

Core

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Who is a great person you
admire?

What makes him/her
a great person?

Ingredients - Core

1. Identity and attitude, heart

Character

Values and principles – integrity

Responsible and inspired

Me or organization

Empathy

3. Competence and experience

2. Purpose

Personal mission

Vision of preferred future

4. Self management

My roles and goals, work-life integration

Self disciplined, self controlled

Energy and perseverance

Planning tasks and relationships, not time

Important vs. urgent

Wellbeing - balance

Identity

Do you know
who you are?



Knowing yourself is the beginning of all wisdom

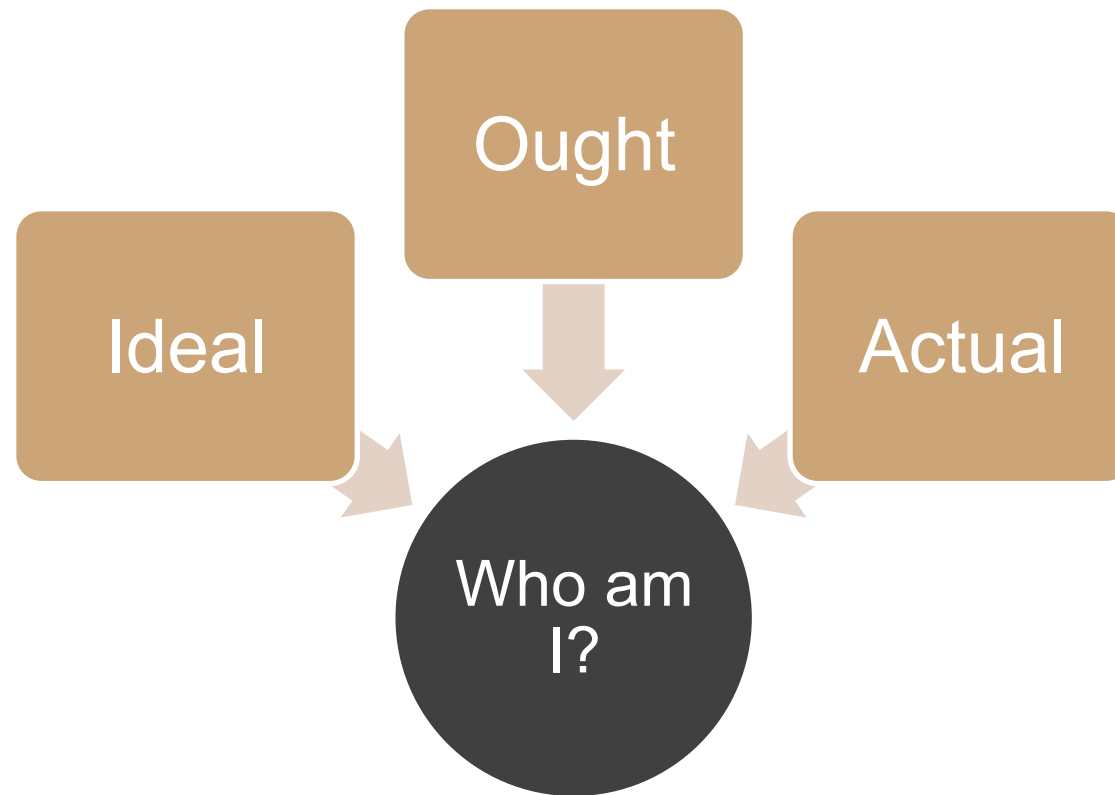
Aristotle (4th century BC)

The most common form of despair is
not being who you are

Soren Kierkegaard (19th century)

Am I living in a way which is deeply satisfying to me,
and which truly expresses me?

Carl R. Rogers (20th Century)



Higgins 1987 Self-discrepancy theory

Can you base your identity on
something that can't be taken away,
so that you can remain stable in times
of success and disappointment?





How are you special?

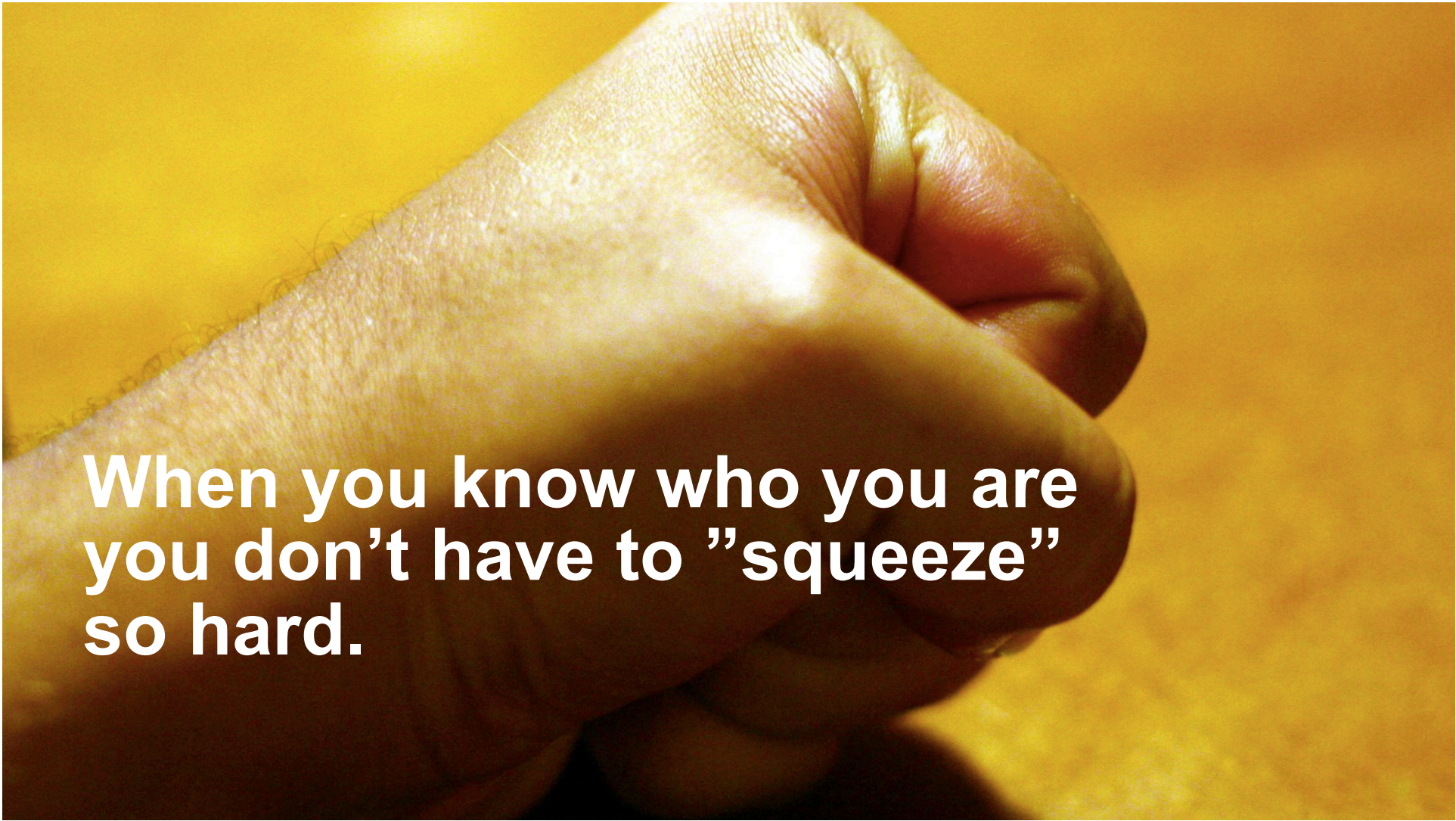
What do you value?

What are your special strengths?

Best possible self

- Reflect the best possible version of yourself.
- Think about your dream life. Reflect the times, when you have achieved your best potential.
- Write down your thoughts.





**When you know who you are
you don't have to "squeeze"
so hard.**

Purpose

Do you know
what you want?



A photograph showing a child in a red and white polka-dot jacket and light blue pants kicking a soccer ball on a grassy field. The child is positioned between the legs of a person wearing blue jeans, whose legs are spread wide in the foreground, framing the child. The background consists of a large green hedge and some trees with autumn-colored leaves.

**It's easier to do the right
thing when it's fun or
meaningful.**

“Meaning is not obtained simply from performing well, but from feeling that one is in touch with enacting goals that are expressions of whom one believes he or she really is.”

Schlegel et al. 2009



Thank you !

Hintra
HINTSA PERFORMANCE