

# Resilience and Goals: Inspiration

## Three Reasons Goals Matter



1. Shifts your focus
2. Restores your sense of agency as you strive to create a new future
3. Gives you a dopamine hit and actually creates happiness



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

## Resilience

MIT Research - how to build it



1. Be Conscious of what is in your control
2. Don't let one negative outweigh the positives. Keep a positive perspective.
3. Increase the activities that bring you joy in your work.

Number or restore  
Gap or Gain? The choice is yours!



## Motivation is Three Things

1. A compelling goal
2. A plan to get from A to B
3. Confidence that you can get from A to B

## Collaborative Decisions



Disagree and commit

Jeff Bezos

Action only happens when there is trust involved

Seth Godin



## Identifying a worthy Goal

### Chose one

Projects  
People  
Patterns

### Is it ...?

Compelling  
Important  
Daunting

Write it  
down!

42%

Imagination is more important than knowledge.



Albert Einstein

No one is without knowledge except he who asks no questions

African Proverb



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

Confucius

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


Progress Actions  
VS  
Process Actions


Daunting = Growth

What do you need to support that growth?  
- Resources  
- New knowledge or skills  
- Leadership support

3 Reasons People Disagree

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 

Techniques to Build Consensus

Criteria-Screening  
Pros-and-Cons-Grid  
List-Reduction  
Impact-vs-Effort-Grid  
Merging  
Strengths-and-Weaknesses  
Delineating-Alternatives  
Weighted-Voting  
Check-the-Goal  
Show-your-Cards