



MYOS

# Be You! Manifesto

## WORKSHEETS

By John Fairclough

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## OVERVIEW

# Worksheets

This section will take you through a series of assignments that help you develop your personal Manifesto. These exercises are designed to bring clarity to who you are, what you stand for, and how you operate at your best.

Avoid the temptation to make it perfect. Consider each assignment a draft until the very end. The goal is not perfection—it's progress. Each assignment reveals a bit more about you, helping you refine and sharpen your leadership framework. By the time you complete them all, you will have revised, adjusted, and strengthened your Manifesto in ways you couldn't have anticipated at the start.

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## WORK SHEET 1

# Defining Your Core values and Core virtues

## Overview: Two of the Pillars of a Good Person

Core Values and Core Virtues are the foundation of your Core Identity—shaping how you lead, live, and align with your authentic self. Together, they form the bedrock of your Be You! Manifesto, giving you clarity, confidence, and consistency in how you move through life. While they are deeply connected, they serve distinct roles:

### Core Values = How You Act

- These define your external behavior—how you show up in relationships, work, and leadership.
- They guide your priorities, decisions, and expectations for yourself and others.

### Core Virtues = Who You Are

- These define your internal character—the moral qualities that anchor you.
- They shape how you navigate challenges, maintain integrity, and handle adversity.

If Core Values are the compass that directs your decisions, Core Virtues are the foundation that keeps you standing strong. This lesson helps you reveal—not create—your values and virtues, which are already present in your reactions, experiences, and beliefs. By the end, you'll have a clear framework to guide your decisions, strengthen your confidence, and establish your personal definition of a good person.

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## Step 1: Understand the Difference

Before diving in, let's clarify how Core Values and Core Virtues differ and work together:

	Core Values	Core Virtues
Focus	How you act in the world.	Who you are inside.
Source	Revealed through what you admire or dislike in others.	Revealed through your proudest and most regretful moments.
Purpose	Shapes how you interact, lead, and make decisions.	Ensures your integrity, resilience, and moral strength.
Example	If you value <b>reliability</b> , you expect people to follow through.	If you embody <b>courage</b> , you take action even when afraid.

### How They Connect

A value like “reliability” might drive you to keep promises, while a virtue like “integrity” ensures you do so even when it’s hard. Together, they define a good person who acts consistently and stands firm.

## Step 2: Uncover Your Core values – How You Act

Core Values aren't invented—they're revealed through your emotional reactions to people and situations. This step helps you articulate the behaviors and principles that matter most to you.

### 1. Make a Love List

- List 5-7 behaviors you admire in others (at work, in leadership, in life).
- Why does each one matter to you?
- Example: “I love when people are punctual because it shows respect for my time.”

### 2. Make a Hate List

- List 5-7 behaviors that frustrate you in others.
- Why do these behaviors bother you?
- Example: “I hate when people lie because it breaks trust.”

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### 3. Flip It

- For each behavior on your Hate List, flip it to its positive opposite—these are often your true values. 5
- “Dishonesty” flips to “Honesty—I value truth because trust is essential.”

### 4. Craft Your Core Values

- Look at your Love List and flipped Hate List and identify your 3-5 strongest values.
- Write one sentence explaining why each value matters to you.
- Example: “Reliability: I prioritize being someone others can count on because inconsistency wastes everyone’s energy.”

### 5. Integrate Into Your Manifesto

- Add these values under “How I Act (Core Values)” in your Be You! Manifesto.
- Check your daily decisions against them—are you honoring or violating your values?

## Step 3: Discover Your Core virtues – Who You Are

Core Virtues are the moral qualities that define your character—what remains constant in success, failure, hardship, and growth.

- **List Initial Virtues.** Write down 4-6 virtues you aspire to embody (e.g., integrity, courage, patience, humility).
- **Reflect on a Proud Moment.** Think of a time you faced a challenge and were proud of how you handled it. What virtues were at play?
- **Reflect on a Regretful Moment.** Think of a time when you didn’t act as your best self. What virtues were missing.
- **Refine Your Core Virtues.** Based on these reflections, finalize your 4-5 most defining virtues. Write one sentence for each explaining how it shapes your life.
- **Integrate Into Your Manifesto.** Add these virtues under “Who I Am (Core Virtues)” in your Be You! Manifesto. Use them as a personal compass—in tough situations, ask: “Am I acting in alignment with my virtues?”

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## WORKSHEET 2

# Personality insights

Understanding yourself is the cornerstone of authentic leadership—and personality assessments are your key to unlocking it. These independent profiles, backed by decades of research, reveal your natural strengths, work styles, and behavioral tendencies, cutting through the noise of self-doubt and societal pressure. They don't define you—they illuminate who you already are, stripping away the anxiety of trying to be someone else and replacing it with confidence in being you.

Why use multiple assessments? Each offers a unique lens into how you lead, think, and execute:

- **Omnia Profile** – Highlights workplace behaviors—your assertiveness, pace, and how you handle pressure. It's practical, showing where you thrive in real-world chaos.
- **Myers-Briggs (MBTI)** – Maps your cognitive preferences—how you think, decide, and recharge.
- **Working Genius (Patrick Lencioni)** – Pinpoints your workflow strengths—revealing where you excel and where you struggle. It highlights why some thrive in problem-solving but tire of rallying others.

These insights help you align with your strengths, ensuring your decisions, leadership, and interactions operate at their highest level.

## Step 1: Take Three Personality Assessments

To gain a well-rounded understanding of your natural tendencies, complete these assessments:

- **Omnia Profile** – Measures assertiveness, sociability, pace, and independence.
- **Myers-Briggs (MBTI)** – Identifies your cognitive style based on four dimensions.
- **Working Genius** – Reveals your two strongest areas, showing where you naturally thrive.

If additional insights are needed, consider tools like DISC, StrengthsFinder, or Enneagram.

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## Step 2: Analyze Your Results

Each of these assessments tells you something critical about how you operate in work, leadership, and relationships. Identify two to three key takeaways per assessment. Write them down.

- **Omnia Profile** – How bold or cautious am I? Do I work better independently or within structure?
- **MBTI** – How do I process information? Do I rely on logic or emotion? Do I work best alone or with others?
- **Working Genius** – Do I thrive in strategy, execution, or somewhere in between?

## Step 3: Summarize Your Findings

Now, distill your insights into three to five powerful statements that capture how you naturally operate. Write your own three to five statements based on each of your assessments.

Example Personality Statements:

- “I am a bold strategist who thrives on challenge, shaping solutions with precision and confidence.”
- “I lead decisively and independently, delegating details so I can focus on vision and impact.”
- “I process information analytically, preferring facts first, then evaluation, then action.”
- “I innovate and discern—excelling in big-picture thinking but relying on others for execution.”
- “I work best when my autonomy is respected and decisions are made with clarity and speed.”

## Step 4: integrate into Your Manifesto

Add these statements under “Personality Insights” in your Be You! Manifesto.

Remember to own your strengths. These profiles don’t just describe you—they equip you. They help you understand yourself.

# Develop Your Definition of a Good Man

A good person isn't molded by fleeting trends or societal checklists—it's forged by the principles you choose to live by. True confidence and leadership emerge from knowing who you are and what you stand for, giving you clarity and purpose to face life's challenges. Without this anchor, you're adrift, reacting to the world instead of shaping it.

This lesson guides you to craft your definition of a good person—blending your Core Values, Virtues, and Personality Insights from Worksheets 1 and 2 with the qualities you admire in others. It's not about perfection; it's about a standard that's yours alone, a compass for decisions you can stand behind.

By the end, you'll write a concise, powerful definition—your guide to living and leading authentically, a foundation for unshakable confidence.

- 1. Start With a Person You Admire.** Begin with inspiration. Choose someone you deeply respect—a historical figure, mentor, or personal connection. They don't need to be flawless, just real. List three to five qualities that make them admirable and their guiding principles. Add a sentence on why these resonate with you. Add a sentence on how they make you feel.
- 2. Examine Your Core Values & Virtues.** Your definition reflects your best self. Review your Core Values (“How I Act”) and Virtues (“Who I Am”) from Worksheet 1. Select two to three Values and Virtues essential to being a good person. Write a sentence linking each to your standard.
- 3. Analyze Your Personality Traits.** Your natural wiring shapes how you embody your principles. Reflect on your Personality Insights from Worksheet 2 and add a couple of sentences.
- 4. Refine It Into a Few Paragraphs.** Synthesize your insights into a clear, powerful definition.. Blend admiration, Values, Virtues, and traits into a standard that's authentic and actionable. Write your definition, starting with “To me, a good man/woman/person...” Keep it concise yet meaningful.
- 5. Integrate Into Your Manifesto.** Your definition is your compass—embed it in your Be You! Manifesto to guide your life and leadership. Add your paragraphs under “Definition of a Good Person” in your Manifesto.

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You must make decisions that you are proud of. Without a clear definition, you're at the mercy of the world's shifting tides. This standard—built on admiration, values, virtues, and self-awareness— grounds you in purpose and integrity. It's not just who you are; it's who you're committed to becoming—a declaration that cuts through doubt and fuels authentic leadership.

# Standard Boundaries

The relationships we build—personal, professional, or otherwise—flourish when there’s clarity around expectations, tendencies, and limits. We often see boundaries as walls, shutting others out—but that’s a myth. Boundaries are roadmaps, guiding people to engage with you in ways that honor your energy, trust, and purpose (Paradox 2: “Boundaries Build Bridges”). Without them, you’re a sponge for others’ chaos—frustration festers, misalignment takes root, and burnout drags you from your authentic self into a reactive mess. Clear boundaries aren’t selfish; they’re vital— they sharpen trust, slash anxiety, and free you to give from strength, not depletion. They’re the difference between surviving demands and leading your life.

This lesson helps you craft your Standard Boundaries—your “Warning Label”—a sharp set of preferences and limits that show others how you operate best. Pulling from your Core Values, Virtues, and Personality Insights (Worksheets 1-3), you’ll define what fuels you, what drains you, and how to sync effectively with others. By the end, you’ll have a concise, living framework— integrated into your Be You! Manifesto—to build stronger relationships, boost teamwork, and protect your purpose.

- 1. Define Your Energy Flow.** Energy is your fuel—mastering its flow keeps you sharp and present, not scattered or spent. Before You Start: Recall a time you felt fully energized— what sparked it? Now a time you felt drained—what caused it? List 2-3 energizers and 2-3 drainers. Write a “Respect this by...” statement. Link it: How does this reflect your Personality Insights (Worksheet 2)? What fuels you? What zaps it? Set your energy boundary and connect it.  
— “Respect this by giving me space for deep work—skip the small stuff”  
— “My strategic wiring (Personality Insight) thrives on focus, not chatter.”
- 2. Identify Trust Triggers.** Trust holds relationships together—knowing what breaks it keeps you surrounded by the right people. Before You Start: Think of a time trust broke—what stung most? List 2-3 trust breakers. Write a “Preserve this by...” statement. Link it: How does this tie to your Core Values (Worksheet 1)? Your Turn: What kills your trust? Set your trust boundary and connect it.
- 3. Clarify Your Time Needs.** Time is your currency—guarding it keeps you effective and calm, not frazzled. Before You Start: Picture your ideal day—when do you shine? When do you fade? List 1-2 time preferences. Write a “Know this...” statement. Link it: How does this support your Definition of a Good Person (Worksheet 3)? How do you manage time? Set your time boundary and connect it.

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4. **Correct Misunderstandings.** Assumptions muddle connection—clearing them keeps others on your page. Before You Start: Recall a time someone misjudged you—what hurt? : List 1-2 misconceptions. Write an “Understand this...” statement. Link it: How does this reflect your Core Virtues (Worksheet 1)?
  5. **Define Your Communication Style.** Communication drives every exchange—nailing it down cuts friction and boosts flow. Before You Start: Think of a great conversation—what clicked? A bad one—what clashed? List your preferred style and 1-2 frustrations. Write a “Communicate by...” statement. Link it: How does this align with your Personality Insights? How do you communicate best? Set your communication boundary and connect it. 11
  6. **Integrate and Test Your Warning Label.** Your Warning Label—energy, trust, time, misunderstandings, communication—steers how others sync with you. Add it to your Be You! Manifesto to shape your relationships. Place it under “Standard Boundaries.” Test it this week: Where’s it working? Where’s it challenged? How do you hold it firm? Refine as it ripples through your Manifesto.

Boundaries don’t block—they bond, forging trust and teamwork by aligning others with your true self (Paradox 2: “Boundaries Build Bridges”). They shield your energy from chaos, cut the anxiety of overstretch, and free you to lead on your terms (Paradox 6: “Accountability Creates Freedom”). Your Warning Label isn’t a rulebook—it’s a living bridge to richer relationships and a life of purpose.