

Finding *FISH* in **Life** and **Business**



Finding fulfilment, inspiration, success and happiness is a personal journey for everyone to experience in their own time.

This workbook has been designed exclusively for business owners, integrating the concepts of finding FISH in creating a life and business to be proud of. Many of the questions feature in the book, *The Joy of Finding FISH – a journey of fulfilment, inspiration, success and happiness*, though several questions have been developed specifically for this workbook.

If you get stuck answering any of the questions posed here, or would like to explore some of these topics at a deeper level, please reach out to chris@christophermiller.co.nz for support.



Living your values

What do you care most about in business and in life?

Which of your own values are conflicted at the moment? What can you do to resolve this?

When have you noticed a misalignment in core values at a place of work? How was this resolved for you?

How well aligned are your personal core values and your business / professional core values?

What is most important to me right now?

How do I know what is more important from a list of 'Most important things'?

Based on your intuition, what do you believe are your top three personal core values right now?

How are your personal and business values congruent? When might they be in conflict?

1) The following questions may have several different answers. Write them all down on separate Post-it Notes.

a. What do I care about most in my life right now?

b. What do I care about in business right now?

2) Now you have a collection of value statements, select one to compare with each of the others, asking yourself:

a. Which value is more important to me in life right now?

i. Hold onto the value that you rate most important throughout the exercise, and place this at the top of your list.

ii. Choose another value and compare it to the rest of the value statements in a similar manner. Repeat this process until you have sorted them all into an ordered list.

3) Review your list and consider how you might make each value statement uniquely yours or offer your own personal definition of what the value means to you. For example, 'love' and 'family' often appear in people's value lists, but the definition or scope of these values is often personal to the individual. Equally, the unique nature of a few of my own values, including 'honour the evolution', developed over time in the context of my chosen profession.

Understanding FISH

On a scale of 1 to 10, how much fulfilment did you experience this month?

How did you live your purpose this month?

On a scale of 1 to 10, how much inspiration did you feel this month?

What were you inspired to think, create, do, or be this month?

On a scale of 1 to 10, how successful did you feel this month?

What were your most outstanding achievements this month?

On a scale of 1 to 10, how happy did you feel this month?

What were you most grateful for this month? What brought you pleasure?

What is your FISH score right now? When was the last time you scored a 10 on any of the FISH items?

If you had to choose an order of importance right now in your life, which order would you put the letters in?

How does your current order of FISH compare to what it would have been 10 years ago?

How do you feel about your current profession or dominant pastimes? What aspects are most fulfilling for you? Do you lean towards inspiration or success at the moment?

If you could get paid to do what you love, what would you do?

What is your big idea to change your life for the better, and what is the next action you need to take?

What were your top three achievements in life so far? The next 'top three achievements' are in your future – what are they?

Notes:

Integrating life roles

In order of importance, who are the most important people in your life right now?

Your life-role map may also help identify where you spend the most time, and whether that time is congruent with your personal and professional values. It may be that your immediate family are closest to the centre of your life-role map, but if you are spending 60+ hours a week with people at work, what signal are you sending to your family about where you prefer to spend your time?

Who do you spend the most time with? Who do you speak to most often or with greatest intention?

Who would you value spending more time with right now? How will you orchestrate spending more time with that person?

“Where will I invest the most love and greatest trust across all of my relationships?”

What roles do you currently play:

In your family?

At work?

In your community?

How might you simplify or integrate these roles to maximise the energy and impact you can contribute?

Celebration and achievement

What were your greatest achievements over the last 90 days?

What were your most outstanding achievements over the last 10 years?

How can you build on those accomplishments in the future?

Once you’ve reflected on the questions above, consider what achievements deserve a celebration, even in retrospect. Why is a rest or a break valuable in between your past, current, and future achievements?

What are your top three achievements in each of the following categories?

Career/ professional

Family

Sport / hobbies

Creative

Financial

What are your most memorable success celebrations so far in life?

What achievements deserve more recognition or acknowledgement in your life thus far?

When might you have been caught up in the success hamster wheel, repeating achievement after achievement with no time to reflect on progress?

When have you experienced the power of success combined with fulfilment, inspiration, and/or happiness?

Success linked to FI-H

When might you have experienced success in the absence of FI_H?

What are some of your personal and professional short-, medium-, and long-term successes?

What level of focus and talent were required to invest in the longer-term successes?

What was the proudest moment of your life so far? What contributed to this moment?

What are you willing to persevere with, learn, study, sacrifice and love in order to accomplish what you truly desire?

Defining wealth

ALL THIS TALK about success, achievement and values loses some significance if we don't discuss one of the biggest measures of these three – wealth. Wealth is the outcome of success, having wealth is often ranked as an achievement, and things having value is synonymous with wealth. Yet, what is wealth, really? And how does it fit into our lives?

What is it you truly want out of the remainder of your life? What would you like more of? What would you like less of?

Compare your wish list with your core values earlier in this workbook. How well do these align?

How much quality time do you allocate to investing in the core values that are most important to you?

When have you benefited from the freedom to take risks, perhaps due to a financial safety net?

When has material wealth allowed you to pursue options you might not have taken otherwise?

How do you define wealth personally? How motivated are you to seek growth and achievement in your definition of wealth?

Resources versus resourcefulness

How would you rate your level of resources and resourcefulness in comparison to what you need to get your most important projects done (personal or professional)?

When has your resourcefulness been strong enough to overcome or compensate for a lack of resources?

Imagine that you had everything you needed to succeed at whatever you wished to accomplish. How would that level of abundance feel?

How certain would you be of your success? Specifically, what will you do differently to move one step closer to your objective? If you are meant to be successful, who and what do you need in your life to make that success a reality?

Key questions that come from an abundant mindset include, “What do I need more of to accomplish my objective? Who can help? Why is this barrier meant to be overcome, and how will I overcome it?”

What are your hopes, dreams, goals, and intentions? Which dream would you prioritise actualising in the next 12 months?

Greatest imaginable challenge

What are you most passionate about in work and life?

When have you been at your very best? What were you doing?

Where have you added the most value to yourself or others?

What do you love doing most?

What aspirations have you had for your life, in the past and the present?

What exceptional talents do you have that propel you to success?

How do you typically measure the value you deliver to yourself or bring to others?

What is one Greatest Imaginable Challenge that is hiding at the back of your mind?

What would happen if you gave yourself permission to pursue it?

What are three more Greatest Imaginable Challenges that you could see yourself doing in the future?

Navigating resilience

What are the top three challenging moments of your life so far?

How have they prepared you for the future?

What did you learn about yourself that you didn't know before?

What thoughts or issues come to mind when you consider resilience in your own life? How easy is it for you to access and remember previous traumatic or challenging events in your life and consider how these have shaped you as a person?

One way to remain focused on your future pleasures is to keep an up-to-date bucket list of your hopes and dreams. This can be divided into the following sections (inspired by Louise Hay):

What would I like to have in the future?

What would I like to be in the future?

What would I like to do in the future?

What would I like to give back in the future?

Do you find it easy to seek pleasure? What are some of your hopes and dreams?

What lengths do you go to in avoiding pain? In what area of your life could you embrace pain better?

Questions to consider include:

What are the potential consequences of this decision?

What could be the upsides of making a change?

What are the benefits of remaining where I am (no decision)?

What are the downsides of remaining where I am?

Why am I ready to make this decision now?

Why is now not the right time to decide? What additional information do I need?

When have you experienced the greatest pain in your life?

What did you learn from the experience?

How have you grown or coped with challenging experiences since?

Who are your resilience role models? Without idolising them, what have you most respected about the way they've dealt with challenges in their lives?

Gratitude

While it may be easy to feel grateful for the positive things in your life, or when life is running smoothly, could you find gratitude in the midst of a personal crisis or trauma?

In this moment, what are you most thankful for? What were you most thankful for when you woke up this morning? What are you most thankful for this year?

What was the most memorable positive experience in your life so far?

What do you imagine being most grateful for in ten years' time?

Who are you particularly grateful for right now? Why are you thankful that they are in your life?

Whose love and support do you value more than any other?

As an extension of this approach, strengths- and evidence-based compliments can do wonders for a relationship. When was the last time you thanked the people you count on the most for being in your life and supporting you? A strengths-based compliment is fundamentally based in the talent of the person you are delivering the compliment to. What do you notice about them? What are they consistently good at? What do you value them for, even when they aren't intentionally expressing what they are best at?

Happiness in an instant

Let's try an experiment. Right now, on a scale of 1 to 10, how happy are you?

Now, choose a memory, a person, an experience that lifted you up in the past. Focus on that person or that memory – close your eyes and imagine you are with them or back in that experience. Focus on the details; imagine the sounds, the smells, the physical experience. What makes you grateful for that memory or that person in your life? List all the reasons you are grateful.

Now, in this new moment in time, on a scale of 1 to 10, how happy are you?

What are your top three positive memories?

Why are you forever grateful for these memories?

How might you use these memories as quick-fire solutions to a low mood?

As you read this, what future events are you looking forward to feeling grateful for? Who can help you achieve these dreams, and why are you deeply grateful for their assistance or advice?

Of love and grief

How have you expressed grief in the past? Have you allowed yourself to express grief that you've needed to feel?

What were the top three moments in which you expressed love for someone special?

What were the top three moments in which you received an expression of love from someone special?

How did those moments shape your life?

What significant decision that you are currently in the throes of making would benefit from a foundation of love?

What fears must you face in order to make some of your pending decisions?

How will your next big decision be founded in love rather than fear?

What do you love most about your current circumstance?

What do you love least about your current circumstance?

When are you able to be at your best, and when are you at your worst?

Finding pure joy

On a scale of 0 to 10, in the last 24 hours how much energy have you had for all the things you wanted to do?

What was the source/cause of your energy score?

On a scale of 0 to 10, in the last 24 hours how able were you to play to your strengths?

What were your greatest strengths you leveraged?

What do I love most at work and in life?

What do I love least?

What do I do best at work and in life?

When am I at my worst?

What is your number one strength, and how will you leverage this in the future?

What strengths do you use every single day that make your journey a joyful experience?

How might your strengths help you accelerate the achievement of your Greatest Imaginable Challenge(s)?

How do your strengths reflect what you love to do most and what you do best (in life and at work)?

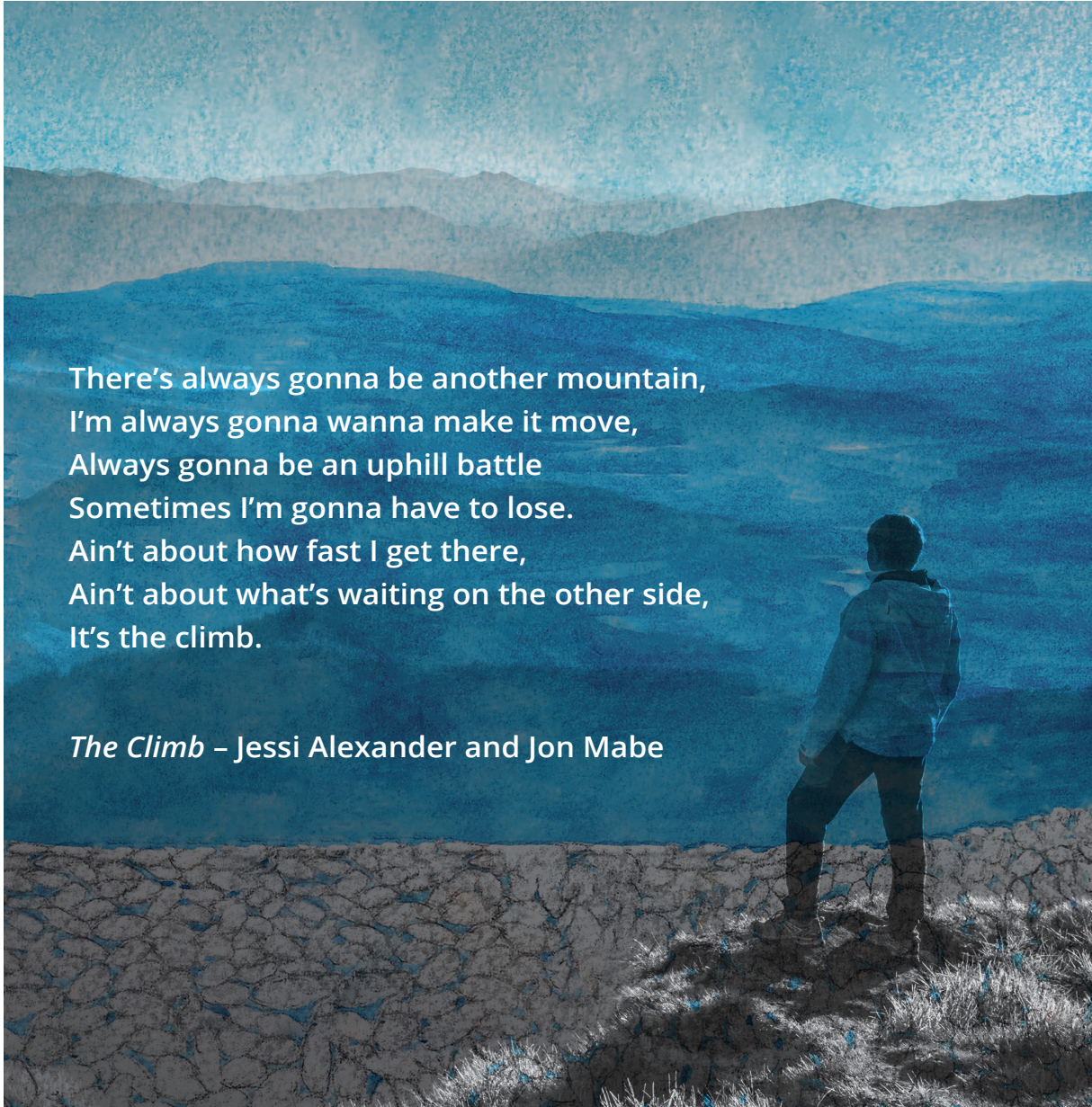
Finding pure joy continued...

Do you find it easy to let go of judgement of others? Do you find it easy to let go of judgement of yourself?

What do you need to do to get yourself out of a 0:0:0:0 day? Who can help you?

What needs to happen to experience a 10:10:10:10 day? When was the last one you experienced?

Notes:



There's always gonna be another mountain,
I'm always gonna wanna make it move,
Always gonna be an uphill battle
Sometimes I'm gonna have to lose.
Ain't about how fast I get there,
Ain't about what's waiting on the other side,
It's the climb.

The Climb – Jessi Alexander and Jon Mabe

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