

first edition



prepare a futureSM workbook

DREW LICHTENBERGER

Prepare a Future: Workbook

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First Edition 1.0

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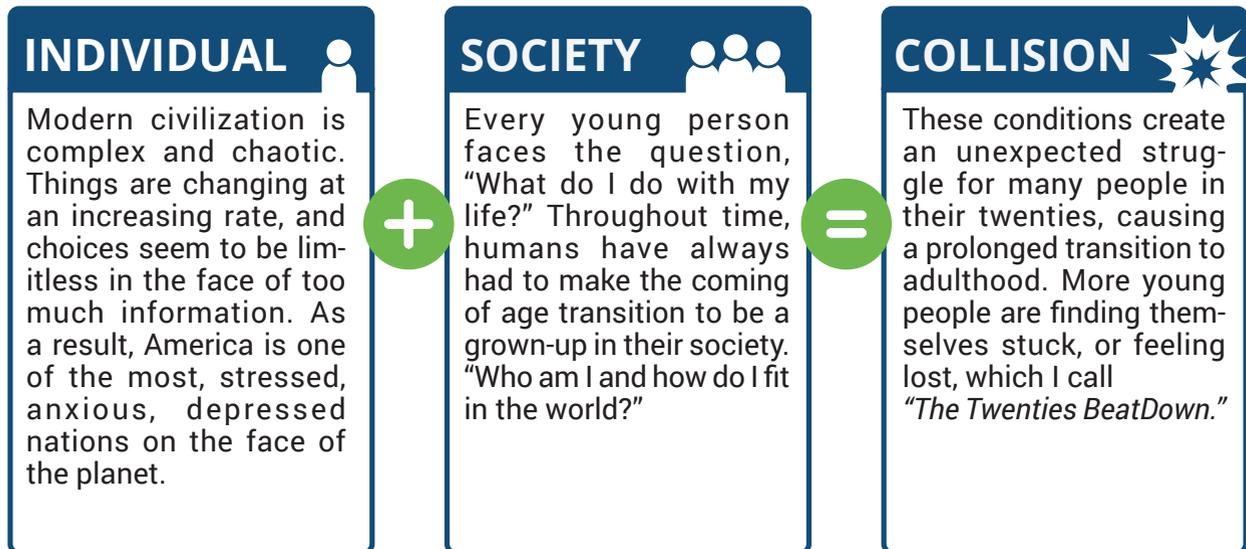
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THE PROBLEM

More and more young people are experiencing anxiety and indifference as the world seems to be getting crazier. It leaves many feeling it's all meaningless, and why even bother?



This *Prepare a FutureSM* workbook and coaching are designed to scratch the surface of addressing some of these problems by helping people focus on their **identity, calling, and purpose.**

The Information Age and the individual are colliding, making for a young adult wilderness.

This collision can result in a “Quarterlife Crisis”⁴ or

THE TWENTIES BEAT DOWN[®]

The Twenties BeatDown^{®5} most crudely put is a time period in your twenties where you may feel “beat down” by life. Usually, it comes in the form of some set of circumstances not working out the way you had expected (in career, relationships, finances, etc.). It happens most commonly when you hit the real world and meet unexpected obstacles or uncertainty. It’s typically accompanied by questioning, self-doubt, anxiety and frustration because of the overwhelming pressures and stresses of society. For some people, it can lead to depression or panic attacks. You might even feel *isolated* in your circumstances, as though you’re the only one going through this.

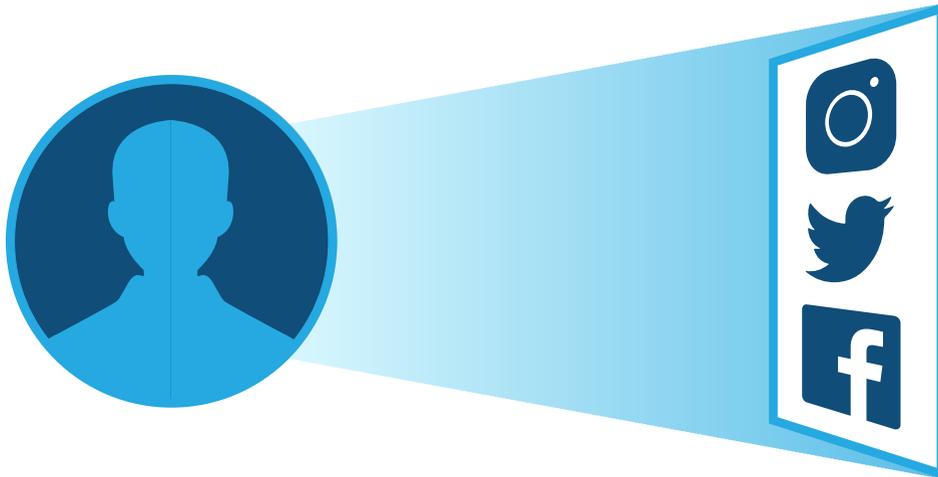
- Stuck or not sure what to do with your life
- Feeling behind—knowing what you want, but not sure how to get there
- Paralyzed by big decisions
- Have no job or hate your job
- “Adulting” is harder than expected
- Have no money (or you have debt)
- Feeling no purpose or meaning in life
- Feeling like everyone else is happier or farther ahead than you are

Do you relate? Which one(s) describe you? Add your own.



IMAGE MANAGEMENT

True Identity or Managing an Image?



When someone meets you, what are they meeting? What you project to them or who you really are (e.g., a social media profile)?

Does your own sense of identity get lost or embedded in the “wrong” things? YES NO MAYBE

For example, someone posts something on social media and it gets a lot of “likes.” Unconsciously, this feels good because they got a reward. So they seek to post new things to get more likes to continue this reward. At what point can someone’s identity be wrapped up in an unhealthy way?

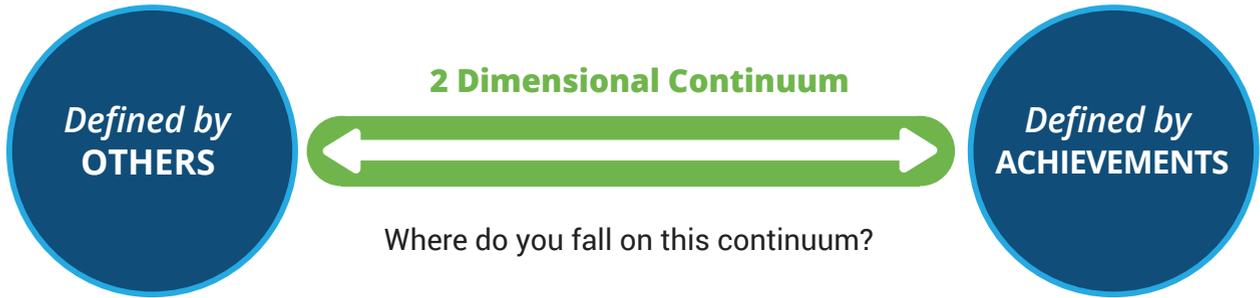
What are some other examples where someone’s personal identity could be wrapped up in the “wrong” things?



How about you?



IDENTITY CONTINUUM



PEOPLE PLEASING

- Being liked/popular
- Community service
- Society
- Family
- Friends
- What else?

At either extreme there are pitfalls to personal identity, well-being and leadership

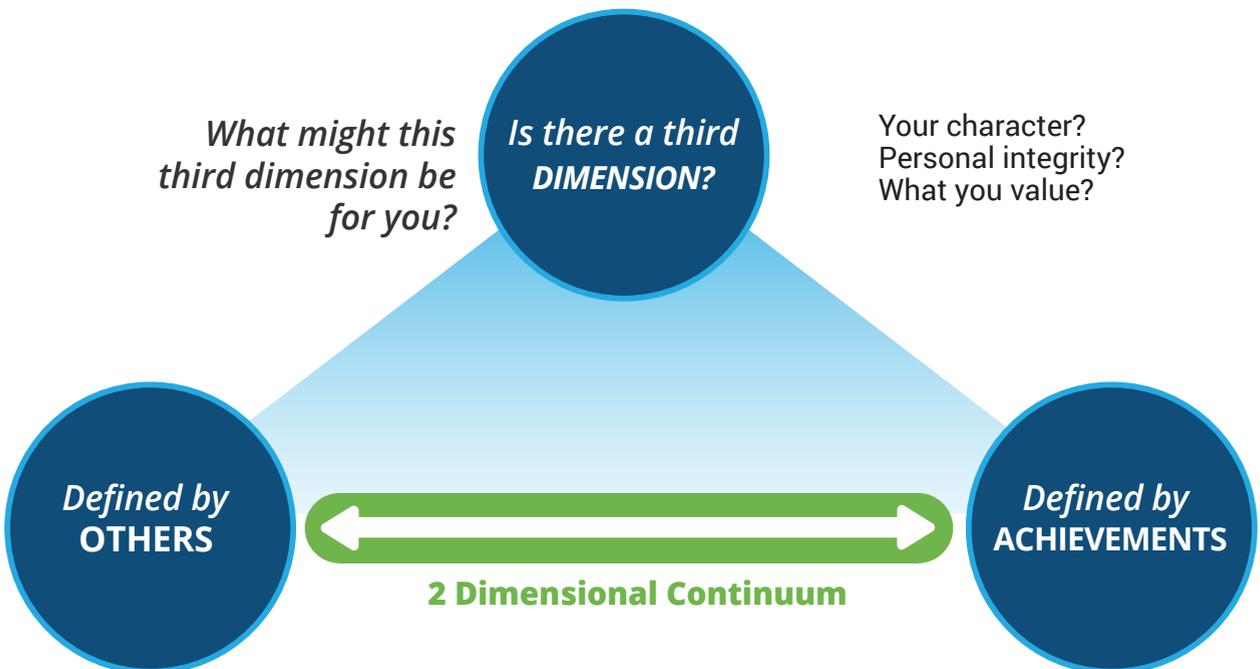
PERFORMANCE BASED

- Financial achievement
- Education status
- GPA
- Awards
- Career attainment/growth
- House/car/material items
- What else?

If you are honest with yourself, where are you? (Could be different places, depending on the area of your life, see page 90.) What are the pitfalls?



What are the pros and cons of each extreme?



IDENTITY, PURPOSE, AND CALLING

Some people suffer from a sense of meaningless drift because they lack a sense of **identity**, **purpose**, and **calling**. When you are growing up, seldom does anyone sit you down and ask you to spend time thinking about these aspects of life. School systems are usually focused on test scores, achievement, and what you need to do to pass exams or graduate. Rarely do the traditional systems help people examine the ultimate questions; rather, they're just trying to get you to the next step.

This section will present some concepts about **identity**, **purpose**, and **calling** and how these fit together, presented in an *Identity DNA Model*.^{*} Often people find it hard to plot out their life course because they don't have stable guideposts from which to align their choices. Before modern navigational equipment existed, ships at sea would position themselves according to the stars. A sextant was used to align the ship with the North Star in order to know where they were and chart their course. In essence, you need to determine your True North and understand your guideposts.

We'll look at identity, purpose, and calling in that order. You can think of the three like this:

Identity

Who am I?

Purpose

What's the point?

Calling

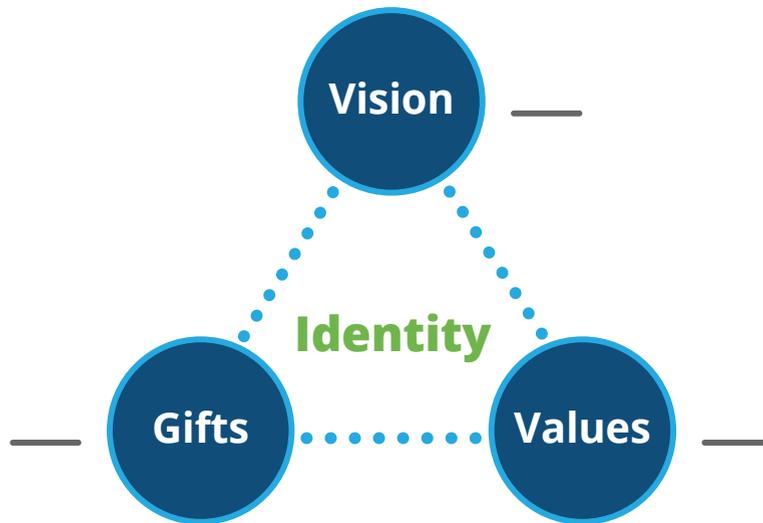
What's my specific role?

* I offer this *Identity DNA Model* as my contribution to coaching and human development.

YOUR IDENTITY DNA

Humans are complex, emotional beings. There are far more facets to your identity than these three parts, yet these provide a simple way to gain some practical insights into who you are.

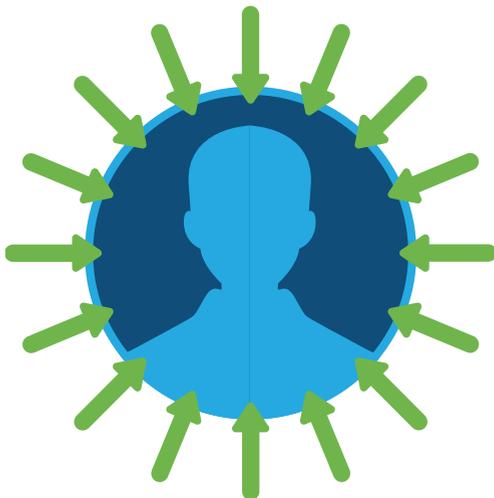
How clear are you on each element of your own identity? Assign a weight (scale of 1-10) to each one, 10 being very certain, 1 being uncertain.



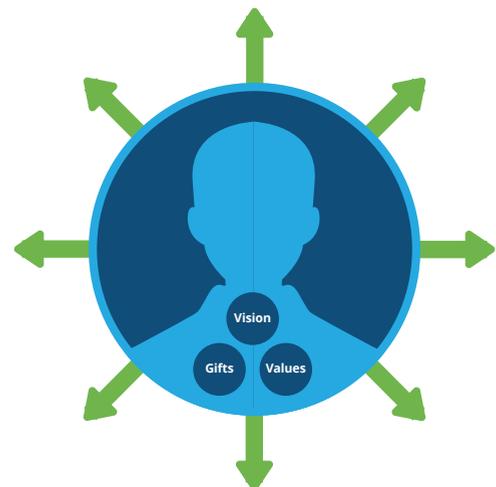
*Exercises to help you explore each part for yourself are found in the *Discovery Phase*.

How would you rather be defined?

By outside influences?



Or by your identity DNA?



Does your environment dictate who you are, or will you influence your environment?

CALLING AND VOCATION

The word **vocation** comes from the Latin *vocare* meaning “to call.”

In essence, you have to “listen” to the voice that calls you (what is truly important to you above all else), and not to all of the other voices of society telling you what to do.



What do you think you are called to?



What are the other competing voices that may be distractions to you?



VOCATIONAL PYRAMID

This graphic should help you understand the relationship between Calling, Career, and Work.



Work is on the ground level, while purpose and calling are at a higher level. Your work may not be your purpose, nor your career or your calling. Keep in mind that all three levels are distinct concepts. Your job could fulfill all three, but they are just as likely to be separate. Don't assume that they all have to fit together. Many young people want to be in their set career or "dream job" right away as it fulfills a sense of personal identity and satisfaction. However, that may not be immediately realistic, particularly in the young adult job market. Additionally, your work is not your identity, so don't confuse these two either. However, don't dismay; you can still continue working toward a career that is fulfilling to which you feel a sense of personal calling or purpose.

What is your work or job?



What is your career? (Do you have one? Or working toward one?)

