the expense of your own.

You like to be involved and engaged in and feel moved by (sometimes overly so) the difficulties and concerns of your friends.

When you review the observations above, have a think about whether this is how your friends would describe you. Better still, show them and ask them! It's great to get a sense from them of what they value about your style and the shadow it can cast when you over-play it.

How you choose to be
(and be seen) with friends

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MYWHY**



ALBUM 1: Me in social situations

Like it or not we live in an age of social media. We know that most people do not advertise their negative traits on their social profiles, nor do they intentionally post unflattering pictures, yet we are still often fooled into believing that other people's lives are better than our own. Some aspects of our personality and values can compound this and influence the way we use and relate to social media for the worst! We've identified some factors that may be of interest to you based on your responses to the questionnaire.

Your responses suggest that you are more concerned than most with social impression. Whilst this can serve you well (in terms of how you choose to present yourself in situations such as job interviews, meeting the parents of a new partner, etc.), it could also lead you to be prone to making false comparisons between yourself and others and strive to keep up with others on social media. Remember other people wear masks, the way you do, the way everyone does.

- Take time to unplug from technology and social media accounts every day
- Never judge your value based on the number of connections/friends/likes/winks you get.

You describe yourself as someone who likes variety and change and may become tired of the familiarity that comes with long-standing relationships. If this is the case, social media can be a fantastic way to make new and diverse connections and extend your network and horizons. Whilst not the subject of this Selfie, please remember It is important to always do this safely and ethically! All the major social media sites post guidance on how to be safe on their service.

When it comes to meaningful relationships, remember it is the quality of the relationships you build and not the quantity that counts. Your preference for variety and interest may mean that you turn to social media to stave off boredom. If you're drawn to social media during times of boredom and are using it to satisfy a short-term itch to feel wanted but just find yourself forming vacuous relationships, ensure you have something to distract yourself, such as a book or fun phone app - or even the adopt the 'old fashioned' approach of calling your real friends and/or arranging to meet up with them more often.

It's important to you to have a sense of fun and laughter in your life, but what happens to you when you consume social media and it feels like others are having more fun than you are? There is a risk that you may not possess the resilience and reserves to keep this in perspective, recognise that no one has the perfect life and that the trials, tribulations and more mundane aspects of life are often omitted from people's profile and news feeds! Stop comparing yourself to others, stop feeling tense and anxious that your life has not panned out as well as theirs and definitely stop giving yourself a hard time about it. When faced with social media-induced self-loathing:

- Confront your negative thoughts and question their origin and validity.
- Remember you are unique and you have value.
- Be real, be you and love you.
- Take the time to unplug from technology and social media accounts every day.

Your relationship with
social media

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ALBUM 1: Me in social situations

- You feel at your best in any situation when you are in the company of others (be they friends, colleagues or people you have not met before).
- You feel at your best in situations where you can dispense with protocol, formalities and small talk to get on with building friendships through a much deeper understanding of the people you are interacting with.
- How often are you able to engage and interact in these kinds of contexts?
- What is it about these situations that means your best self shines?
- How can you create more opportunities to do this and be at your best?

The kinds of social contexts
where you are more likely to
thrive and have your ideal
self shine through

**FIND
MYWHY**



ALBUM 1: Me in social situations

You are likely to be lively, outgoing and talkative in groups and may enjoy the limelight that comes from being at the centre of attention. Whilst your presence will be felt, the extent to which people get a real sense of who you are and what you are about may be contingent on the kind of situation you are in or the kinds of people with whom you're interacting. Whilst you may come across as reasonably warm, the nature of your interactions could be rather superficial as you may not always reveal everything that is going on for you. People may see and hear you but may not always feel or understand you.

- How well is this serving you?
- To what extent do you feel you have a network of people around you who you understand and who understand you?
- How fulfilled do you feel by the relationships that you form?
- If your answers are positive, what do you need to do to maintain these relationships?
- If there is room for improvement, what would this look like and what do you need to do to make this happen?

The depth of relationships
you prefer to build

**FIND
MYWHY**



ALBUM 1: Me in social situations

Typically, you will be drawn to situations where you can meet and interact with others. You like change and variety and describe yourself as someone who may quickly tire of routine and familiarity in existing relationships. As such, it is likely to be important for you to proactively and regularly build and extend your network. It is likely that you will cast your net wide and build a broad and diverse network of people around you. The challenge for you may be the impact you have on others when you tire of their company and/or choose to extract yourself from their network as you pursue other opportunities.

- Given you enjoy meeting so many people, how do you make sure you build some strong relationships within this broad group?
- How can you ensure that you extract yourself from relationships with the same level of skill/intensity with which you build them?
- What is the risk/consequence of failing to pay attention to this?

The breadth of relationships
you prefer to build

**FIND
MYWHY**



It's not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.' Charles Darwin

ALBUM

2

ALBUM 2: Me at work

Looking at your values, drivers and personality in the context of work can give you the insight into the kinds of roles and environments that will help you stay true to your ideal self. It can also give clues about the shadow that your style can cast on others in a work context. Being aware of your shadow side will help you be yourself with more skill.



ALBUM 2: Me at work

In a work context, I feel at my best when I am:



- Working with diverse groups of people and being involved in working towards a shared outcome
- Working on team based assignments where collaboration is required
- Supported by my colleagues
- Co-ordinating the efforts of others to get things done



- There are times when, despite our best intent, the image we seek to portray of our ideal self can become distorted.
- How do you feel when required to engage with less collegiate colleagues?
 - How do you think they might perceive you? What do you do to manage their perception?
 - What happens to you when you are faced with conflict or colleagues working with conflicting agendas?
 - How do you feel when others are highly critical of people?



- Working with larger groups or on team based assignments where I can engage and build connections with others
- Building and working within a large network
- Using my network to achieve results
- Encouraging others to work towards a shared outcome



- How do these preferences serve you well?
- What are the implications of these kinds of preferences in work environment?
- How do you feel when required to engage with less assertive and more introverted colleagues?
- How do you think they might perceive you?
- What do you do to manage their perception?



ALBUM 2: Me at work

In a work context, I feel at my best when I am:



- Able to work to my own timescales and schedules, rather than conventional or prescribed working arrangements
- Left to get on with the job, without close management or supervision
- Allowed to use my initiative
- Free to decide how to structure/ approach my work
- Given (additional) responsibilities
- Behaving in line with my personal values/ professional ethics



- How do these preferences serve you well?
- What are the implications of these kinds of preferences in work environment?
- How might they be viewed by others?
- How do you cope when structure and schedules are imposed upon you?
- What happens to you when you feel constrained or that you aren't given responsibility?
- What happens when your values or ethics feel compromised?



- Working towards clear personal/ professional development goals
- Learning new skills
- Able to learn from the people around me
- Able to objectively review where things did not go well and learn from these mistakes rather than being blamed
- Given clear feedback on my strengths and areas for improvement



- How might your desire to develop/learn progress be perceived by others?
- What can you do to temper this?
- What happens where you feel your development is not moving at the pace that you would like?
- How do you perform in the absence of feedback?
- What happens when you feel you can't learn from the people around you?
- What is the implication of this?



ALBUM 2: Me at work

In a work context, I feel at my best when I am:



- Required to influence others to a course of action or point of view
- Responsible for clearly presenting and communicating information, data and messages to others
- Required to flex and adjust my style to maximise the impact and level of influence I can have
- Engaged in tough negotiations with others
- Able to inspire and motivate others through my communication



There are times when, despite our best intent, the image we seek to portray of our ideal self can become distorted.

- How do these preferences serve you well?
- If overplayed, how might this preference be perceived by others?
- What happens to you when you feel you do not have a voice or cannot make yourself heard?
- What steps could you take to manage this more effectively?

These questions should have given you some food for thought about the potential for a shadow side of your preferences and how, despite your best intent, your ideal self may become distorted in the eyes of others. These preferences are your preferences and what make you unique, but there is always the opportunity to be you with more skill so your ideal self can shine through. Consider the following questions in relation to what you have learned about your work preferences and note down your observations and insights:

- To what extent does your current work environment play to your preferences and let your ideal-self shine through?
- What would need to change at work to fit with your preferences more and help you be who you want to be?
- How might you adjust your approach to ensure that others see your preferences in your best light and better recognise your ideal-self?



ALBUM 2: Me at work

There are certain conditions that need to exist in your working environment for you to feel energised, engaged and fully committed – so it is also important to be aware of how you might feel if this is absent from your working world:

- Having a comfortable physical environment, that is free from hazards and has the right equipment to for me to do my job properly.
- If I'm not happy with my physical working environment, this will impact the motivation that I have for work.
- Being valued as an individual in an organisation that acts in the best interests of its people and delivers on promises.
- Feeling that the organisation doesn't treat people fairly or value them properly is likely to reduce my motivation to work.
- Having the freedom to organise myself and approach work in my own way.
- I am likely to feel stifled by constant monitoring or supervision at work.
- Working cooperatively with others and having strong, supportive and respectful relationships.
- I am unlikely to thrive in environments where teams/areas don't work together, there are conflict, hidden agendas and power struggles.
- Being fairly, appropriately and competitively rewarded or simply recognised for a job well done.
- If there is little or no link between reward or recognition for my efforts, I am likely to put less energy into my work.



ALBUM 2: Me at work

To be your best, ideal self, it is important that your work drivers are satisfied. Think about the conditions you've identified as important to you to feel motivated, energised and engaged and, on a scale from 1-10 (with 1 being not at all to 10 being completely), rate the extent to which these are being satisfied at work. Note this down.

Now think about the options you have increase the extent to which your key drivers are satisfied. You don't need to reach for the stars here, think about the tangible things you can do to move you one or two points up the satisfaction scale. Note these down somewhere.

If you are struggling, some examples might include:

- Talking with your manager about development opportunities, taking on additional/different responsibilities or formal training opportunities
- Building your network to find a new project to get involved with or looking for opportunities for secondments or lateral moves
- Getting more involved in work committees and social groups

We all have a different set of work drivers, this is fine and should be celebrated as what makes us unique! In all likelihood, you won't operate in a vacuum at work and your drivers (and the way in which these are manifest) may be perceived by others, particularly those who are driven and engaged by different things, in a different light to the way you would like them to be.

- To what extent do you feel your drivers are similar and different to those you work with?
- What is the impact when others do not share your passion or motivation?
- As a worst-case scenario, how might your work drivers be perceived by others?
- What do you need to do to ensure that others appreciate and see your drivers in their best light?
- To what extent are your drivers strengths for the organisation you work for, i.e. how well are your drivers being met?



ALBUM 2: Me at work

Our values are fundamental in helping define what we stand for and driving our behaviour, even in a working environment. The clearer we are about our values, the more we are able to live them and the closer we will get to fulfilling our ideal self.

There are times, however, when life throws up situations that challenge our values and even create an element of conflict for us. Similarly, we can end up working with other people who have very different values to ourselves. So the more we understand our about our values, the better prepared we are to meet these challenges and the more likely we are to stay true to our values.

Your top 5 values are:



Family

Friendships

Freedom

Fun

Happiness



ALBUM 2: Me at work

Take a look at your top 5 values and ask yourself the following questions, noting down any observations you have:

- Why are these values important to me?
 - How do they help my ideal self at work?
 - How do they drive my behaviour positively at work?
 - What is the 'shadow side' when I overplay them?
- To what extent am I able to live to my values at work?
 - What makes me believe I can't live them?
 - How do I feel when I can't live them?
 - What steps can I take to live them a bit more?
- To what extent are my values similar to those of my colleagues?
 - Where do I notice conflict?
 - What impact does this have on how we work together?
 - What impact does this have on how we get on together?
- How aligned are my values with those of the organisation?
 - Where are they closest?
 - Where are the biggest gaps?
 - How important are the gaps to you?
 - What can you do to understand more about the organisation's values and how it lives them?
- Where are my values being compromised?
 - What is the impact of this?
 - What can/will I do about this?
 - What would that give me?



Your top 5 values are:

Family

Friendships

Freedom

Fun

Happiness



ALBUM 3: My health and well-being

Overview

-  Nutrition
-  Hydration
-  Caffeine intake
-  Alcohol intake
-  Sleep
-  Activity
-  Social support
-  Me time
-  Smoking

Action key

-  **Make big changes**
I'd like to make some big changes to these aspects of my lifestyle. More information follows.
-  **Research**
I need to research the following areas in relation to my health and well-being. More information follows.
-  **Make small changes**
I'd like to make some small changes to these aspects of my lifestyle. More information follows.
-  **No desire**
I have no desire to change my habits in relation to these aspects of my health and well-being.
-  **Positive impact**
I feel my habits in these areas have a positive impact on my health and well-being.

Choosing the right balance of health and well-being is fundamental to sustaining your ideal self. There is no right answer. We're not here to judge. We're simply holding up the mirror for you, so that you can consider your current life style choices.



ALBUM 3: My Health and Wellbeing Nutrition



You've said that overall you try to stick to a healthy and balanced diet, but may have days when your good intentions go out of the window. Knowing that you want to do something about it is half of the battle. Here are some hints and tips to keep you on track.

First things first, have a think about what some of your food weaknesses are and how can you manage (without denying yourself) these things?

- For example, I LOVE pizza! I'm never going to stop eating but how can I make it a healthier habit? Well, I no longer order a large pizza just for myself, thick bases and stuffed crusts are a thing of the past and I replace the masses of cheese and high-fat toppings with lower fat options (capers, anchovies, mushrooms and olives with rocket is a firm favourite and I don't feel I'm missing out on anything!).
- What triggers you going off track with your diet? It may well be that your eating habits going off track is symptomatic of a wider source of stress. For example, when I feel under pressure at work I'm not as focused on going to the supermarket, so there's less food in the house to prepare. As a result, when I'm hungry and want something quick, I reach for the take-away menu or snack on unhealthy snacks (I have kids, there are always crisps and a treat jar in the cupboard!).
How can I manage this?
I make sure that I have an alternative stock of healthy snacks with a long shelf life in the cupboard (e.g. crackers, nuts, marmite, and dried fruit). I anticipate the pressure points and opt for online shopping when time feels pressed. I make a conscious effort to eat little and often to avoid the sugar lows and the carbohydrate and take-away cravings. The key of course is not just working with the symptoms but managing the source of the stress.
- How hydrated are you? When we are feeling dehydrated, our brain and body mix up messages, so we often think we are hungry and so eat (calories we don't need), when in fact we need some water!

You may find it useful to keep a food diary to see if there are certain times/days/situations when you tend to slip up in terms of maintaining a healthy and balanced diet. That way you can put strategies and contingencies in place to avoid the slips!



ALBUM 3: My Health and Wellbeing Hydration



It's great that you are mindful of the need to keep hydrated and are conscious of your habits most of the time. Here are some tips to help you ensure that you are drinking enough water each and every day:

- Drink when you feel thirsty and have a glass of water with your meals
- Carry a water bottle with you wherever you go, drink little and often.
- Mix it up! You don't just have to drink plain water to meet your hydration needs. Think about other good fluid sources such as low-fat milk, pure fruit juices, no-added sugar squash and other sugar free drinks (beware some flavoured waters contain high levels of sugar) and tea.
- Spice it up! If you don't like the taste of water straight from the tap try drinking it once it has been chilled in the fridge, sparkling water or add a slice of lemon or lime
- Drink tap water when you eat out, rather than ordering another drink (this has the added bonus of saving you some cash and lowering the calorific content of your meal).
- Think in terms of overall fluid intake, much of our fluid comes from our food and introducing high water content fruit and vegetables such as watermelon, spinach, cucumbers, peppers, berries, radishes and celery can help keep us hydrated.



ALBUM 3: My Health and Wellbeing Alcohol



You've indicated that your alcohol intake sometimes exceeds the recommended 14 units per week and that this is something that you want to make some adjustments to. Good on you!

The more regularly you drink in excess of the guidelines the more likely it is that your tolerance to alcohol will increase which could lead you to drinking more. The longer-term physical and psychological impacts of this are well documented. This may be what is driving your desire to tweak your current behaviour, or it may be other personal reasons (e.g. losing weight, saving time and money, improving your performance at work or as a parent/partner). Whatever the reason, the fact that you have decided you want to make a change will help you to build even healthier habits. www.drinkaware.co.uk contains a fantastic source of information to help you to get started.

Here are some tips from us:

- Set yourself a clear limit on how much you are going to drink each week and reward yourself when you stick to it
- Try to establish what it is that causes you to have periods where you exceed the recommended number of alcohol units. What is it about certain situations that lead to you drink more than you want to? Are there particular triggers that lead you to drink (e.g. bad days at work)? If you can identify these, try to take action to address the root cause rather than using alcohol to temporarily manage the symptoms (e.g. using the example of a bad day at work, what can you do to make work more fulfilling/enjoyable)
- If you are a social animal and enjoy a good night out, set a fixed budget for what you will spend on alcohol or set a limit to the number of drinks you'll have. Alternatively, find ways to socialise that don't involve alcohol
- When you are drinking, opt for smaller sizes (bottled beer instead of pints or a small glass of wine instead of a large one) and say no to cheap promotions on double spirits!
- Swap stronger beers or wines for ones with a lower strength (the ABV in % can be found on the bottle or can), dilute the alcohol with a mixer or alternate alcoholic drinks with water or a soft drink
- Aim to give your liver a rest by having several alcohol-free days each week, this can help maintain lower tolerance levels, but don't save up your units for one or two nights. It is thought that binge drinking is far worse for you than a couple of small drinks every day.



ALBUM 3: My Health and Wellbeing Sleep



You have told us that you try to get a good night's sleep each night but that there are times when you struggle. You'd like to change this, so you can maximise the restorative powers of sleep to be more like your ideal self more often. Here are some tips to help:

- Keep to regular sleeping hours so your brain and internal body clock get used to a set routine. Work out a routine that works for you and stick to it
- Spend time winding down before bed. There are many ways you can do this including –
 - Taking a warm (not hot) bath to get your body to an ideal resting temperature. Lavender oils in the bath can help with relaxation
 - Writing your to do list for tomorrow to organise your thoughts and clear your mind of clutter and distractions
 - Relaxation exercises or CDs
 - Reading a book or listening to the radio
 - Meditation or mindfulness exercises (counting sheep included!)
- Keep your bedroom for sleep and intimacy
- Keep TVs and electronic gadgets out of the bedroom as these weaken the association in our minds between bed and sleep. Shut down all devices at least 2 hours before bed and don't leave them switched on around you as they emit a short wavelength blue light that can scramble sleep patterns
- Avoid alcohol before bed. You might think it helps you fall asleep more quickly but it can interfere with your sleep patterns (you can't enter REM sleep if your body is processing alcohol so you are more likely to wake unrested and like a coiled spring).
- Keep your bedroom dark, quiet, tidy and ideally at a temperature between 18C and 24C (fitting thicker curtains to cut light and double glazing or ear plugs can help with noise!)



ALBUM 3: My Health and Wellbeing Me Time



You've indicated that you seek to create time for yourself doing the things that you really enjoy, but there are times when your best laid plans are thwarted. It might be that work gets in the way (in the UK we work some of the longest hours in Europe), or family/home and other commitments mean that there is little time left at the end of the day. Whilst you recognise a need to change this, the challenge appears to be how you might do this. What's currently stopping you? Is time the real issue? If you believe so then start small. The physical and psychological benefits of me time start with taking as little as half an hour each week. Plan it in, everyone can find 30 minutes each week. Agree and communicate your plan with loved ones and stick to it. If the activities you enjoy take more than half an hour, then set yourself a day a month. The same principles of agreeing, communicating and sticking to the plan all apply and you will always have something to look forward to.

If you feel guilty about taking this time and prioritising your needs first, remind yourself of why you are doing this and the consequences for others if you do not. Over time, losing "me time" will lead to your sense of self becoming more and more diminished and ultimately you may be left feeling resentful and badly treated, which will no doubt erode your naturally benevolent nature. It's a little like the adage of fitting your own oxygen mask on an airplane before helping others. Act now, so you can be at your best for others and your ideal self can continue to shine.



Right, so far you have:

- Seen the unique beauty of your character
- Considered how your values, preferences and drivers can serve you well in different contexts
- Looked at how, despite your best intent, they may be perceived by others or trip you up
- Thought about key health and well-being indicators, and which are the right choices for you.

So what now?

Well that is up to you. You have some choices:
You can choose to stop here – we really hope you've enjoyed the process.
If you change your mind, you can come back to this whenever you want.
Within FindMyWhy there is all kinds of information and insight to help you are different stages of your life – such as helping you get your dream job.

However, you've taken such a big step already,
why not invest a little bit more thought and time in yourself?



Be real, be you and love you.

So you want to keep going, here are some ideas on what to actually do next:

- Make a note of the things that pleased, surprised or even shocked you.
- Decide where you would like to invest a bit more time and energy to help your ideal self become even more of a reality.
- Once you have these, turn them into **SMART** goals.
- Now, write a list of the things you are going to do in order to achieve each goal.

Remember your selfie is all about you.
Any action you choose to take is completely in your control. Don't try to do everything at once, committing to just a few changes can make a huge difference to your world.

"What are SMART goals?"

A SMART goal is:

Specific

Measurable

Achievable

Results focused

Time-bound



So what might stop me?

Given the actions are all in your control, the honest answer is **you**.

Did you know that 92% of New Year's resolution fail by 15th January.

But don't lose heart, forewarned is forearmed.

To what extent will your preferred style help or hinder you in the pursuit of your goals?

Let's spend a little time looking at the kinds of pitfalls you may fall into and how you can be prepared for and guard yourself against these.

Let's look at two areas that might particularly influence this, the extent to which you tend to be:

- Organised, responsible, dependable and achievement orientated
- Positive, confident, focused, composed and able to bounce back from setbacks.



So what might stop me: in detail

Whilst you describe yourself as someone who is reasonably conscientious, and who tries to stick to personal goals, you may find that these can become compromised if pressurised by other demands. You may also find that whilst you tend to start activities with the best intent, they might fall by the wayside or get left unfinished as you pursue more appealing alternatives.

If this resonates with you, there are a couple of things you can do to stick to your plan more successfully:

- In the words of Wayne Levine (American writer and coach), "know your N.U.Ts." These are your non-negotiable, unalterable terms - the things that are really important to you and on which you are not prepared to compromise. Levine suggests knowing your N.U.Ts and sticking slavishly to them.
- Share your goals with someone close to you and commit to giving them progress updates. This is proven to increase the chances of you achieving your goal.

Given that you also love building relationships, it is likely that you will not like to let others down. Use this to your advantage by joining up with others with similar goals.

For example, if you decide to run a half marathon, find someone to train with. You won't want to let them down by missing a training run, so are less likely to be tempted to stay late at work and more likely to haul your bottom off the sofa on a cold dark night!



So what might stop me: in detail

Irrespective of your natural style, including actions in your plan that will help you to develop your resilience capacity (such as emotional control, positive outlook, handling pressure, motivation and self-worth) will support you in the achievement of your personal goals.

Think of your resilience capacity like the amount of fuel you have in your car. The more you have, the farther you can go. Building a reservoir of resilience gives you the confidence to know you can make the changes you want to make, as well as the energy to continue down the road after setbacks, stresses or obstacles drains you. It's so important to proactively top up your resilience tank, you wouldn't set off on a 200-mile journey in your car on vapours, would you?!

From your responses to the questionnaire it seems you feel you are a resilient, calm and emotionally controlled individual. You describe yourself as unlikely to be troubled by stress or anxiety, and as someone who will generally remain cool and composed when dealing with the day to day trials and tribulations of life. You are likely to come across as more upbeat than most, and to recover quickly from setbacks, rather than dwelling on the past. Your naturally tendency is to expect that things will turn out well in the end. Taken together, these traits will support you in the achievement of your goals and face any challenges that you may encounter along the way without getting too rattled, demoralised or upset.

We would encourage you to continue to do those things that you already do to maintain and proactively top up your resilience tanks. In addition to this, think about things that you can do to build and maintain your self-worth, a central component of your resilience capacity.



So what might stop me: in detail

Building self-worth reduces the distraction caused by emotional fears, such as the fear of failure or what others will think of us. Your sense of self-worth impacts how you engage when there is a gap between where you are and where you want to be in relation to your goals. If you have a lower sense of self-worth, you are more likely to believe that the situation/goal is out of your control and, therefore, reduce your effort or give up. The higher your self-worth, the more effort you will exert and, even when faced with set-backs, keep persisting.

Building self-worth is a long-term project and is often a Do-It-Yourself job! Here are some ideas that might help you build and maintain yours as you strive to attain your personal goals:

- Use your Psychological Selfie to remind yourself of the value that you undoubtedly have. Take time to be proud of who you are!
- Set aside time for a daily reminder of the successes you have had. Reflect on the tangible (and less tangible) results that you have achieved and the progress you have made towards your goals. When you think about your successes, identify the qualities you showed that directly contributed or resulted in those positive outcomes and bask in them.
- Write down three things that went well, or for which you're grateful, at the end of every day.
- Seek feedback from others about the value you bring – be bold, proud and proactive about doing this to help build a stronger platform of self-belief to help you pursue your goals.
- As well as making sure you take credit for your successes, think about how you respond to setbacks and failures. Try to not take them personally, review them in a balanced way and use them to learn, refine your plans and increase your chances of success.
- Focus on the things that are in your control, rather than sweating the stuff that is not. Doing the latter can leave you feeling helpless and powerless which, in time, may erode your feelings of worth.
- Stop making unfair comparisons between yourself and other people. This is a sure-fire way to undermine your own sense of worth and ruin the motivation you have created for unleashing your ideal self. Rather than measuring your life against someone else's, commit to focusing on your own path to success in your own time and your own way.



The driving force behind **FindMyWhy** is to help every individual confidently believe in the unique value they bring to the world.

We hope your **Psychological Selfie**[®] has:

- Been interesting, motivating and insightful
- Helped you appreciate your value
- Given you confidence in who you are
- Provided clarity and a renewed vigour for being your best you
- Helped you make some positive choices about yourself.

If you have loved the experience, why not make sure those you care about have the opportunity to find their why as well?

If you have any questions or need further support contact hello@findmywhy.com



Our story

We have spent the last 30 years using our expertise to help global organisations measure people. We helped them understand as much as they can about potential and current employees throughout the recruitment, development and career change processes.

Over the years, it has become increasingly clear how one-sided this relationship is. Employers are able to gather and analyse invaluable insights into individuals but often do very little to share their findings. This creates a power imbalance that can leave normal people, who simply want to enjoy their life and work, feeling discouraged.

So we've applied our knowledge and energy to turning the tables.

What could be achieved if the power is redirected and rebalanced to empower individuals?

What if everyone had a better understanding of their preferences, strengths and unique value than employers?

And, if we can empower people to seek more from work, how can we also help them in creating a life they truly love?

As well as the innumerable dissatisfied workers we've come across in our field, we also all have parents, children, friends and colleagues who have lost confidence in their direction.

We've seen first-hand the impact this can have on any individual, personally and professionally, and we want to help to make a change.

That's why we created FindMyWhy.

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