



star

There are six billion of us on this planet and we have only three things in common. We are all born, we all die and we all play a STARRING role in the bit in the middle – **our life.**

You're already a

STAR

But why is that? It's because you have...

SKILLS

You have a unique bundle of skills and talents you both love using and are really good at.

TREASURES

Buried under all the little worries, homework and general business of life there are things you are truly passionate about and interested in that bring a real sparkle to your life.

AMBITIONS

You have all sorts of real hopes and dreams for your life and the only person stopping you achieving them is yourself.

ROLES

We all have our distinctive roles in life, but which are the ones you really want to live? There are all sorts of possibilities waiting out there for you to live your dreams and realise your potential, it's simply up to you to grab them.

SO WHAT'S THIS BOOK ABOUT?

STAR will help you understand a little more about who you are, discover what you want from your life and help you make more informed choices by creating a practical plan to realise your true potential.

Each stage of STAR is split into three sections with the following headings:

FIRST READ THIS – the first section gets you to picture yourself now and in the future.

NOW THINK ABOUT IT – the second section involves you doing an exercise that will help you to explore yourself and your dreams.

TIME FOR ACTION – the final section helps you plan what you're going to do next in order to make your dreams a reality.

If you run out of space at any time, use a separate piece of paper to write down your ideas and answers.

Discuss STAR with your friends, parents and anyone you feel you can talk to.



Be the STAR you are

FIRST READ THIS

Every day we wake up in the morning and go to bed at night. But in-between each of us plays our own unique starring role on the stage of life. In that day we might learn something new, help someone out or simply have fun. Whatever we do, we're leaving our own special mark on the world around us.

NOW THINK ABOUT IT

Imagine yourself looking in the mirror every morning before going on the stage for that day. You can give your confidence a boost by thinking of all the great qualities you already have to offer your audience – the people you'll meet during the day.

To help you do this, look at the opposite page and circle all the characteristics you like most about yourself. Ask a couple of positive friends to join in. On another piece of paper add any other words that you think describe you too.

TIME FOR ACTION

1. Believe in yourself – if you don't, who will?
2. Review and update your list of positive characteristics regularly – you're getting more every day!
3. Keep looking positively in the mirror before 'going on stage' each day.
4. Ask friends to help with the 'make-up'.
5. Keep a 'smile file' – a record of all the things you have done that you are proud of. Keep it updated and don't forget to look at it regularly.
6. Try stating your positive characteristics out loud to yourself. Do this repeatedly and you'll really start believing in yourself.
7. Be happy to give positive feedback to others – this encourages them to do the same for you.

happy positive helpful committed
talented friendly flexible kind
approachable willing considerate
intelligent hard working motivator
active able practical enterprising
warm empathetic bright sporty
reflective innovative wise healthy
methodical successful systematic pioneering
independent interesting caring
resourceful attractive passionate
creative analytical energetic
communicative focused driven respectful
diplomatic brave knowledgeable



AMBITIONS

Your ambitions: reach for the stars

FIRST READ THIS

You'll achieve far more in life if you set your sights high. Even if you miss your target, you'll do better than going for low goals and achieving them.

For instance, think of Rafa Benitez, Manager of Liverpool Football Club. His ambition was to be a world-class footballer. He became good enough to play for Real Madrid's second team, but an injury meant that he had to retire. However, this led him into football coaching – a great move for him. He became the most successful Valencia manager in their history after just three seasons in charge; and guided Liverpool to their fifth UEFA Champions League victory in 2005.

It's no good saying 'When I win the lottery I will...' and then come up with every excuse under the sun why you didn't realise your potential. In that case there will be only one person to blame – yourself. OK, so your background, qualifications, environment and wealth may change your starting point in the race towards your goals. But they won't determine whether or not you actually achieve them.

Most people miss their goals not because they can't achieve them, but because they haven't mapped them out in the first place.

Rather than waiting for the 14 million to one chance of winning the lottery (a pretty long wait!) try flipping it on its head and imagine yourself winning the lottery. What would you want to do then? What would you really value in life? The answer is to aim high and remember the more clearly you can picture what you want, the quicker you'll get it.

NOW THINK ABOUT IT

Look at the set of 'lottery balls' over the next few pages. Each ball contains a particular aim or dream you might have in your life. Which six balls need to come up for you to hit the jackpot? Start by circling all the balls that attract you. Then pick the six you really value most. Be honest with yourself – would that ball bring you true happiness, realise your potential and let you make your mark on the world?



CONFIDENCE



CHALLENGE



FUN



INFORMATION



FITNESS



FREEDOM



'ME' TIME



BEAUTY



IDEAL ENVIRONMENT



NO REGRETS



LUXURY GOODS



FRIENDSHIP



HAPPINESS



OUTDOORS



PASSION



SOCIALISING



VARIETY



POSITIVE



TRAVEL



DIFFERENT

Signing the deal

I'm committed to:

SKILLS

Finding creative ways of using the skills I love and am good at.

TREASURES

Being involved in things that get me really passionate and interested.

AMBITIONS

Achieving all my hopes and dreams.

ROLES

Playing the roles I really want to play in life.

And being a STAR throughout the whole of my life.

SIGNED BY ME

DATE

WITNESSED BY

DATE

SO WHAT'S THIS BOOK ABOUT?

STAR will help you understand a little more about who you are, discover what you really want from your life and help you make more informed choices by creating a practical plan to realise your true potential.

If you are interested in knowing more about STAR and the wider Windmills resources, please visit our website.

www.windmillsonline.co.uk
www.careersnorthwest.com

