



unlock your **goals & values:**
it all begins with **y-o-u**





calmbeginnings ...

My name is Maria Pascucci and I am the CEO and founder of CampusCalm.com. I am a full-time college leadership speaker, author and entrepreneur who discovered the joy of creating my own success when I stopped trying to prove to the world that I was “the best.”

A perfectionist through my student years, I’d rather skip an assignment than risk turning in a less-than-perfect paper. After years of denying myself happiness to strive for perfection, I graduated from college with a 3.92 GPA and fell into a depression. I never once congratulated myself for graduating from college because all I could think about was the next task: trying to prove myself in the real world!

Somewhere along the way in the past nine years since graduation, I ditched my need to be perfect and began focusing on what **I wanted**, not what my family and friends thought I needed. Guess what? It was the most liberating thing I’ve ever done – and it paved the way for the success I enjoy today. The only thing I regret is that I can’t go back and help the stressed out student that I was once. I can help others though. Students: Want to learn how to unlock your present and future goals & values? Read ahead ...

Enjoy and please send us your feedback. We always value students’ thoughts and opinions! E-mail maria@campuscalm.com.

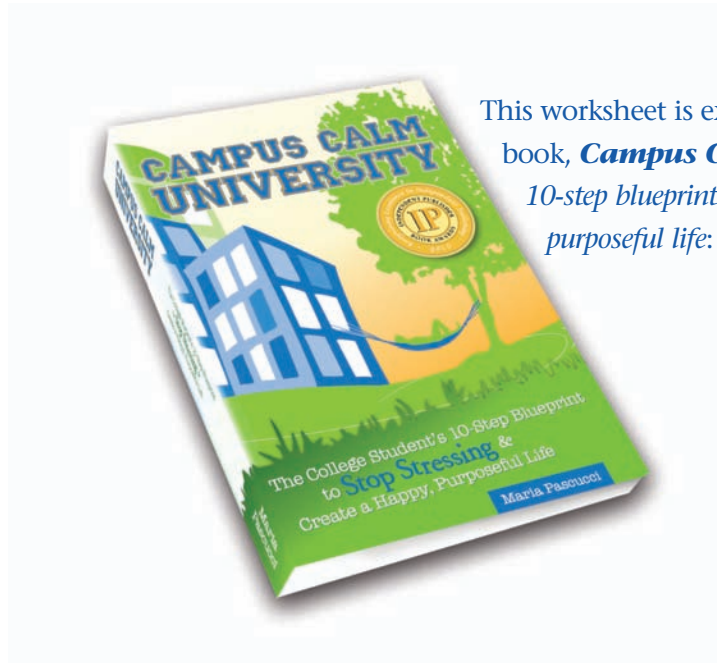


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by: Maria Pascucci, founder & president of
CampusCalm

Campus Calm believes that the key to unlocking your present and future goals and values starts with your ability to turn your attention inward and REALLY listen to your own voice. Sometimes if we're searching for answers, we simply need to ask ourselves thought-provoking questions. The following questions will help get you started on your path to self-discovery. I've even answered a few myself to help break the ice.

Enjoy and please send us your feedback. We always value students' thoughts and opinions!
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This worksheet is excerpted from the gold-medal winning book, **Campus Calm University: The college student's 10-step blueprint to stop stressing and create a happy, purposeful life**: www.CampusCalmBook.com



“What am I most proud of?”

- I am proud of the fact that I can – use my unique skills to help others and earn a living.
- I am proud of the way that I – never give up on my dreams, even when things get hard.
- I am proud of how I treat – myself with the same compassion that I extend to those I love.
- I am proud of how I love – all parts of myself, especially my quirks.
- I am proud of my inner – resilience because it took me a long long time to find it.

“How do I define success?”

- I am successful if I – do right by my values.
- I am successful if I can earn – the financial means necessary to have choices and control my own destiny.
- I am successful if I live life – by my own terms.
- I am successful if I respect – my own dreams and invest in my self-growth.
- I am successful if I give – my talents to the world in a way that’s inspiring and meaningful.
- I want to be remembered by – the many ways I loved others while I was on this planet.

Okay, now it’s your turn to focus inward.



“Who am I?”

- I am a person who seeks meaning in _____
- I am a person who finds satisfaction in _____
- I am a person who loves _____
- I am a person who is lucky enough to _____
- I am a person who feels a sense of calm each time I _____
- What’s changeless inside of me aside from what I list on my resume _____

“Which is more important, the degree or the education?”

- I believe being educated means _____
- I believe an education enables me to do _____
- I believe an education never stops _____
- I believe learning should be _____
- I believe grades measure _____

However, no letter grade could possibly measure _____

- I am grateful to be in college because _____
- If I weren’t in college right now, I’d be _____



“What do I think makes for a successful life?”

- I believe I will be successful when _____
- I believe I will be successful if _____
- I believe I can't be successful without _____
- I believe my ability to be successful resides within _____
- I believe successful people love _____
- I believe successful people know how to _____

“What do I think makes me a good person?”

- I like myself when I _____
- I think I am a good person because I _____
- I think my good _____
make(s) me unique.
- I think I am a good person despite my _____
- My most imperfectly perfect quality is _____



“What are my values?”

- I am responsible when _____
- I believe all people deserve _____
- I feel empowered by my ability to _____
- I value myself when _____
- I respect others when _____

“Career exploration: What experiences will make me happy & fulfilled?”

- I am most happy when I am _____
- I am good at _____. (Nothing doesn't count 😊). Ask a friend, relative or teacher for help if you don't know.
- The following things come easily to me: _____
- A career in _____ sounds interesting to me.
- I want a job that enables me to _____
- I don't want a position where I would have to _____
- I want an experience that enables me to use these skills: _____
- I want a job that enables me to enjoy this kind of lifestyle: _____



Post your answers on the **Campus Calm** forum: www.campuscalm.com/forum and connect with other students. Bounce your ideas off one another and learn. Take the best ideas that seem right for you and write them down. Remember that not everything on your list will materialize into a job. That's cool. That is what a personal life is for, after all. But if you're feeling stuck when it comes to connecting your goals, values and passions with jobs that may be a good fit, it's time to get some help. I suggest that you make an appointment to visit your college career center and get some help from a trained career counselor. A trained professional can help you flesh out and—ultimately—take the baby steps necessary to find a career path that's uniquely right for you.

Please do not forward this worksheet package to others. Please direct them to CampusCalm.com so they may join. Thank you.

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