Contents assessed sousself and golded and balance participage of

Preface ix

1 Introductory Activity: Reflection on Inspiration
And Stagnation 2

2 Tapping into the Power of Your Core Qualities 17

- 2 Introductory Activity: Looking at What Makes
 People Special 18
- 3 Introductory Activity: Recognizing Your Own
 Core Qualities 19
- 4 Recognizing Core Qualities in Situations 20
- 5 Recognizing Different Types of Core Qualities 22
- 6 Increasing Your Skills by Applying Core Qualities 24
- 7 Expanding Your Core Qualities 25
- 8 Applying New Core Qualities 26
- 9 Increasing Your Energy by Applying Your Core Qualities in the Here-And-Now 28
- 10 Working with the Core Qualities that Give Meaning to Your life 29
- 11 Applying Your Core Qualities Specifically 30
- 12 Applying Core Qualities in Difficult Situations 31
- 13 Balancing Core Qualities 33
- 14 Recognizing and Naming Core Qualities in a Conversation 34
- 15 Recognizing Core Qualities of a Group 35

3 Using Three Information Channels: Thinking, Feeling, and Wanting 39

- 16 Orientation Activity: Experiencing the Difference between Thinking and Feeling 39
- 17 Orientation Activity: Using the Information from Thinking, Feeling, and Wanting 40
- 18 Becoming Aware of Your Thoughts in a Difficult Situation 42
- 19 Observing Your Thinking 44
- 20 Developing More Focused Thinking 45
- 21 Looking at a Problem through Different 'Glasses' 46
- 22 Discerning Differences Among Feelings 47

- 23 Becoming Aware of the Effects of Your Feelings 50
- 24 Deepening Contact by Using the Elevator between Thinking, Feeling, and Wanting 51
- 25 Managing the Difference between 'Wanting' and 'Having to' 54
- 26 Using Your Willpower 56
- 27 Working and Living from Your Passion 57

4 Using the Power of Your Desires and Ideals 61

- 28 Introductory Activity: Knowing Your Needs 61
- 29 Introductory Activity: Recognizing Your BasicPsychological Needs 63
- 30 Discovering the Connection between Fulfillment of the Need for Competence and Success in Your Work 66
- 31 Discovering the Connection between Fulfillment of the Need for Autonomy and Motivation in Your Work 67
- 32 Discovering the Relationship between Fulfillment of the Need for Relatedness and Having Contact 69
- 33 Being More Successful at Work by Feeling More Competent 70
- 34 Becoming More Motivated by Increasing Your Sense of Autonomy 72
- 35 Improved Contact with Your Students or Colleagues through Increased Relatedness 74
- 36 Exploring Different Types of Ideals 75
- 37 Exploring Your Own Ideals 77
- 38 Using the Power of an Ideal to Complete a Task 78
- 39 Focusing Your Ideals 79
- 40 Addressing Your Doubts About Ideals 80
- 41 Using Your Inner Resources 81
- 42 Using a Role Model as a Source of Inspiration and Strength 82

5 Going With the Flow 87

- 43 Introductory Activity: Recognizing Flow 87
- 44 Introductory Activity: Increasing Flow; Work as Play 89
- 45 Exploring Flow and Non-flow 91
- 46 Using Core Qualities to Increase Flow 93
- 47 Increasing the Flow of a Group: Flow is Contagious 94

6 Letting Go of Limitations 99

48 Introductory Activity: Becoming Aware of Your Limiting Thoughts 99

- 49 Introductory Activity: Recognizing the Self-fulfilling
 Prophecy 102
- 50 Becoming Aware of the Fight Response 103
- 51 Becoming Aware of the Flight Response 105
- 52 Becoming Aware of Freezing 107

7 Connecting the Aspects of Your Personality 111

- 53 Introductory Activity: Recognizing Different Aspects of Your Personality 111
- 54 Introductory Activity: Recognizing a Friction between Layers 116
- 55 Becoming Aware of Influences from Your Environment 117
- 56 Changing Your Perception of Your Environment 118
- 57 Reflecting on Your Behavior in a Certain Situation 119
- 58 Reflecting on Your Competencies 120
- 59 Reflecting on Less Developed Competencies 121
- 60 Recognizing Destructive Beliefs 122
- 61 Recognizing Constructive Beliefs 125
- 62 Changing Destructive Beliefs 126
- 63 Reflecting on Roles 127
- 64 Reflecting on Identity 129
- 65 Staying True to Yourself 130
- 66 Directing Your Work 132

8 Working with Presence and Mindfulness 137

- 67 Introductory Activity: Experiencing Presence 137
- 68 Working with Attention 138
- 69 Recognizing and Preventing Drifting 139
- 70 Recognizing Automatisms 141
- 71 Becoming Aware of the Pros and Cons of Downloading 142
- 72 Developing More Presence and Mindfulness 144
- 73 Deepening the Connection 146
- 74 Becoming Aware of the Timeless Observer 148

9 Turning Problems into Opportunities for Growth 151

- 75 Introductory Activity: Learning to Use a Problem as a Route to an Ideal 152
- 76 Introductory Activity: Learning to Handle Obstacles 154
- 77 Leading a Session on Core Reflection 157
- 78 Applying Core Reflection to Yourself 162

10 Working with this Book: Some Practical Tips 167

References 181

About the Authors 189

Overview of Website Materials to Accompany this Book 191

Index 193