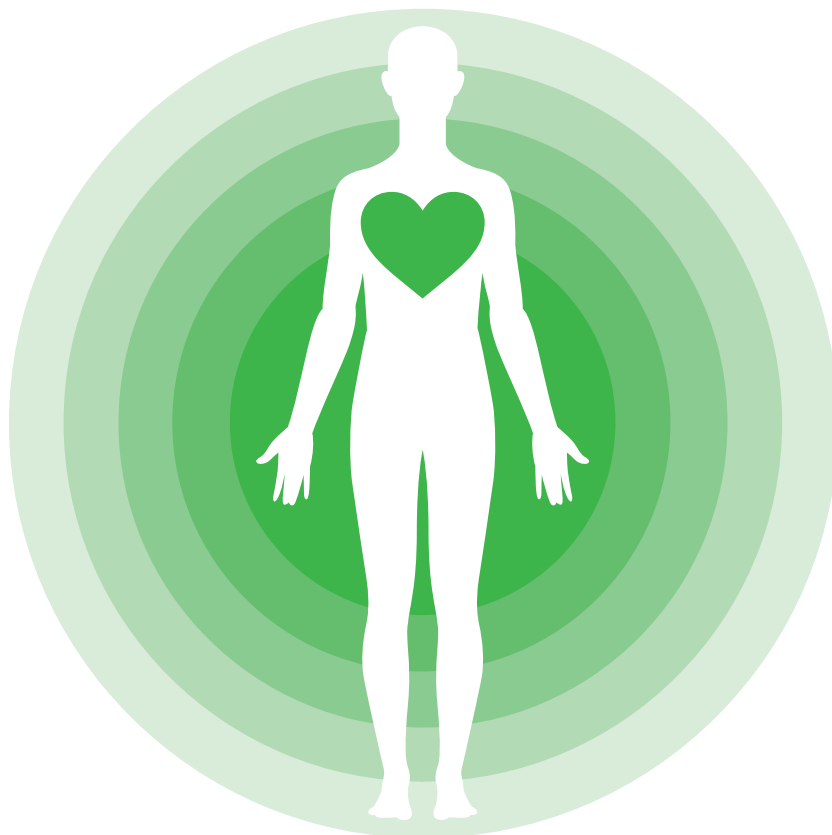




My Next Chapter...

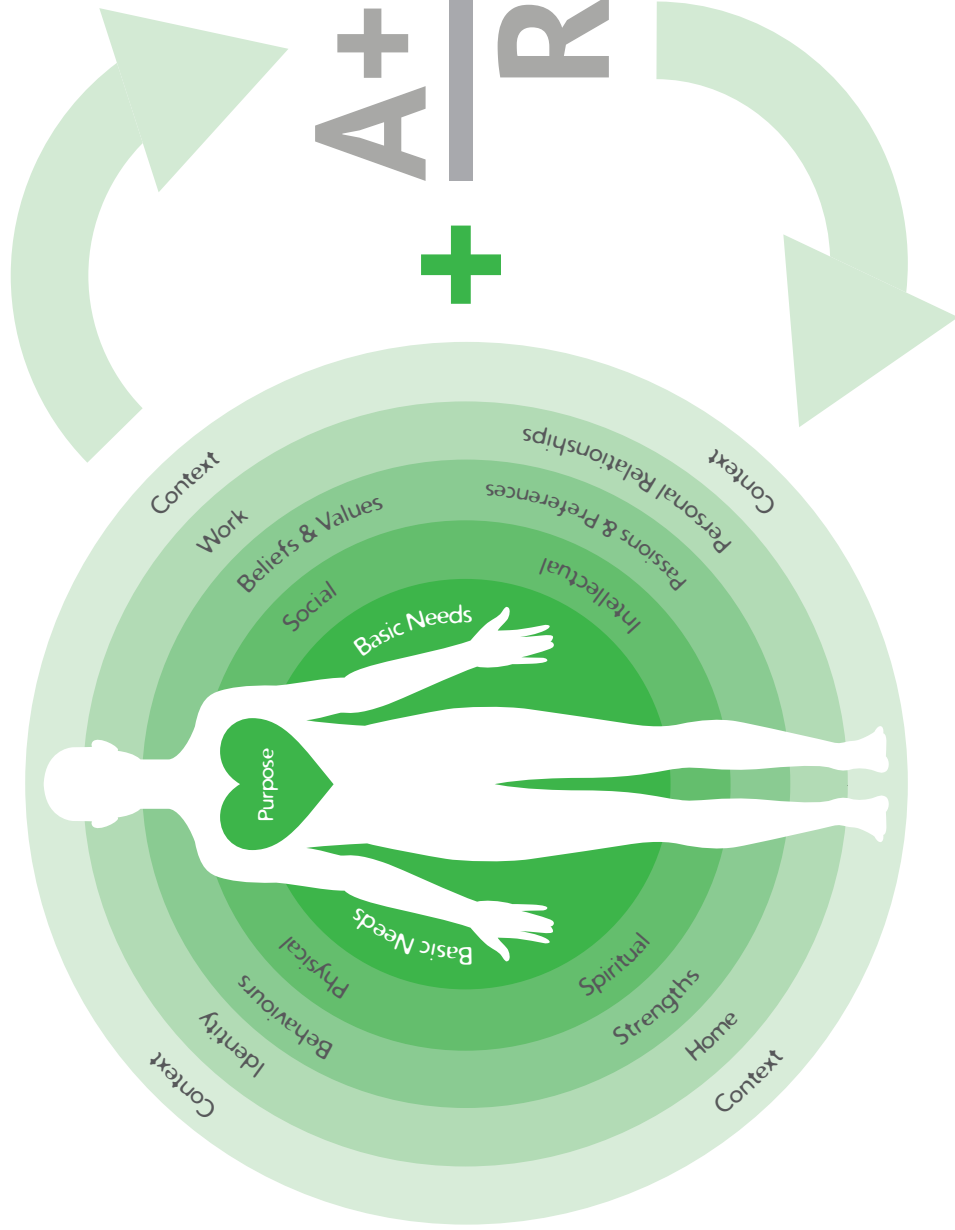
One-day Programme



“If the ladder is not leaning against the right wall, every step we take gets us to the wrong place faster...”

Steven R Covey

The Morton Well-being Model



$$A + C^2 = \frac{I + WB \& R}{R}$$

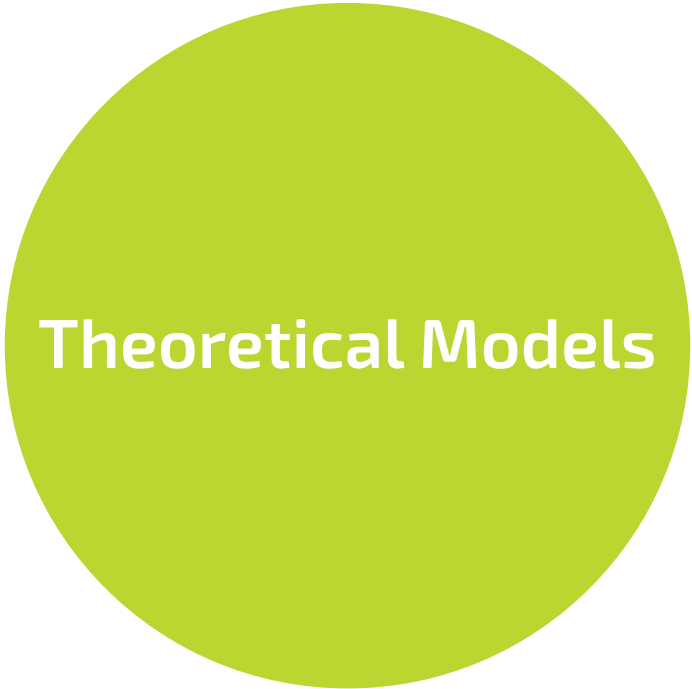
Growing Self-Knowledge + Action + Challenge and Change ÷ Reflection = Impact + Well-being & Resilience



Your Life Map

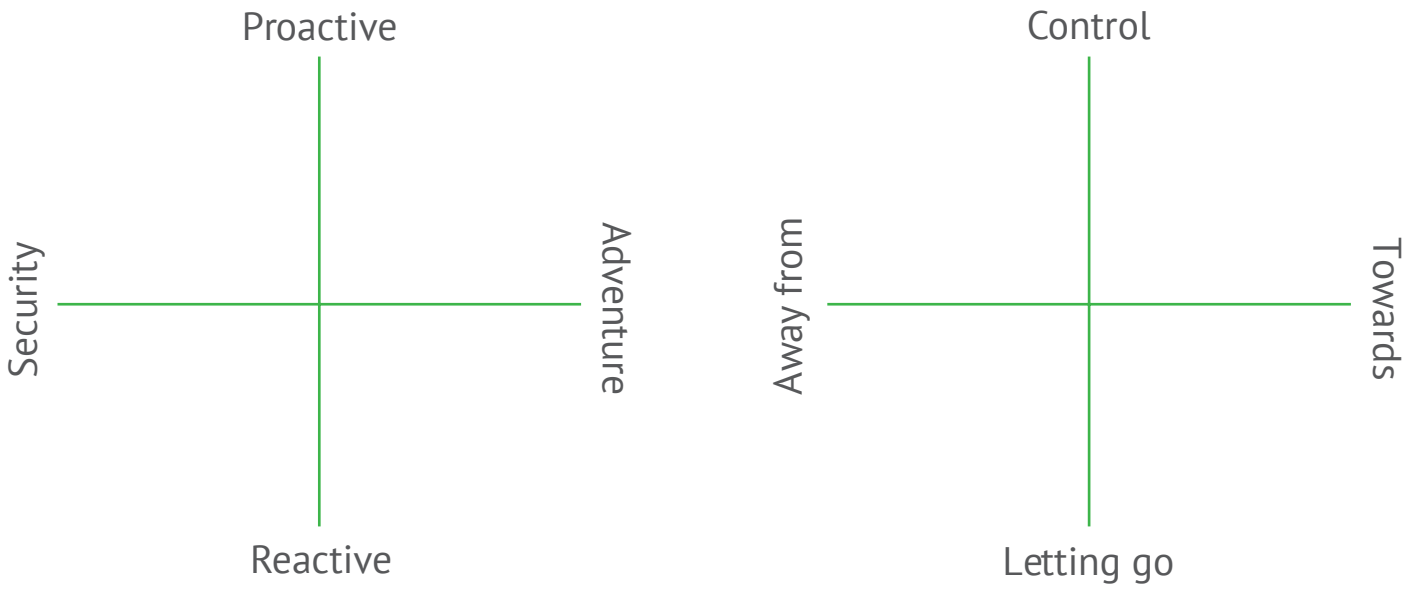
The Nine Basic Needs

1 _____10 SECURITY 1 _____10	1 _____10 FREEDOM 1 _____10	1 _____10 ADVENTURE 1 _____10
1 _____10 EXCHANGE 1 _____10	1 _____10 AUTONOMY 1 _____10	1 _____10 EXPANSION 1 _____10
1 _____10 ACCEPTANCE 1 _____10	1 _____10 COMMUNITY 1 _____10	1 _____10 EXPRESSION 1 _____10



Theoretical Models

Spectrums



MORE	LESS	SAME
KEEP	DROP	CREATE

Values Exercise

- Accountability
- Accuracy
- Achievement
- Adventure
- Altruism
- Ambition
- Assertiveness
- Authenticity
- Autonomy
- Balance
- Belief
- Belonging
- Boldness
- Brilliance
- Calmness
- Challenge
- Cheerfulness
- Clear-mindedness
- Commitment
- Community
- Compassion
- Competition
- Consistency
- Contentment
- Contribution
- Control
- Cooperation
- Courtesy
- Creativity
- Curiosity
- Decisiveness
- Democracy
- Dependability
- Determination
- Diligence
- Discipline
- Discretion
- Diversity
- Dynamism
- Effectiveness
- Efficiency
- Elegance
- Empathy
- Enjoyment
- Enthusiasm
- Equality
- Excellence
- Excitement
- Expertise
- Exploration
- Expressiveness
- Fairness
- Faith
- Family
- Fidelity
- Fitness
- Flexibility
- Focus
- Freedom
- Friendship
- Fun
- Generosity
- Goodness
- Gratitude
- Growth
- Happiness
- Hard Work
- Health
- Helping Others
- Helping Society
- Honesty
- Honour
- Humility
- Independence
- Ingenuity
- Inner Harmony
- Innovation
- Inquisitiveness
- Insightfulness
- Integrity
- Intelligence
- Intuition
- Joy
- Justice
- Leadership
- Learning
- Legacy
- Love
- Loyalty
- Making a difference
- Mastery
- Meaning
- Mindfulness
- Openness
- Order
- Originality
- Perfectionism
- Positivity
- Practicality
- Preparedness
- Professionalism
- Prudence
- Quality
- Recognition
- Reliability
- Resilience
- Resourcefulness
- Results
- Rigor
- Security
- Self-actualisation
- Self-control
- Selflessness
- Self-reliance
- Sensitivity
- Serenity
- Simplicity
- Spontaneity
- Status
- Stability
- Strategic
- Strength
- Structure
- Success
- Support
- Teamwork
- Thoroughness
- Thoughtfulness
- Tolerance
- Trust
- Truth
- Understanding
- Uniqueness
- Unity
- Vision
- Vitality
- Wealth
- Well-being

My primary values are:

My Next Chapter® Purpose Statement

My purpose is to: (right thing):

.....
.....

so that (right reason):

.....
.....

using my strengths of:

.....
.....

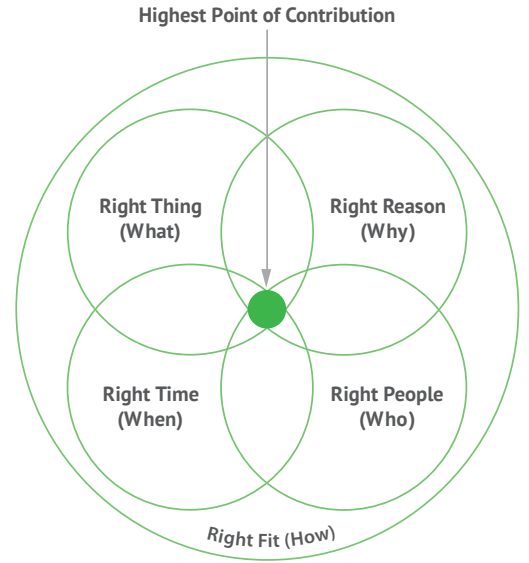
and my values of:

.....
.....

in order to:

.....
.....

(© Morton after Peter Bouffard, Professor, Leadership and Creativity at Sheridan College, Canada)



© Morton after McKeown

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