

Strategic Planning for Your Life

Presentation

Washington, D.C. STC Community

January 10, 2005

Presented by

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Everything in Life is Mind over Matter

If you don't mind, it don't matter!

--written on the communal bathroom wall at the
Crimson Moon Coffee House in Dalonega, Georgia

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Are you a Perfectionist?

Progress, not perfection

Besides...
You are ALREADY perfect!


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You are a Miracle

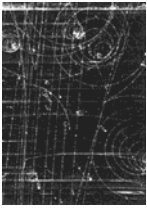


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What do you see?



At the cosmic level



At the quantum level

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Keeping a Beginner's Mind

The mind of the beginner is empty, free of the habits of the expert, ready to accept, to doubt, and open to all the possibilities . . .

The Dancing Wu Li Masters: An Overview of the New Physics, by Gary Zukav

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Our Place in the Universe

*Who is looking at the universe?
How is the universe being actualized?*


The answer comes full circle.
We are actualizing the universe.
Since we are part of the universe,
that makes the universe (and us) self-actualizing.

*The Dancing Wu Li Masters: An Overview of the
New Physics, by Gary Zukav*

January 10, 2005 7

Are you Undisciplined?


- ◆ You are 100% disciplined to existing habits!
- ◆ It takes only 21 days to create a new habit.



January 10, 2005 8

The Secret of Happiness

- ◆ Know who you are
- ◆ Know what you want to accomplish
- ◆ Maintain a positive focus
- ◆ Be flexible
- ◆ Meditate
- ◆ Learn to forgive
- ◆ Do what you love!!!!
- ◆ Get busy
- ◆ Practice continuous reinvention



NOTE: Life is not a dress rehearsal!

January 10, 2005 9

Conversations


- ◆ Love vs. Fear
- ◆ Choices
- ◆ Responsibility
- ◆ Forgiveness
- ◆ Courage
- ◆ Thankfulness
- ◆ Leadership
- ◆ Creativity



January 10, 2005 10

Taking Responsibility: Hope is Not a Strategy!


- ◆ Define your mission statement
- ◆ Develop written goals for every aspect of your life
- ◆ Create the habit of setting and monitoring your goals on a regular basis
- ◆ Recognize when you are blind-sided
- ◆ Act!



January 10, 2005 11

The Process of Reinvention


- ◆ The antidote to getting blind-sided is reinvention
- ◆ Everyone gets blind-sided.
 - Individuals
 - Organizations
 - Cultures
 - Countries



January 10, 2005 12

The Process of Reinvention


- ◆ Determine, based on your mission, what is REALLY important right now.
- ◆ Determine what has to happen and what do YOU have to do to manifest a positive outcome?
- ◆ What are the advantages and disadvantages to each option?
- ◆ Build a plan of action based on decisions
- ◆ Adjust your life plan accordingly



January 10, 2005 13

What Makes You Different


- ◆ Identify your incompetent activities
- ◆ Identify your competent activities
- ◆ Identify your excellent activities
- ◆ Identify those activities that make you unique



January 10, 2005 14

Incompetent Activities

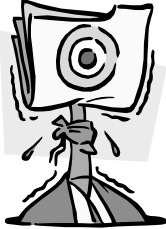
- ◆ Frustration
- ◆ Stress
- ◆ Conflict
- ◆ Confusion



January 10, 2005 15

Competent Activities


- ◆ Competition
- ◆ Anxiety
- ◆ Repetition
- ◆ Boredom



January 10, 2005 16

Excellent Activities


- ◆ Excitement
- ◆ Teamwork
- ◆ Reputation
- ◆ Opportunity



January 10, 2005 17

Activities that Make You Unique

- ◆ Joy
- ◆ Serenity
- ◆ Breakthrough
- ◆ Transformation



January 10, 2005 18

Finding "Balance"

January 10, 2005 19

Managing Your Life Is About Taking Responsibility

- ◆ For yourself
- ◆ For your relationships
- ◆ For your life

"The only way to predict the future is to invent it."
--Peter Drucker

January 10, 2005 20

Life's journey is *NOT*
to arrive at the grave safely in a
well-preserved body...
but rather to skid in
sideways, totally worn out, shouting
"WOW! WHAT A RIDE!!!"

January 10, 2005 21

Resources

- ◆ The movie "*What the Bleep Do We Know*"
(www.whatthebleep.com)
- ◆ *The Isaiah Effect* by Gregg Bradden
- ◆ *How to Know God* by Dr. Deepak Chopra
- ◆ *Leadership and the New Science* by Margaret J. Wheatley

January 10, 2005 22

Resources


- ◆ *The Art of Happiness* by The Dalai Lama
- ◆ *Life Strategies* by Dr. Phillip McGraw
- ◆ *The Millionaire Mind* by Dr. Thomas Stanley
- ◆ *The Power of Your Subconscious Mind* by Dr. Joseph Murphy

January 10, 2005 23

Resources


- ◆ *Management Challenges for the 21st Century* by Dr. Peter Drucker
- ◆ *The Power of Positive Thinking* by Dr. Norman Vincent Peale

January 10, 2005 24



Resources

- ◆ *Think and Grow Rich* by Napoleon Hill
- ◆ *The Autobiography of Benjamin Franklin*
- ◆ *The Magic of Thinking Big* by Dr. David Schwartz



January 10, 2005

25

Life Planning Workshop

Exercises

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Exercise 1: Who are you?

Begin with the end in mind

Imagine how you want to be remembered. In the book *7 Habits of Highly Effective People*, Stephen Covey suggests an exercise, which I really like. Close your eyes and imagine your own funeral. Imagine that people are milling around and that they are talking about you. What are they saying? Listen for a few minutes. Then open your eyes and make a bulleted list of the comments you heard. To some of you this exercise may seem a bit morbid. But, remember, this is the inevitable end for us all. It is what we accomplish between now and then that really counts.

Develop your mission statement

Use your bulleted list to develop a mission statement. This is the most critical part of the planning process. Your mission becomes your foundation. It will be the basis for decisions you will make through the years.

Exercise 2: What Roles do You Play?

Make a list of all the roles you play in your life. Do not forget to include yourself as an individual. You might be a spouse, sibling, son or daughter, parent, STC member, technical communicator, church member, and Boy Scout leader. List them all.

- ◇ Self
- ◇ Spouse
- ◇ Sibling
- ◇ Son or daughter
- ◇ Parent
- ◇ Friend
- ◇ Employee
- ◇ STC member
- ◇ Technical communicator
- ◇ Church member
- ◇ Scout leader
- ◇ Other

Exercise 3: What are Your Lifetime Goals?

Ask yourself what you want to accomplish in your lifetime for each role. This helps identify your destination.

Individual

Home

Work

STC

Professional Development

Other

Exercise 4: Make Your Wish List

In addition to accomplishments, make a list in each of the following categories:

Things you would like to acquire

Money you would like to make

Experiences you would like to have

People you would like to meet

Places you would like to visit and/or live

The impact you would like to have on humanity

Anything else that is important to you

Exercise 5: Develop Your Plan

Lifetime Goal

Time Increment	Goal
What do you have to do in ten years to achieve your lifetime goal?	
What do you have to do in five years to achieve your ten-year goal?	
What do you have to do in three years to achieve your five-year goal?	
What do you have to do in one year to achieve your three-year goals?	
What do you have to do in six months to achieve your one-year goals?	
What do you have to do this month to meet your six-months goals?	
What do you have to do this week to meet your one-month goals?	
What do you have to do today to meet your one-week goals?	

Exercise 6: What if You are Not Linear?

Exercise 7: How Are You Different?

Incompetent activities?

Competent activities?

Excellent activities?

Unique activities?

*From The Strategic Coach (www.strategiccoach.com)

Exercise 8: Managing Detours

What is important to you right now in this situation? Rank your list.

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What do you have to do to manifest a positive outcome?

Integrate the following into your life plan.

Number	To-Do	By When