

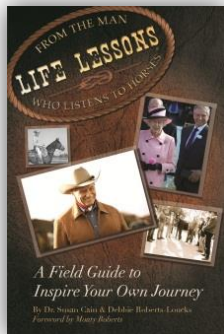


## Welcome to the Life Lessons Toolkit

This toolkit is included in the book, *Life Lessons From The Man Who Listens To Horses*. We offer it as a downloadable printable copy, so that you can write on the models. We hope that you enjoy the tools!

**Download a paper copy of the Life Lessons Toolkit to use at:**

<http://corplearning.com/resources.html>



**Buy the book, *Life Lessons from The Man Who listens to Horses* on Amazon.com**

[http://www.amazon.com/Life-Lessons-Listens-Horses-ebook/dp/B00BFJKSTI/ref=sr\\_1\\_6?ie=UTF8&qid=1361462892&sr=8-6&keywords=life+lessons+from+the+man](http://www.amazon.com/Life-Lessons-Listens-Horses-ebook/dp/B00BFJKSTI/ref=sr_1_6?ie=UTF8&qid=1361462892&sr=8-6&keywords=life+lessons+from+the+man)



Download these tools from  
*Life Lessons From The Man Who Listens To  
Horses.*

Personal Strengths Shield

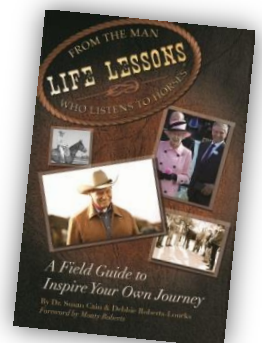
Personal Resilience Checklist

Trust-Based Communication Model

Steps to Defining Your Core Values

Personal Gifts Inventory

Personal Development Plan





## LEARNING TOOL

### *Personal Strengths Shield*

### *Your Weapon Against Self-Doubt*

The Johari Window model is a simple format which was devised by Joseph Luft and Harry Ingham. The window is actually a drawing of four squares and helps you develop awareness of your impact on others. The four windows depict the level of personal and public disclosures about you, from information about you (that you and everyone knows,) to things that you hide about yourself; things even you are blind to but others know, and an area called "the unknown" that represents potential growth and insights. We have adapted this model for you to use below. Enjoy creating the personal strengths shield. It serves as a blueprint for identifying your strengths. Without over-thinking, try to capture and write down the following:

**SPACE 1: Self-Awareness Arena:** Record strengths here that you know you have and that you are known for.

**SPACE 2: Feedback from Others Arena:** Venture out and ask others how they see your strengths. Once you do, notice how they are different or similar to the strengths you wrote about in your self-awareness arena.

**SPACE 3: Hidden Information Arena:** Like Monty when he decided to hide his Join-Up® technique, what strengths, abilities, convictions or achievements have you hidden, or even "disowned" and decided not to share with others? Why might that be? Is this worth reconsidering? It is possible, even likely, that these strengths play a key role in your future happiness and life satisfaction. They can also often provide unanticipated benefit to others.

**SPACE 4: Untapped Potential Arena:** This area represents the potential growth you could make by exploring, risking, and pushing past self-imposed limitations. Write down the strengths you aspire to have.





## LEARNING TOOL

### *Increasing your Resilience Levels*

Take a moment to look through the following checklist of traits that nurture resilience. **Check the ones** that you feel you already do well. Then think about how you might be able to use these strengths even more. For the traits you did not check, how can you begin to develop strengths in these areas as well?

#### PERSONAL RESILIENCE LEVELS



*Making connections with others*



*Looking for opportunities for self-discovery*



*Nurturing a positive view of self*



*Accepting that change is a part of living*



*Taking decisive actions*



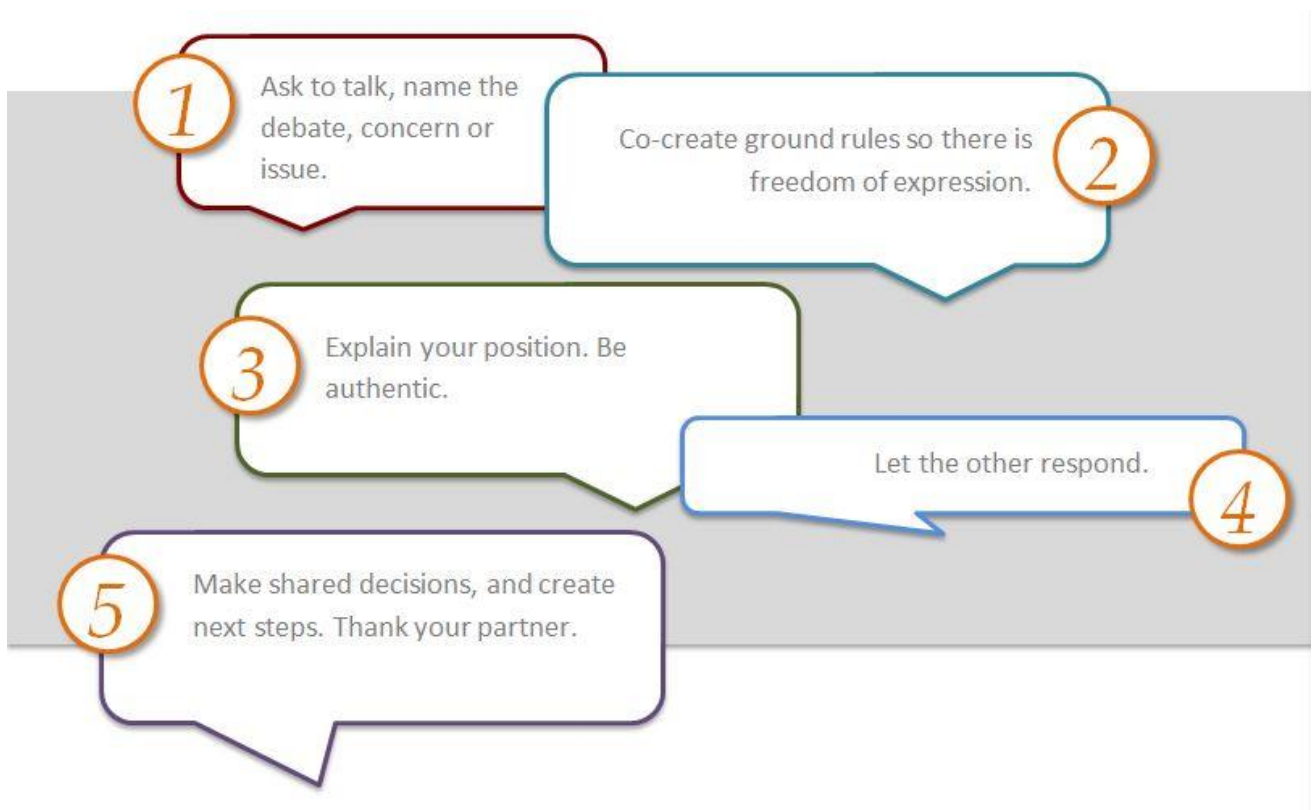
*Learning from the past*



## LEARNING TOOL

### *The Round Pen Trust-Based Conversation Model*

In the round pen, Monty develops a two-way conversation with a horse. Perhaps the most important thing he establishes immediately is positive intent. As the "conversation" continues, you can see the stages of Join-Up clearly. The same is true for you engaging in a trust-based conversation. We detail this process in the steps below.



Try holding this conversation with someone whom you have an open issue, or an unresolved concern. Hold the conversation in person, in a private location. To prepare your partner and increase their readiness to trust, request the meeting; don't demand it. Name the issue or concern and share the five steps above with your partner so they understand how the conversation will develop.



## LEARNING TOOL

### *Steps to Defining Your Core Values*

Defining your values allows you to discover what is truly important to you. A good way of starting to do this review your life's roadmap – to identify the choices you made that worked well and gave you the affirmation that you had made a good choice.

#### STEP 1

Identify times in your life when you were at your happiest-what were you doing, who were you with, why was it such a happy time?

#### STEP 2

Identify things you are most proud of that you have done or experienced. Who were you with? Did anyone else affirm your sense of pride?

#### STEP 3

Identify times when you felt most fulfilled or satisfied-what needs did these times meet? Why were these times meaningful?

#### STEP 4

Determine your top values, based on your experiences of happiness, pride, and fulfillment.

#### STEP 5

Prioritize Your Values

- Write each value or value phrase down on a notecard.
- Then arrange the cards in front of you in a line, in no particular order.
- Force yourself to reassign them in order of importance, from most to least importance.
- Place values of equal importance side by side.
- Work through your list and compare each value to others until your list is in the correct order.

#### STEP 6

Check your list-do your values seem to be in the right order for you? Do you feel that this order represents your true values, and would you be willing to proclaim them to others?

Take a look at the list you have compiled. What values keep popping out at you? Now make a list of your all the values you see.



## LEARNING TOOL

### *Personal Gifts Inventory*

What do you count among your key accomplishments?

What permission are you withholding from yourself that could help you acknowledge your own successes?

You have gifts that others may have discouraged, or that go unappreciated or unnoticed. What are they?

How can you begin to bring these gifts forward, and perhaps try again or push past boundaries?





## LEARNING TOOL

### *Personal Development Plan*

We have created two ways to capture your personal development plan. The first one is listed below. Circle back to the first learning tool that you completed-the **Personal Strengths Shield**. Then review the learning tools that you completed after that. What patterns have emerged? What areas of strength do you have that will be there as you write your own life chapters in the years ahead? Here is a tool, a personal development chart, to get started. What priorities do you see? How will you know that you have achieved your goals in these areas?

**Summarize your intentions for going forward into a specific cohesive action step:**



## LEARNING TOOL

### *Personal Development Plan*

We have created a second option for recording your plan here. Circle back to the first learning tool that you completed-the **Personal Strengths Shield**. Then review the learning tools that you completed after that. What patterns have emerged? What areas of strength do you have that will be there as you write your own life chapters in the years ahead? Here is a tool, a personal development chart, to get started. What priorities do you see? How will you know that you have achieved your goals in these areas?

### *Personal Development Plan*

	SKILL	CURRENT ABILITY	TARGET ABILITY	DEVELOPMENT OPPORTUNITIES <small>List possible Development opportunities</small>	CRITERIA TO JUDGE SUCCESS	TIME FRAME
1ST PRIORITY						
2ND PRIORITY						
3RD PRIORITY						