Resilience and Goals: Inspiration

Three Reasons Goals Matter

1. Shifts your focus



- Restores your sense of agency as you strive to create a new future
- Gives you a dopamine hit and actually creates happiness





1. Be Conscious of what is in your control

- 2. Don't let one negative out weigh the
- positives. Keep a positive perspective.

3. Increase the activities that bring you

joy in your work. Numb or restore

Gap or Gain? The choice is yours!

Collaborative Decisions



Disagree and commit

Jeff Bezos

Action only happens when there is trust involved

Seth Godin

Imagination is more important than knowledge.



Albert Einstein

No one is without knowledge except he who asks no questions African Proverb

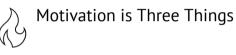


A dream without a plan is just a wish

Antoine D'Expurey

Life can be pulled by goals just as it can be pushed by drives

Viktor Frankl



1. A compelling goal

- 2. A plan to get from A to B
- Confidence that you can get from A to B





What you can control and predict (if you want to)

Values and Guiding Principles Who you serve (and how you treat them) How you make decisions How you care for others The Stories we tell ourselves With thanks to Brandi Olsen

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It doesn't matter how slowly you go as long as you do not stop Confuscius		Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin Mother Theresa
The most common way people give up their power is by thinking they don't have any. Alice Walker		The trouble is if you don't risk anything, you risk more. Erica Jong
Each of us need to withdraw from the cares which will not withdraw from us Maya Angelou		If you don't make the time to work on the life that you want, you're going to spend a lot of time dealing with a life you don't want. Kevin Ngo
Action Planning		3 Resons People Disagree Techniques to Build Consensus
Progress Actions vs Process Actions	Daunting = Growth What do you need to support that growth? - Resources -New knowledge or skills -Leadership support	Level ONE - don't hear or understand each other Level TWO- different values or experiences Level THREE - Disagreement has roots beyond this topic - history / personality

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