



Professional Practice Support

EXPLORING LIFE'S KALEIDOSCOPE

We are all born with our own individual mixes of personal qualities, attributes and purposes, which contribute to shaping who we are. Understanding and being mindful of our individual combinations in Life's Kaleidoscope will enable us to strive, thrive and flourish in all areas of our lives.

All too often people want to act like, look like, sound like and be like someone else; who then is going to be them? Before we can make a difference to others, we must be happy in ourselves and value our unique mix of Life's Kaleidoscope.

Keep this document saved and add to it as you learn more about yourself from the experiences you have. This is a work in progress for you to adopt positive growth mindsets to build your living, learning and thinking power.

Life's Kaleidoscope	Description of your qualities, attributes and purposes	What positive things can you do to strive, thrive and flourish to make your best better. Who can help you?
Emotional Intelligence: look at <ul style="list-style-type: none"> Exploring Emotional Intelligences 	How am I developing my Emotional Intelligences? What strands do I need to focus more on and how will I do it?	
Multiple Intelligence: look at <ul style="list-style-type: none"> Exploring Multiple Intelligences 	Do I know my dominant Multiple Intelligences and how am I using them in my learning? What do I need to focus more on?	
Personality Type: look at <ul style="list-style-type: none"> Personality Types 	Do I know my Personality Type and the behaviours that I need to be aware of? What do I need to focus more on?	
Learning Style: look at <ul style="list-style-type: none"> Learning Styles 	Do I know my Learning Style and how do I use it in my learning? What do I need to focus more on?	
Interests/Hobbies: look at <ul style="list-style-type: none"> Things you enjoy doing 	What activities do I enjoy and how do they make me feel? What do I need to focus more on?	

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Habits of Mind: look at <ul style="list-style-type: none"> Exploring Habits of Mind 	Am I aware of all of the Habits of Mind and how am I changing my thinking when I need to? What do I need to focus more on?	
Abilities/Talents: look at <ul style="list-style-type: none"> Things you are good at 	What things am I good at and how often do I practise them? What do I need to focus more on?	
Core Values: look at <ul style="list-style-type: none"> Your special Values for Life 	What are the special Values for Life which support me in what I do every day and what I believe in? What do I need to focus more on?	
Life Motivators: look at <ul style="list-style-type: none"> Things which motivate you 	What are the things which supply the energy I need to approach life with enthusiasm? What do I need to focus more on?	
Purpose: look at <ul style="list-style-type: none"> Your Goals and Targets 	What are my short, mid and long term goals and what are my targets to aim for on the way? What do I need to focus more on?	
Anything else?: look at <ul style="list-style-type: none"> Other things which make you who you are 	What other things contribute to making me who I am? What do I need to focus more on?	