**Topic:** Discovering your Driving Forces

Exercise: 1

If you are engaged in 1-1 coaching with me after this course, please save this document in the DropBox folder I have assigned for us. For any issues you can always email me at hostandcoach@ramyballout.com.

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In this exercise, I seriously want you to consider writing down what your driving forces for transition are.

Explicitly, what is driving you towards the change you are seeking?

It’s critical in the overall process to have a solid base for transition as we move into formulating a process that will be effective and authentic to you!

Write down your Driving Forces for Transition in no particular order. Don’t be afraid of anything here, it’s totally confidential and remember that your emotions give worth to everything you jot down.

That said, there is nothing written down that should be passed on as dismissive.

Everything counts, *especially* the reasons why you want to transition!

**1.A**

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| Driving Forces |
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**1.B**

Now write down your CORE VALUES. Remember these are values like honesty, openness, transparency, helping people, and team work.

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| --- |
| Core Values |
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After doing this I want you to relist your Driving Forces either by number from above or by summary. I would recommend rewriting it more succinctly in short terms so that you can remember it.

For example, a driving force can be, *“I know I am better and more capable than the responsibilities I am being given.”*

**1.C**

Now I want you to rank your driving forces by the power in which you believe they rate highest in your life.

Rank them below after relisting them and then please indicate whether or not they are aligned with your core values.

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| --- | --- | --- |
| Driving Forces (List here by number or by summary) | Importance Ranking(#1 being most significant) | Aligned to my core values? (Y/N) |
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If they are ***not*** aligned with your core values, they’ve got to go. This means that they are not actionable nor are they sustainable.

Remember, *alignment and job satisfaction are twins separated at birth!*

In order for us to get sustainable alignment through transition we must follow this process.

**END OF EXERCISE**