



SCOPE

Workbook

Module 1 - Explore your Beliefs

*Part of the 4Fs for Holistic Success
Fuel, Fitness, Freedom and Fulfilment*

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SCOPE: Your simple, step-by-step blueprint to find the personal and career fulfilment you want and deserve.



S - Scrutinise your predeterminations

C - Choose/Change your direction

O - Overcome objections/Organise your strategy

P - Plan your action

E - Evolve to your choice of career, fulfilment and success!

***“There are many spokes on the wheel of life.
First, we're here to explore new possibilities.”***

- Ray Charles

This workbook is a part of the ‘4Fs for Holistic Success’ of which SCOPE is part of one of the four key pillars (Freedom). SCOPE is the one that is most related to defining holistic success in professional life, career choices and goals. The other equally important, and wonderfully energising, pillars are Fuel, Fitness and Fulfilment.

Use SCOPE and what it can do for you, to get some real insights into the direction you should take to get more fulfilment your life and your career!

Find a peaceful place where you won't be interrupted and allow a couple of hours to go through the exercises, then come back to them again over the next few days as more feelings and ideas pop into your head. After this, complete the final exercise...

*'It is our choices ... that show us what we truly are,
far more than our abilities'.*

J K Rowling

Why do you need SCOPE?

Women's equality and women in the workplace are controversial issues – so much so that women are under enormous pressure to perform without always considering what they really want. Whether or not we want a high-flying career – a lot of women are pushed into, or out of, doing something because of their upbringing, peer pressure and general expectations – we have to arrive at a point where all women can choose for themselves what they want to do, and be appreciated and respected for their choice and their talent.

What does SCOPE do for you?

It helps you get clear on what you want to be and do and how to choose which aspects to change to get that. You find what will fulfil you and how to organise the plan to transition from where you are now to where you want to be, enjoying your life and work.



You will gain impressive insights on your thought processes, your actions and reactions, your real strengths and talents, where your interests really lie, what you want to experience in your life.

SCOPE will give you the opportunity to discover who you really are and who you are meant to be. You will learn how to be honest with yourself, and make your

choices from that position of self-knowledge which is the key to your freedom to choose.

Once you have made your choices you will put into place the changes and organisation necessary to create and follow your strategic plan to achieve your objectives in life and your career so you can enjoy the freedom and fulfilment you are looking for.

Module 1



S - Scrutinise your predeterminations

The first step in this process is to scrutinise where we are affected by outside influences, be it childhood predeterminations, peer pressure or any other kind of intimidation or persuasion, conscious or unconscious, which distracts us from what are our own true values, beliefs, wishes, dreams and objectives.

As adults we often find the outside influences come from our colleagues and superiors at work, our friends who may be fast-tracking and expect you to do the same, our husband and/or family who may be unsupportive of your wishes and prefer to take you in a different direction. All this, as well as the stress, anxiety and guilt that we all too frequently place on ourselves due to these other people's beliefs and opinions, can push us very far from our own true nature and freedom of choice.

Pinpointing weak points, or unconscious self-sabotaging reactions, through a series of exercises and analysis, helps create clarity and self-knowledge. Finding where we are thinking/acting from outside influences and realising how we behave because of these can be liberating in itself. Then, we can choose, or not, to make the changes that better suit our own true self.

Beliefs and Predeterminations in Life and Work – What are yours?

When you were a child, what was the environment around you? Did everyone come from a similar background? Did they have many common interests? Did they hold similar views?

What did your parents believe, what were their values? Did they ‘expect’ you to conform to a certain way of behaving? Did they expect you to have a particular career? What about your extended family, friends, your teachers?

Did they encourage you to explore other views to their own? Did they encourage you to try something ‘different’?

All of these can contribute to our unconscious acceptance of other people’s beliefs rather than developing our own... Try this exercise to pinpoint what you have ‘inherited’ from your upbringing, your education and even your workplace environment and colleagues. There are many external factors which can influence, even dominate, us unknowingly.



| What are you doing in life that doesn't make you happy? | What are the consequences of not doing these things? |
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| | |

| What are you doing at work that doesn't make you happy? | What are the consequences of not doing these things? |
|---|--|
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| | |

Now think about this...

| What do you do that makes you feel uncomfortable? Or, that you simply don't want to do... | What are the reasons you feel you should keep doing it? |
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Now for all of the above think of the reactions of your parents, family, colleagues. Do they approve of those actions? Do they think they are the right things to do? Are these your own free choices, or were they unconsciously stimulated by your parents' approbation or disapproval?

Often we don't realise how much we do things because of outside influences. It isn't wrong, but we need to be aware of the origin of our ideas and aspirations. Try and

clarify which were your own without any stimulus from others and which were influenced.

Now think about your family, teachers, your upbringing, the beliefs, values, compliments, encouragement and praise you heard when you were younger, and even from friends and colleagues to this day. List them below and then rate whether you follow this belief/action/praise or whether you react differently. How it makes you feel.

It could be regarding choice of career, work ethic, women’s equality, politics, finances, hours worked, work-life balance, social life, fitness, culture, courtesy and manners, hobbies and interests...

| Your family, teacher, friend, colleague’s - Belief, value, compliment, praise | Do you follow this a little, a lot, not at all? | Why or why not? How does it make you feel? |
|---|---|--|
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For the next week mull over these and note down any more that pop into your head over the next few days.

Notice situations when you feel uncomfortable or uninspired – what are you doing at the time? Could any of these relate to you unconsciously following other people’s belief systems instead of your own?

Now think about other ideas, beliefs, actions, and values that you have introduced into your life. Particularly the ones that really inspire you, where you feel energised, positive and happy to do them.

| What different beliefs, values, actions have you introduced? What unexpected or innovative choices have you taken relating to your career? | What led you to doing this? How do they make you feel? |
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To finish up this exercise, circle the beliefs and feelings that have the strongest feel-good factors associated with them and any that have the same recurring emotions.

Underline the top 3 beliefs and emotions and keep coming back to the ideas and emotions over the next week.

Can you start to identify some predeterminations or outside influences? Doesn’t it feel good? Finding where we are thinking/acting from outside influences and realising

how we behave because of these is liberating in itself. Now, you can choose, or not, to make the changes that better suit your own true self.

What should I do next?

By completing Module 1 you have identified your predeterminations and how they have been affecting you. You have explored some of the exercises and ideas that are a part of **SCOPE**, and you have consciously taken the decision on whether or not to change anything.

Take the next step [here](#) - Access the other modules in the SCOPE process and use this simple, step-by-step blueprint to find the personal and career fulfilment you want and deserve.

The following modules in the SCOPE process are:

Module 2: C - Choose/Change your direction

In this part of the process we dig down and find what really does light your fire! We uncover any long hidden strengths and passions before they were drowned out by all those outside influences and we bring them to the fore.

Module 3: O - Overcome objections/Organise your strategy

Being aware of, and understanding how to overcome objections, both those appearing subconsciously in yourself and from those around you, is an essential part of this process. On an all too regular basis, we self-sabotage or lack confidence because of some reason, which, once acknowledged, is greatly diminished and so becomes manageable. This helps us keep on track and allows us to set boundaries to any new enterprises, therefore vastly reducing stress and minimising risk.

This stage includes several exercises and worksheets, including ones such as Fears and Doubts realignment, Personal SWOT and the Wheel of Life.

Module 4: P - Plan your action

Part 4 in the **SCOPE** process is where we become very practical! We plan! Using some exercises such as the TOWS matrix, the Hedgehog concept and the PEST analysis to

help outline priorities and the most effective order in which to act, we create the timeline for the actions and objectives we want to achieve whether it be career development, entrepreneurial concepts or personal dreams.

You will find out how to integrate what you already know and have, what is directly available in the immediate vicinity, what you need to add to the mixture and where/how you can do this.

Module 5: E - Evolve to your choice of career, fulfilment and success!

Now we start the evolution! Whether it is changing your career direction, climbing to the highest rung on the career ladder, branching out and setting up your own business, creating a new and exciting you as you grow older, you have done all the scrutinising choosing, organising and planning, now is the time to start living it.

Through inspiring techniques, exercises and ongoing assessment, you put the process into practice, evaluate your progress, align and adapt as necessary while progressing with confidence, energy and motivation. Harvest the seeds you are sowing, enjoying each step along the way. You start to feel the new found pleasure of transforming your talents, honing your skills, developing your passions in your choice of career, fulfilment and success. you have successfully completed Module 1 which in itself gives you considerable insight into why you do what you do, how you react and lets you uncover the knowledge of which decisions you truly make from your own free choice!

[Access the full SCOPE Workbook here](#), all 5 modules, and with this simple, step-by-step blueprint delight in your path to finding the personal and career fulfilment you want and deserve.



***‘The purpose of our lives is to be
happy.’***

Dalai Lama

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