



UNCOVERING YOUR VALUE

THE FIRST STEP TO DISCOVERING YOUR
PASSION & DESIGNING A CAREER YOU LOVE

NOMAD

WELCOME!

People are often confused about what it means to “know your value.” Is it about having a strong sense of self-worth and ample amounts of self-esteem? Or is it more about having confidence in your knowledge and skills?

The term “knowing your value” actually describes neither one nor the other — it encompasses both. Knowing your value is about having an innate sense of your worth as a person, and feeling confident that you make a positive impact on the world around you.

We're all well aware that knowing your worth is critical to forming and maintaining healthy interpersonal relationships — whether familial, romantic, or friendships. But knowing your value is especially critical at work. In order to feel satisfied in your job or career, you need to not only be recognized for the value you provide, but also believe that the value you bring is meaningful, unique and irreplaceable.

When you identify and fully believe in your value at work, things begin to change. You begin to measure your success not only by your input (i.e. hours worked) or output (i.e. pages written, or deals signed) but by the ways in which your unique talents and skills make a difference. Once you recognize your value, you can focus on amplifying that value. Or you can find a workplace that appreciates your contributions. You might even build a business around your unique value proposition, and then charge for your services accordingly. Whatever action uncovering your value leads you to take, you'll feel more excited and fulfilled taking it.

The purpose of this guide is to gently nudge you toward the crux of where you provide value at work. Through intentional, thoughtful questions, it will bring you one step closer to understanding — and embracing — what makes you, you.

With gratitude,
Ivana

HOW DO I HELP OTHERS?

Let's look at your life from a bird's eye perspective. As you zoom out, think about all of the things you do with, and for, your clients, your coworkers, and your friends. What activities do you engage in, and how do you help them?

Your clients are the people you serve while you do the work you're paid to do. Depending on your profession, they may be called your customers, patients, students, etc.

But what about your coworkers? How do you help them outside of your day to day job duties?
What do people come to you for?

And what about your friends and/or your community? What do they need your help with the most?
What advice do they often seek from you? What value do you provide in their lives?

Don't overthink this too much. In each box on the following page, write down 3-5 things that immediately come to mind. Trust your gut here and note down whatever comes to mind first. This is your subconscious mind coming to the surface!

Use the next page to write down what comes to mind.



MY CLIENTS

MY COWORKERS

MY FRIENDS /
COMMUNITY

Who are they?

Where do we
meet?
(spaces & places)

How do I help them?



SELF REFLECTION

As you look at your answers on the previous page, try to step outside of your experience and see yourself from a third perspective. You are looking at yourself from a distance. Now answer the following questions:

- What does this person do every day?
- What does this person do every week?
- What do they produce or deliver (tangible and non-tangible things)?



YOUR VALUE ANCHOR

Guided meditation time!
Listen to the Guided
Visualization Audio [here](#).





SELF REFLECTION

Now that you have defined what value means to you, answer the questions on the following three pages, keeping your definition in mind.

HOW DOES SOMEONE ELSE BENEFIT FROM YOUR WORK?



SELF REFLECTION

WHAT BENEFITS DO PEOPLE GET FROM CONNECTING WITH YOU AT
WORK?



SELF REFLECTION

IF YOU WEREN'T AT WORK, WHO WOULD NOTICE, AND WHAT WOULD THEY MISS?



SUMMARIZE

SUMMARIZE THE INSIGHTS YOU UNCOVERED IN THE EXERCISES ABOVE:

How do you provide value to others? What is unique about you? How do you contribute to people and organizations? When do you feel at your best as a result of having made meaningful impact?

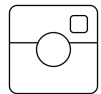
Ready to dive deeper to uncover your passion, your value and design a career you love? You can purchase the complete workbook, "Discover Your Passion and Design a Career You Love" **here**.

By following this step-by-step guide, you will gain more clarity into your passions, skills, talents, and the different ways that you can monetize your ideas. The result? You'll wake up every day and enjoy the work you are doing.

If you have any comments, questions or feedback, I'd love to hear from you!
You can connect with me in the following ways:



www.hellonomad.info



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NOMAD

ABOUT US

About Nomad

We spend our lives in search of ourselves. As if 'it' was something outside of us, we search for it everywhere except within ourselves - in our careers, our relationships, our status. The real journey is inward. At Nomad, we design products and experiences that expand the mind and inspire self-discovery, through Self-Awareness and Emotional Intelligence workshops and spiritual and wellness retreats.

We help individuals step outside their current experience to gain new awareness, in order to rewrite their story in a way that opens up new choices and possibilities. Using the principles of Design Thinking, Mindfulness Meditation and Neuro-Linguistic Programming (NLP), we help you become emotionally intelligent and self-aware. All the answers you seek are within you - we just help you find them.



About Ivana

My name is Ivana and I am the founder of Nomad, an NLP Master Practitioner, a Meditation teacher certified by the Canadian Yoga Alliance, and a marketing professional. I've been on a journey of uncovering my truth, differentiating between my true needs from the needs and opinions of others. I want to inspire others to do the same: to unlock energies inside us, get in touch with our higher self, to activate change and come out of hiding. I'm inspired by experiences: music, books, art, nature, yoga, meditation, and travel. Personal discovery and learning are a never-ending process for me.

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