

EPIC

empowering people
inspiring cultures



EPIC INDIVIDUAL

excellence in everyday living

SELF-MASTERY

PERSONAL EXCELLENCE **TOOLKIT**

modular online programme



www.epic-hub.com

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INTRODUCTION

This process contains a number of instruments, assessments and activities (we'll call them tools) aimed at helping you along your journey of self-discovery, towards demonstrating a pattern of excellence in your everyday living.

You will receive regular email deliveries of these tools in modular form to be printed and completed at your own pace. The programme has been designed to ultimately become a comprehensive personal journal.

Chances are that you will find some of these modules to be more meaningful than others: in fact it is likely that you may find yourself unable to relate to some of the modules at all. Don't let this deter you from making the most of the process and the potential benefits that it may hold.

I have been developing these tools since the early 90's, for application on my courses and workshops. During the early years, my associates Prof Dawie Smith, Callie Roos, Wanda Bierman and Elsa Bester worked closely with me as we continuously endeavoured to improve the programme. They, together with my Australian-based business partner, Steve Simpson, now join me in wishing you success in your pursuit of higher levels of personal effectiveness.

You will find many more resources at www.stefduplessis.com, where you will also be able to subscribe to a number of other online tools.

Enjoy your journey!

Kind regards



P.S. I've used South African spelling conventions throughout this programme.

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PAST
PRESENT



- 17** GETTING **READY** *for change*
- 18** SUCCESS **DEFINED** *a snapshot of your endgame*
- 19** YOUR LIFE **ROLES** *the whole is greater than the sum of its parts*
- 20** FIND YOUR **PASSION** *what gets you going?*
- 21** FUTURE **ASPIRATIONS** *what do you want?*
- 22** PERSONAL VALUE **CLARIFICATION** *identifying your core values*
- 23** PERSONAL VALUE **CLARIFICATION** *prioritising your top 20 values*
- 24** PERSONAL VALUE **CLARIFICATION** *are you living your values?*
- 25** PERSONAL VALUE **CLARIFICATION** *identifying your "Danger Zone"*
- 26** SUCCESS **REDEFINED** *a "photoshopped" snapshot of your endgame*
- 27** PURPOSE **DEFINED** *why are you here?*
- 28** ENVISION *the big picture*
- 29** CLEAR **GOALS** *your personal scoreboard*
- 30** CODE OF **CONDUCT** *doing what's right for you*
- 31** YOUR **STRATEGY** *a personal gameplan*
- 32** YOUR **ATTITUDES & BELIEFS** *and how they determine the life you live*

FUTURE

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THROW YOURSELF A **LIFELINE**

making sense of your past

ALL OF LIFE PREPARES US FOR WHAT LIES AHEAD...

Many of the answers to our future lie in our past.

But most often the answers are not apparent - you have to figure them out yourself.

This activity will help you to do just that; perhaps not at first, but when you reflect back on your lifeline in later stages of the programme you will find that insights and patterns start to emerge. For now, just trust the system - the results will be worth the effort.

LEARNING FROM YOUR PAST EXPERIENCES

- Draw a **lifeline**. This is simply a linear representation of all of the significant events of your life so far.
- Make sure that you add the approximate age that you were when these events occurred.
- Plot the **positive** or **negative** impact of each event. Use the attached example as a guide.
- You may find it useful to speak to family and friends or to dig out some old photo albums to jog your memory.

*Draw your lifeline on a big sheet of paper.
Leave enough space for future notes.*

Here are some examples to guide you through the activity:

- Successes or failures in your youth (academically, in sport, culture, leadership, family, friends, accidents, and so on).
- Important or even traumatic incidents, like meeting a life partner, the birth of a child, an achievement or graduation, losing a family member, accidents, serious injury or sickness in the family, divorce, and so on.

When working on your lifeline, think of all of the different dimensions in your life: *physical, spiritual, intellectual, psychological, social, and professional*.

Bear in mind that you will be referring back to this worksheet often during this programme – so be sure to leave ample space for future notes and heed caution when using abbreviations or shorthand so as to make sure that your notes will make sense to you at a later stage.



LIFELINE EXAMPLE

