

GRILLED CHEESE & GROWTH

A 4-PART SERIES



Welcome to Grilled Cheese & Growth!! We are so delighted to have you with us and are very excited for the live sessions!

Below are some exercises and writing prompts that we will use in the sessions.
BONUS: there's also some delicious Grilled Cheese recipes!! Make a yummy sandwich and jump onto Zoom with us!

A reminder that we will be making vision boards, so please come prepared each week with quotes, photos, magazine pictures and anything that inspires you that you may wish to add to your vision board over the 4 weeks.

Warm wishes,

Karima Damji, Jobina Bardai & Taslim Jaffer

VALUES

What values underpin everything I work for, live by and seek to achieve? Write any values that come to mind below:

Some ideas to help are:

Achievement	Freedom	Justice	Security
Adventure	Growth	Kindness	Self-discipline
Beauty	Happiness	Knowledge	Self esteem
Charity	Health	Leadership	Service
Community	Honesty	Love	Spirituality
Creativity	Honour	Peace	Strength
Dignity	Humility	Power	Supportiveness
Ethics	Independence	Pride	Surrender
Family	Individuality	Reason	Trust
Friendship	Integrity	Respect	Truth
Fun	Intimacy	Risk	Wisdom

Of all these values, select your top 5:

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

And now narrow them down to your top 3:

1. _____
2. _____
3. _____

ENERGY QUIZ

Check the statements below that are true for you:

Body

I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.

I frequently skip breakfast, or I settle for something that isn't nutritious.

I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least once a week).

I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.

Emotions

I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.

I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.

I have too little time for the activities I most deeply enjoy.

I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.

Mind

I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail.

I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.

I don't take enough time for reflection, strategizing, and creative thinking.

I work in the evenings or on weekends, and I almost never take an e-mail-free vacation.

Spirit

___ I don't spend enough time at work doing what I do best and enjoy most.

___ There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.

___ My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.

___ I don't invest enough time and energy in making a positive difference to others or to the world.

How is your overall energy?

Total number of statements checked: ___

Guide To Scores

0–3: Excellent energy management skills

4–6: Reasonable energy management skills

7–10: Significant energy management deficits

11–16: A full-fledged energy management crisis

What do you need to work on?

Number of checks in each category:

Body ___

Mind ___

Emotions ___

Spirit ___

Guide To Category Scores

0: Excellent energy management skills

1: Strong energy management skills

2: Significant deficits

3: Poor energy management skills

4: A full-fledged energy crisis

Taken from 2007 Harvard Business Review: "Manage Your Energy, Not Your Time," by Tony Schwartz & Catherine McCarthy

YOUR VISION BOARD

I am a woman who.....

(for example: loves, laughs, cries, has a passion for.... etc)

I am fully aligned when.....

My greatest value in my life is.....

My greatest joy is.....

I am inspired by.....

I believe in.....

I feel most connected when.....

I long the most for.....

My deepest calling is for.....

When I open fully to possibility, my future looks like.....

I want to embrace more of.....

I am committed to growing in.....

My greatest fear is.....

The way into my fear is.....

I set the intention for.....

My word for this year is.....

The question I will live with this year is.....

(example from Jobina: How can I bring more curiosity to every situation, including to the challenging times)

Hello! I'm looking forward to our sessions together as we grow forth in greatness through writing! Many of these prompts will be used during our time together but are also here for your reference. Thank you for registering – and see you soon!

~ Taslim Jaffer

Grounded

1. EXERCISE: Free-write to the question: Where am I now? (8 minutes to do this)
2. EXERCISE: Review free-write with a coloured pen or highlighter and circle/highlight phrases that jump out at you. Note anything that indicates a shift is required (any words of dissatisfaction, yearning, indifference). Hold on to these pages for future exercises.
3. EXERCISE: List poem using metaphors and imagery: I am _____ X10
4. EXERCISE: Create an acrostic poem with the word CONNECTION. Words or phrases can include different ways you feel connection, the feeling you get when you are connected, who you like to connect with, what do you hope to get from connection

Gratitude

1. EXERCISE: Free-write to the word Gratitude
2. EXERCISE: Make a list of 10 things you are grateful for
3. EXERCISE: Write a letter to yourself detailing everything you are grateful for about who you are as a person, what your body does or has done for you, how you would like to express gratitude to yourself
4. EXERCISE: Review the letter to yourself and come up with 3 ways you can show yourself gratitude this month. Write them down.
5. EXERCISE: Write about a situation in your life you are dissatisfied with, unhappy about, not feeling grateful for? As you're writing, pay attention to any interjecting thoughts or words and write them down.
6. EXERCISE: Respond to the situation as though it was your best friend writing back. What would they write to you in response to your situation?

Growth

1. EXERCISE: Free-write to the question: Where do I want to grow? What is holding me back?
2. EXERCISE: Write about a situation in which you grew in some way (in confidence, in knowledge). What was the situation? What did you learn from it? How did you grow?
3. EXERCISE: Write a letter to Fear/Anxiety/Nervousness. Say what you need to say to it to allow you to grow in a healthy, confident way.
4. EXERCISE: Write an acrostic poem with the word CONFIDENCE which can include ways to feel confident, what does confidence look like, who is your role model for confidence etc.

Greatness

1. EXERCISE: Free-write to the question: What does greatness look like to me? What would a day in my life look like at its greatest point?
2. EXERCISE: Look back over the last few weeks of writing and learning together and write a letter to yourself about what you've observed/learned/discovered.
3. EXERCISE: List poem: At my greatest, I am _____ X10
4. EXERCISE: Come up with a symbol of who you are at your greatest. Could be an animal, something in nature, or any object (not another person). Write about why you chose this symbol and ways you can incorporate this symbol in your life as a reminder to you of greatness.