

FINDING YOUR SIGNATURE SAUCE WORKBOOK

“The future belongs to chefs, not cooks or bottle washers. It’s easy to buy a cookbook (filled with instructions to follow) but really hard to find a chef book.”

– Seth Godin, Linchpin

Welcome to the Finding Your Signature Sauce workbook!

Finding your Signature Sauce is about blending your 10 ingredients together to uncover and leverage the unique flavor you bring to the world.

In this workbook you’ll find exercises and questions crafted to help you uncover your Signature Sauce through a strategic sequence and framework, with each section building off the last. At the end of the workbook, you’ll come away with a clear, articulated vision and action plan where your passion, purpose, and career collide, but only if you’re willing to really invest in the process of the Signature Sauce course.

These questions will not always be easy, but they are extremely important. Please give these questions the time and space they need. The value of this program for you will only go as far as the intentionality and time you give these workbook questions. Don’t short-change yourself. The investment you’ve made in this course and the investment you make in these questions will have a monumental payoff for you and your future.

I’m incredibly excited for the journey you’re about to embark on and I’m here to support and encourage you along the way.

Let’s go find your Signature Sauce!

Paul

INGREDIENT #1: STORY

Your story is the context. Your story is the base of your sauce that everything else is mixed into. Finding your Signature Sauce begins and ends with story – past, present, and future. *What's your story?*

1. Pivotal Plot Points typically happen for three reasons: Transitions, Triumphs, or Tragedies.

Write down at least 5-10 of the most Pivotal Plot Points in your story:

Transitions (seasons of change in life, family, location, career, education):

Triumphs (recognition, awards, success, rewarding achievements, times you felt the most alive):

Tragedies (perceived failures, painful moments, accidents, etc.):

2. When looking at some of your tragedy pivotal plot points in your story, can you now see how it lead to something important in your life? What was it?

3. Have there been failures in your story that didn't deter you from pursuing what you were pursuing? What were they? (Example: I was turned down by 10-15 publishers, yet I didn't stop writing and believing that I needed to publish a book)

4. What were you doing in the triumph pivotal plot points within your story where you felt most alive and/or most successful? (Example: researching, leading, creating, singing, building, collaborating, inspiring others, etc)

5. Ask 2-4 people closest to you when they have seen you most alive and most successful. Ask them, what specifically you were doing that they saw you succeeding at or coming most alive? Then ask them, when they saw you least alive and most miserable? Why do they think you were miserable? (If you feel uncomfortable asking, say you're doing this for a homework assignment)

Person 1:

Person 2:

Person 3:

Person 4:

6. Write down 2-3 seasons in your life you felt the most crushed and couldn't wait for that season to end.

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7. What were you doing during those season that you disliked the most or what was happening to you?

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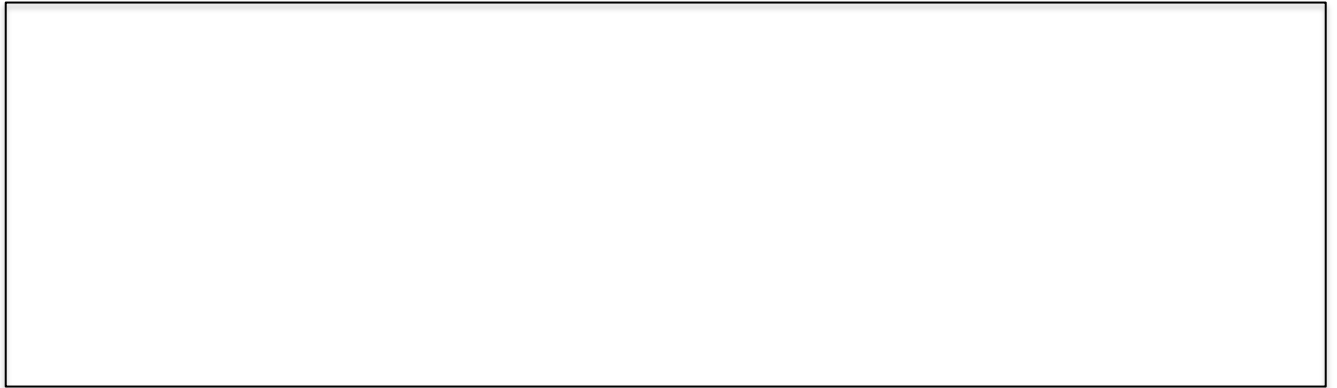
8. When a story speaks to your soul it's because you're experiencing a story that is entering deep into the heart of *your* story. It's going beyond reason and logic, and entering into those deep-rooted desires. Write down the name of 3-5 stories (books, movies, plays, historical) that resonate the most with you:

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9. Now write down the themes and similarities in the stories that you love. Can you find any close ties? The stories you love reveal a lot about the story you want to live. For example, the common thread that runs through my favorite movies is the underdog who perseveres through pain, finds and then thrives from their authentic self, and succeeds at something sane people would never attempt. (Other examples might be the hero, the overcomer, the judge, the sleuth, the discoverer, the problem solver, the challenger, the good guy, the princess, the smart guy, the truth bearer, the fighter, etc.)

10. In my book All Groan Up I write that the “The hero always experiences an “all is lost” moment before the dramatic rise.” Describe a scene in one of your favorite stories where you see this idea played out.

11. Describe a story of yours within one of your tragedies where you see this theme played out.

A large, empty rectangular box with a thin black border, intended for the user to write their response to question 11.