

# *Circle Of Perspectives*

*A short handbook towards  
self-mastery*

*Workbook*

*Name:.....*

# Chapter 1:

## Perspectives

### Exercise 1:

Rate each area of life on a scale of A to G. A being, 'you feel completely lost' and G being, 'you already are at the peak and do not seek any improvement really'. Next, write what do you want this area of your life to be like, post this journey of transformation. What is your dream in that area of life?

Area	Rate	My dream
Me and My inner self		
Relationships/Family		
Career/Business/Work		
Wealth/Prosperity/Finances		
Social/Community		

# Chapter 2:

## Leadership to Me:

*Exercise 2:*

*What leadership in life means to you?*

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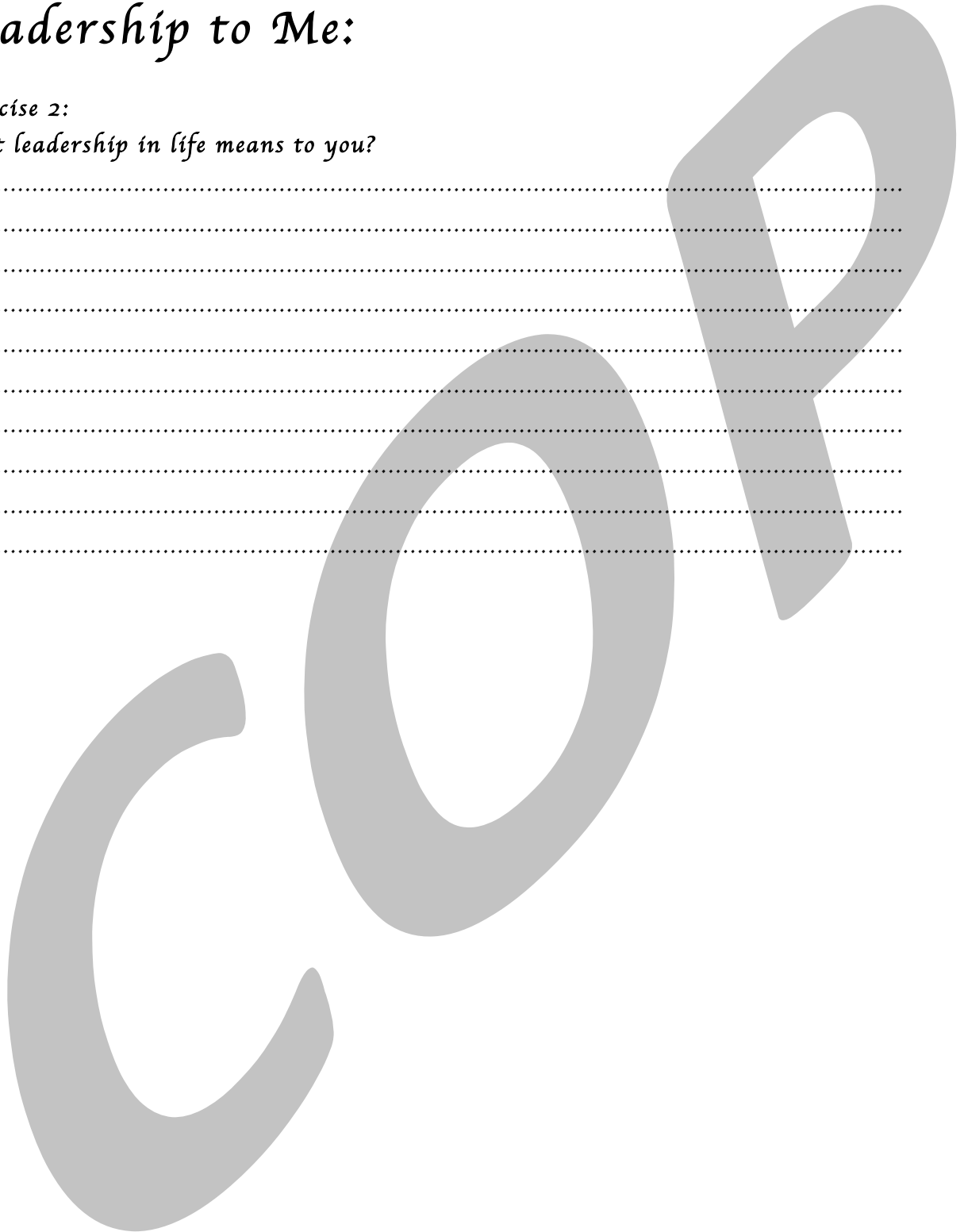
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# Chapter 3:

## A Deep Dive Within

### Exercise 3:

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. I am not good enough.
2. My situations do not allow me to do my best.
3. I don't feel happy.
4. Life is unfair and full of challenges.
5. I feel guilty now and then or I am guilty.
6. ....
7. ....
8. ....
9. ....
10. ....

### Exercise 4:

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....

**Exercise 5:**

List five expectations from yourself.

1. ....
2. ....
3. ....
4. ....
5. ....

**Exercise 6:**

List the things that you want to do for your physical fitness.

1. ....
2. ....
3. ....
4. ....
5. ....

**Exercise 7:**

List the things that you want to do for your mental fitness. [Mental health is ability to process information]

1. ....
2. ....
3. ....
4. ....
5. ....

**Exercise 8:**

List the things that you want to do for your emotional fitness. [Emotional health is the ability to express feelings based on the information processed]

1. ....
2. ....
3. ....
4. ....
5. ....

**Exercise 9:**

Once the list is created, pick one from each area, write the commitment statement for why you want to achieve this, and then write down what action (may be very small) you can take to make it happen. As an example, if you want to run a 5KM race, what are the actions you plan to take. Write a commitment statement as to why you want to run a 5KM race. Now define actions. It can be as small as waking up 10 mins early than your scheduled time and going for a walk.

S.No.	Items from the list in exercise 6,7,8	Commitment Statement	My first step

**Exercise 10:**

Out of the the list created in exercise 8, pick the most priority one and create a detailed plan as per template below. You can create detailed plan for all and accomplish it all. I suggest to pick one first as it will help you to be focused on one.

For example:

Big Goal: Run 5 Km race.

Commitment Statement: I want to stay fit for rest of my life.

S. No.	Goal	Steps to achieve	Date of Completion
1.	Run 5 KM Race		Date X
A		Start waking up 10 mins early and go for a walk	Ongoing from the day you choose this goal
B		Start with run and strength training	Ongoing - mention a specific date
C		Practise runs	Ongoing
D		Race day	Date X

*Big Goal:* .....

*Commitment Statement:* .....

.....

<i>S.NO.</i>	<i>Big Goal</i>	<i>Steps to achieve</i>	<i>Date of Completion</i>

# Chapter 4:

## My Gold Mines

Exercise 11:

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. I don't feel valued.
2. I am doing my best but others don't understand me.
3. People around me are full of complaints and will never change.
4. My relationships are my blockers.
5. I feel like running away.
6. ....
7. ....
8. ....
9. ....
10. ....

Exercise 12:

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....



**Exercise 13:**

List down the expectations from 5 important people in your life. Identify if there is any expectation overrun from the people in the list.

1. ....  
.....
2. ....  
.....
3. ....  
.....
4. ....  
.....
5. ....  
.....

**Exercise 14:**

List each expectation and how you can help them to achieve your expectations.

1. ....  
.....
2. ....  
.....
3. ....  
.....
4. ....  
.....
5. ....  
.....

**Exercise 15:**

If today is your last day as a human being with whom all you would want to talk to and what would you tell them?

1. ....  
.....
2. ....  
.....
3. ....  
.....
4. ....  
.....

5. ....  
.....

**Exercise 16:**

Ask yourselves and others - what is their plan for today and at the end of the day ask, how their day was and what was their learning today. This will help you be more connected to people. Write other questions which will help you be more connected with people around.

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.....  
.....  
.....  
.....  
.....  
.....  
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**Exercise 17:**

Create a plan to bridge the gap between your challenges in this area and your wish list. Write your commitment statement why you want to achieve this. What is the first simple and instant step you would like to make towards your wish list?

You can use this template.

Big Goal: .....

Commitment Statement: .....

.....

S.No.	Goal	Steps to achieve	Achievement expected

<i>S.No.</i>	<i>Goal</i>	<i>Steps to achieve</i>	<i>Achievement expected</i>

# Chapter 5

## Occupation

### My Organization

**Exercise 18:**

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. My manager is a problem.
2. I am not given enough opportunities or good work.
3. Even if I do all the work, the benefits like better bonus and promotion are given to other employees.
4. It is a mundane routine for me.
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

**Exercise 19:**

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....

**Exercise 20:**

Pick the top 5 items from the list you created at the start of this chapter as this is what you want to achieve in this area of life. Write a commitment statement for each. Write the first step you would like to take now. It can be a simple step to help you feel closer to achieving the same. For example - For any certification, buying a book can be a simple step.

S.No	Items from the list I want	Commitment Statement	My first step
1			
2			
3			
4			
5			

**Exercise 21:**

Out of your list, choose the blockers which you want to get rid of first. Define it as a goal, write a commitment statement and then a detailed plan as to when you want to accomplish it.

For example:

Big Goal: Certification

Commitment statement: Gain more knowledge and credibility.

S.NO.	Big Goal	Steps to achieve	Date of Completion
1	Certification		Date X
A		Buying a book	
B		Allocate 1 hour daily to study the course content	Ongoing - Finish date X-5
C		Practice exams	X-5 to X-1

Big Goal: .....

Commitment Statement: .....

S.NO.	Big Goal	Steps to achieve	Date of Completion

<i>S.No.</i>	<i>Big Goal</i>	<i>Steps to achieve</i>	<i>Date of Completion</i>

**Exercise 22:**

It is "ME" Draw what represents you. It can be anything that represents you. Any object or collage of many objects or as your imagination flows. This is your brand.



**Exercise 23:**  
**Visibility matters**

*Here is another exercise which can help you define how to create visibility.*

- A. Recall any recent achievement at work.*
- B. Weave an authentic story of the achievement in terms of what you gained out of that experience and how it helped to contribute to your organization.*
- C. Keep it precise and no assumptions that people know about it.*

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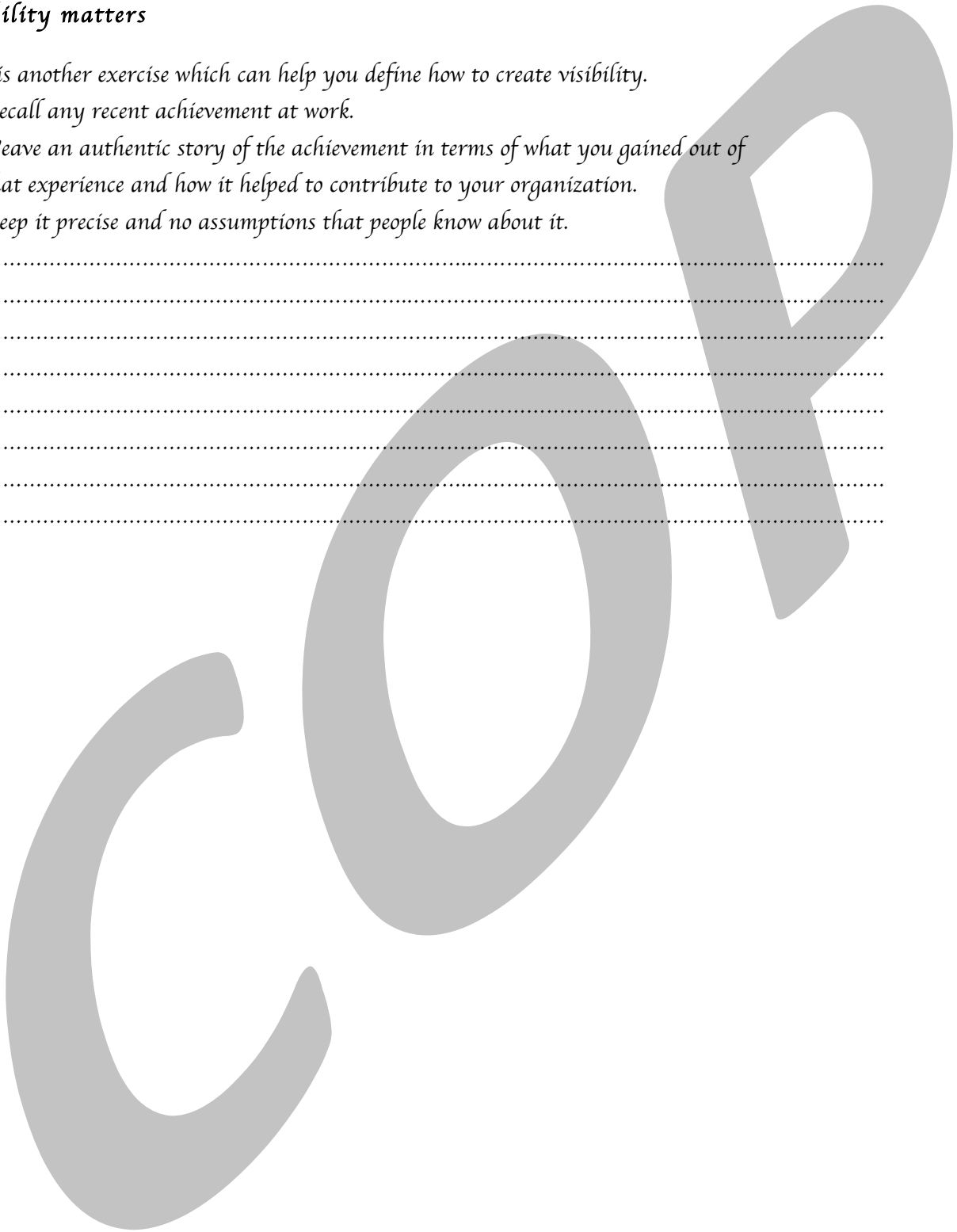
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# My Business:

## Exercise 24:

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. My customers are a pain.
2. My product is great but I do not have many customers.
3. I find it difficult to expand my business.
4. I want to start a new business but am not sure what to choose.
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

## Exercise 25:

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....



**Exercise 26:**

Pick the top 5 items from the list you created at the start of this chapter as this is what you want to achieve in this area of life. For each write commitment statement. Then write the first step you would like to take now. It can be a simple step to help you feel closer to achieving the same.

For example - For marketing, what does my flyer would contain?

S. No	Items from the list I want	Commitment Statement	My first step

**Exercise 27:**

From your list, choose the blockers which you want to get rid of first. Define it as a goal. Write commitment statement and then a detailed plan as to when you want to accomplish it.

Big Goal: .....

Commitment Statement: .....

.....

S.No.	Big Goal	Steps to achieve	Date of Completion

# Choosing a Career:

## **Exercise 28:**

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. I am unclear about whether I should do a job or business.
2. I am stuck in this job and bored of this mundane routine.
3. I have lost my passion.
4. I want to do something but don't know where to start
5. I am fearful to do something out of my comfort zone.
6. I am not sure how to help my child choose a career.
7. ....
8. ....
9. ....
10. ....

## **Exercise 29:**

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....

## **Exercise 30:**

Write your five strengths.

1. ....

- 2. ....
- 3. ....
- 4. ....
- 5. ....

**Exercise 31:**

Write your list of options which you want to follow as passion. You may choose from the list you created at the start of this chapter.

- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....

**Exercise 32:**

Complete the 4 steps as mentioned in the topic "Ways to choose"

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.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

**Exercise 33:**

Write commitment statement for each option. For each, write the first step you would like to take now. It can be a simple step to help you feel closer to achieving the same. For example - To switch career, take first step of which careers align to your strengths.

S.No.	Options	Commitment Statement	My First Step

S.No.	Options	Commitment Statement	My First Step

**Exercise 34:**

For each option create a detailed plan. Use the template below.

Big Goal: .....

Commitment Statement: .....

.....

S. No.	Big Goal	Steps to achieve	Date of Completion

# Chapter 6:

## Money Matters

### Exercise 35:

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. I do not have enough money
2. Money is always hard to earn.
3. I find myself always spending more than earning or saving.
4. I live to earn
5. I find it difficult to borrow money.
6. ....
7. ....
8. ....
9. ....
10. ....

### Exercise 36:

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....



**Exercise 38:**

For your life to continue as it is how much money will you need in the next three months, six months, one year, five years, ten years and post ten years.

At the end of	How much money required
Three Months	
Six Months	
One year	
Five years	
Ten years	
Post 10 years	

**Exercise 39:**

If you want a better life with more flexibility and freedom, how much money will you need? Add your holiday destinations, your aspirations, risks, responsibilities and figure out how much money you need. Add a commitment statement as to why you need this much money and would like to earn it.

Big Goal: .....

Commitment Statement: .....

**Exercise 40:**

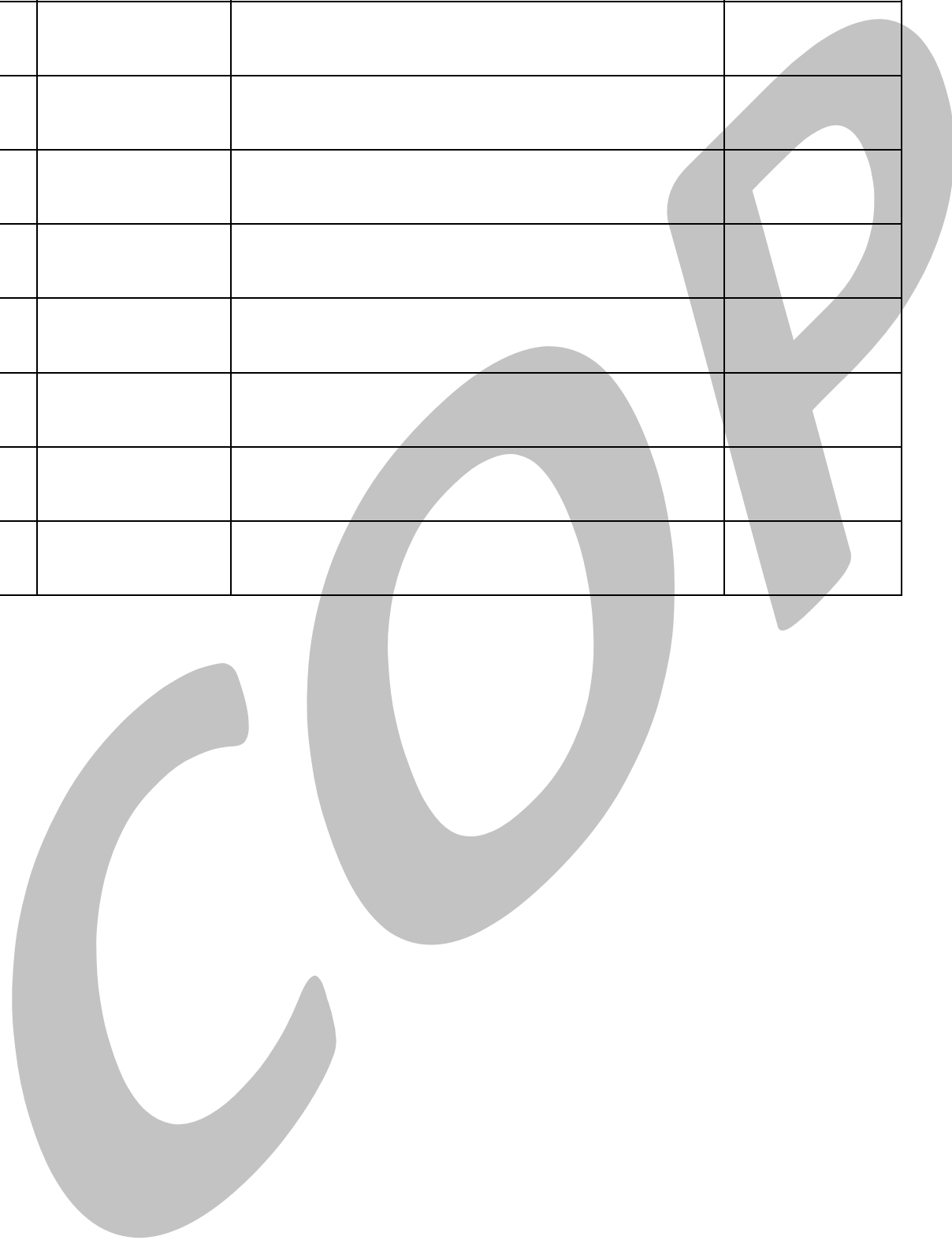
Now next would be to identify how to earn the required money. When one part is clear on how much is required, the other of how to make money works automatically. Use the template below to set goals in this area and accomplish those.

Big Goal: .....

Commitment Statement: .....

S. No.	Earn X amount	Steps to achieve	Date of completion

<i>S. No.</i>	<i>Earn X amount</i>	<i>Steps to achieve</i>	<i>Date of completion</i>





# Chapter 7:

## My Community

### Exercise 41:

List the challenges in this area of life. Below are some pointers. You can add more if you like:

1. I do not have enough money
2. Money is always hard to earn.
3. I find myself always spending more than earning or saving.
4. I live to earn
5. I find it difficult to borrow money.
6. ....
7. ....
8. ....
9. ....
10. ....

### Exercise 42:

Write down what all you want to achieve in this area of life. Do not think much. Just keep writing without stopping and make a wish list without thinking how will you achieve the same. I want:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....
15. ....

**Exercise 43:**

Pick the top 5 items from the list you created at the start of this chapter as this is what makes you feel challenged as a community. For each write your commitment statement. Then write the first step you would like to take now for each of them.

S. No.	Items from the list I want	Commitment Statement	My First Steps

**Exercise 44:**

For at least two items in this list, write a detailed plan.

Big Goal: .....

Commitment Statement: .....

.....

S. No	Big Goal	Steps to achieve	Date of Completion

## Want more?

Feel free to contact me. You can send answers of these questions to me and I will personally help you to take your life to next level.

Even if you don't have any queries, I will still love to read your experiences and perspectives.

Please write to me at [lifecoachshraddha@gmail.com](mailto:lifecoachshraddha@gmail.com).

### **You can connect on Social Media:**

Facebook page: <https://www.facebook.com/shraddha.subramanian.9>

Instagram: @lifecoachshraddha

LinkedIn: <https://www.linkedin.com/in/shraddha-subramanian/>

Website: [shraddhasubramanian.com](http://shraddhasubramanian.com)

## Will you do me a little favor?

If you enjoyed Circle of Perspectives book, would you mind writing a review on Amazon? It would mean a lot to me.

I am on a mission to help individuals inspire from within. I need your help in this mission. If you know someone in your circle is struggling to make a difference or change in his/her life, please send him/her a copy of this book.

If you would like to order copies of this book for your company, school, or group of friends, please write to me at [lifecoachshraddha@gmail.com](mailto:lifecoachshraddha@gmail.com).

Stay Blessed, Stay Focused