

Finding Your Success

What do you feel truly successful with right now or in the past?

What commonalities do you find between the things you feel successful at or good at?

In what ways could you take advantage of down time from productivity right now? How could you repurpose the way you procrastinate (Twitter, personal time, reading, going out to eat, etc...) in order to take small steps forward?

Progression through Iteration

Find the next iteration. If you're feeling stuck right now - or just unsure of the direction you'd like to take, visualize your life immediately after this period of stuck. What does it look like?

Connect the dots. What are three things you could do to make your life now look more like your life "after stuck?"

1) _____

2) _____

3) _____

Imagine yourself many iterations down the line - your work barely resembles what you're doing right now. What feelings does your work cultivate in your life? How are you serving people?

Again, connect the dots. What actions can you take to ensure that your life “just after stuck” includes those feelings? How can you serve people in that way with your work now?

Engaging Your Vision

Name 3 people (peers, mentors, friends, colleagues, etc...) who you see as succeeding in cultivating the feelings & service you desire.

- 1)
- 2)
- 3)

What would you really want to know about how they got to where they are? Ask them some hard questions:

Now, allow yourself to speak for them. How would they answer those hard questions?

Bonus Points: Schedule interviews with them and ask them your hard questions (or versions of your hard questions that would serve both your audience & theirs).

List Your Resources

Talents (things that come easily to you)

People Who Adore You (online & offline)

Skills (things you've learned how to do through method)

Time (times you could take action instead of doing other things)

Assets (things you possess that are of value to you or others)

Interests (things you'd *like* to learn more about)

Other people's skills, talents, & assets (who & what could you tap into from others)

Experiences (what are your fond memories & what did you learn from them)

Assuming There's an Answer

Bridget discussed assuming there's an answer when you have questions about where you're headed & what you're doing. First, you have to know what questions you have!

What questions do you NEED answered to move forward with an action today?

What questions would you LIKE answered to better understand your own goal?

Setting Your Intention

Set an intention for moving forward on a particular part of your plan. Write it out.

What is frightening, uncomfortable, or daunting about the intention you just set?
What negative feelings surround this action?

What tools, techniques, methods, and mental fortifications can you put in place to ease those feelings and relax into the action you need to take?
