



# REFLECTIONS



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## **Your Secret Sauce** HOMEWORK FOR EPISODE SEVEN

We heard in Episode 7 from Jason Teeters, and how he has jumped from one chapter in life to the next. He didn't necessarily have one large end goal in mind when he started out; rather, he had gusto for embracing each unique step along his journey. And- most importantly- he reflected upon and learned from each different chapter.

So many of us are similar in that we too have lots of different steps throughout our life. Different jobs. Different physical locations. Different visions for different phases of our lives. So how can we connect the dots and learn from each stepping stone?

### **Reflect and Identify**

First, think through each chapter in your life. Where have you lived? What were you doing? What were you focused on at that time? Take a few moments to reflect upon your distinct phases, and then write it down.

For me- Dr Kate Hixson- and your host of the Dauntless podcast- it would look something like this:

- 1) College at Ohio University, majored in Journalism
- 2) Florida, teaching High School English and Journalism
- 3) Started and completed a Master's degree in Creative Writing
- 4) Switched jobs, teaching College-level English and Creative Writing
- 5) Driving across the country to live in LA for a bit. Teaching online.
- 6) Started a doctoral program
- 7) Lived in NYC
- 8) Landed a job at NASA, worked there over three years

Etc, etc

Now your turn. Write out your key chapters in the column below.



You see what's happening here? We're identifying what was learned from each distinct phase in our lives. Too often, we fail to perform this reflection. But it's so important to identify each stepping stone and corresponding skill gained. This is the core of what makes us unique and powerful: our own journey and our own experiences gained. No one else on Earth has your particular path, so own it!

### **Find the Pattern and Be Loud About It**

Now that you have identified your key steps and associated skills learned, look for any overarching patterns. Are there any particular skills that keep popping up?

Highlight or circle any patterns.

These core themes or patterns are what make up your North Star. Meaning- your secret sauce. Your unique message and value that you give to the world. Now, it's important to own that. Think about where you represent yourself. Are you on Instagram? Facebook? LinkedIn? Youtube? Do you have a personal website? Pull up each of those accounts and see if your North Star is apparent and obvious. You need to own your personal skill set and brand, and shout it out from the rooftops.

That's what makes you, you. That's what makes you unique and special and oh so powerful!

Be loud about it! Do it!