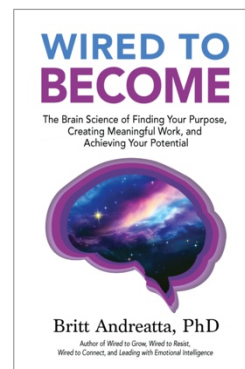




Take a Learning Journey for *Wired to Become*

This accompanies the book *Wired to Become: The Brain Science of Finding Your Purpose, Creating Meaningful Work, and Achieving Your Potential* by Britt Andreatta, PhD.



I. THE SCIENCE OF BECOMING

Share some examples of your own experience with the two types of well-being: happiness and purpose. Do you have the right balance?

After you complete the free North Star Reflection Exercise found at Imperative.com/britteq, share what you learned about yourself.

Which of the many benefits of purpose do you most need in your life?

Share some of your experiences with creativity and innovation. What are some ways you can boost them in your life and work?

Do you experience psychological safety in your workplace? If not, how might you change that environment or find a better fit?

II. OUR RISING HUNGER FOR PURPOSE

How has your life been shaped by loss and grief? What stages of grieving have you experienced?

How did the lockdowns impact your life? Did you find yourself reflecting on your values and priorities?

Have you experienced the three components of burnout (emotional exhaustion, lack of accomplishment, and depletion of empathy)? What have you noticed in yourself and others?

Have you experienced post-traumatic growth as an individual? If so, which of the seven areas of growth (1. greater appreciation of life, 2. deepening of close relationships, 3. new possibilities for a purpose in life, 4. enhanced spiritual development, 5. increased compassion and altruism, 6. creative growth, and 7. greater awareness/use of personal strengths) did you notice happening in your own life?

Have the organizations you work with experienced post-traumatic growth? Why or why not?

III. YOUR JOURNEY TO FIND PURPOSE

This section offered you a range of tools to explore. Which ones did you enjoy the most and why?

What new insights did you gain about yourself?

Looking at Hudson's model (on p. 81), what phase are you currently in?

As you did the timeline activity, what stories have shaped how you see yourself? Which stories are not serving you or are interfering with your path to purpose?

What new information did you gain about your skills, experiences, talents, and intelligences?

What are some things you want to dig into more in the coming weeks? Set aside some time on your calendar to do that.

IV. EXPLORING PURPOSE + MEANINGFUL WORK

Thinking back over the various jobs and careers you've had, what factors contributed to it being meaningful to you?

Reflect on the six models of meaningful work. Which ones gave you new insights about your own experiences? Write down some of the details.

How have you experienced the five paradoxes of meaningful work? Have any been particularly impactful, positively or negatively?

Which of the 11 myths have influenced your beliefs, purpose, and meaningful work?

V. CONTINUING YOUR JOURNEY TO FIND PURPOSE

This section offers a range of tools to explore. Which ones did you enjoy the most and why?

What are your core values? Share any new insights you gained about how you express your values and if any need more attention.

How hints are your feelings and emotions giving you? What type of emotional reactivity (nervous, revved-up, molten, and retreating) do you experience most often?

Share what you discovered about your joys and curiosities.

What challenges (trauma, loss, betrayal, rejection, and failure) are you overcoming? How can you boost your healing?

What patterns or lessons are repeating in your life? What do you need to learn from them?

Have you experienced any of the 6 purpose derailers? What can you do to get back on track?

Share your plan for getting more of the 7 types of rest in the coming weeks. Make sure you put this on your calendar.

VI. BUILDING PURPOSE-DRIVEN ORGANIZATIONS

As we conclude, look over your notes from the various learning journeys in this book. You should now have a robust understanding of purpose and meaningful work. Take a moment to finalize your notes and create an action plan that will unfold over the next few weeks and months.

Reflect on the continuum (on p. 159) and share the type of organization you are currently working in. Is it the right match for you?

As an employee, which strategies do you want to use in the coming weeks to boost your own sense of purpose and meaningful work?

If you are in a leadership role, what are some actions you can take in the next 30, 60, and 90 days that will uplevel your team or organization in terms of purpose and meaningful work?

What are your three to five biggest takeaways from this book?

What are some actions you can take in the next 30, 60, and 90 days that will help you further clarify or live your sense of purpose?

Consider how you might share some of what you have learned with colleagues and leaders in your organization. For additional resources and training materials to help you, visit BrittAndreatta.com/Training.

Thank you for taking this learning journey with me!

Britt Andreatta

For additional resources and training materials visit
www.BrittAndreatta.com/Wired-to-Become.