

Your Potential Compass - Reflection Exercises & 7-Day Plan

Turn the audiobook into real change with five reflection exercises and a 7-day transfer plan.

5 reflection exercises for the audiobook

Give each exercise 15–20 minutes. Write by hand – it activates deeper thinking than typing.

1. Your three most alive moments · 20 min

Recall three moments – professional or personal – in which you felt fully alive.

- What exactly were you doing?
- Which of your strengths were at work?
- What common pattern do you see?

2. Values compass · 15 min

From a values list (autonomy, meaning, connection, mastery, safety, impact, freedom, growth ...) pick your top 5.

- Which value is most underfed in your daily life?
- Which top value are you violating right now – and why?
- What small step would strengthen one of these values this week?

3. The eulogy perspective · 20 min

Imagine a close friend gives a speech about your life 30 years from now.

- What should they be able to say about you?
- What do you want to be remembered for?
- Which compromise today would prevent that speech?

4. Strengths × Values × Meaning · 20 min

Draw three circles and put 3–5 items in each: top strengths, core values, topics that give you meaning.

- Where do all three overlap?
- What life or work picture emerges in the intersection?
- What keeps you from spending more time there?

5. Your next courageous step · 15 min

Translate the previous exercises into one concrete action.

- What will you do in the next 7 days (small, specific, dated)?
- What in the next 90 days?
- Whom do you need as a sparring partner or coach?

7-day transfer plan

One impulse per day – 10 to 20 minutes.

Day 1 Baseline	Write: Where do I stand today – career, body, meaning? ↳ What surprised you?
Day 2 Spot strengths	Ask 3 people: 'Why do you come to me?' Note patterns. ↳ Which strength was confirmed from outside?
Day 3 Clarify values	Choose and rank your top 5 values. ↳ Which value surprises you most?
Day 4 Meaning question	Complete in one sentence: 'I am most myself when I ...' ↳ Does this match your daily reality?
Day 5 Prototype	Sketch a possible future version of your work in 5 lines. ↳ Does the sketch trigger energy or resistance?
Day 6 Reality check	Share the sketch with a trusted person and gather feedback. ↳ What did the feedback change?
Day 7 Decide & start	Define the first real step you'll take this week – with a date. ↳ What are you afraid of – and what happens if you do it anyway?