



Self-Leadership Program 2009

January, 2009

favorites destiny accept
good self-belief like
previous asset
one creativity face
fanatic collecting creative
suppose true Gaining
Consequential Great
question non-stop
know possibilities mind feed
sequential learning always
stuff possessed capital
Ike simply use process
scorecard worthwhile capacity
dedicate constantly difference
heart nourishment realized
makes seeking told
going releases belief soul
possible someone
well-stocked life
learned refreshing best
Without value people
work learner empowers polish
gemability loan manager Imi
Well supply new builds
birth well-being keeping
intellectual ola
instruction learn one's
turns unmoving personal Now
equates take-away business
create Sequential providing
takes lessons taught
overall something passionate
confidence stand
knowledge
absolute liberates
give managers food
rings consequential grow
must calls

Session 01B

Yearly Plan



Planning?



**I HATE
PLANNING**



**I don't think it
works.**



**What's it good
for anyway?**

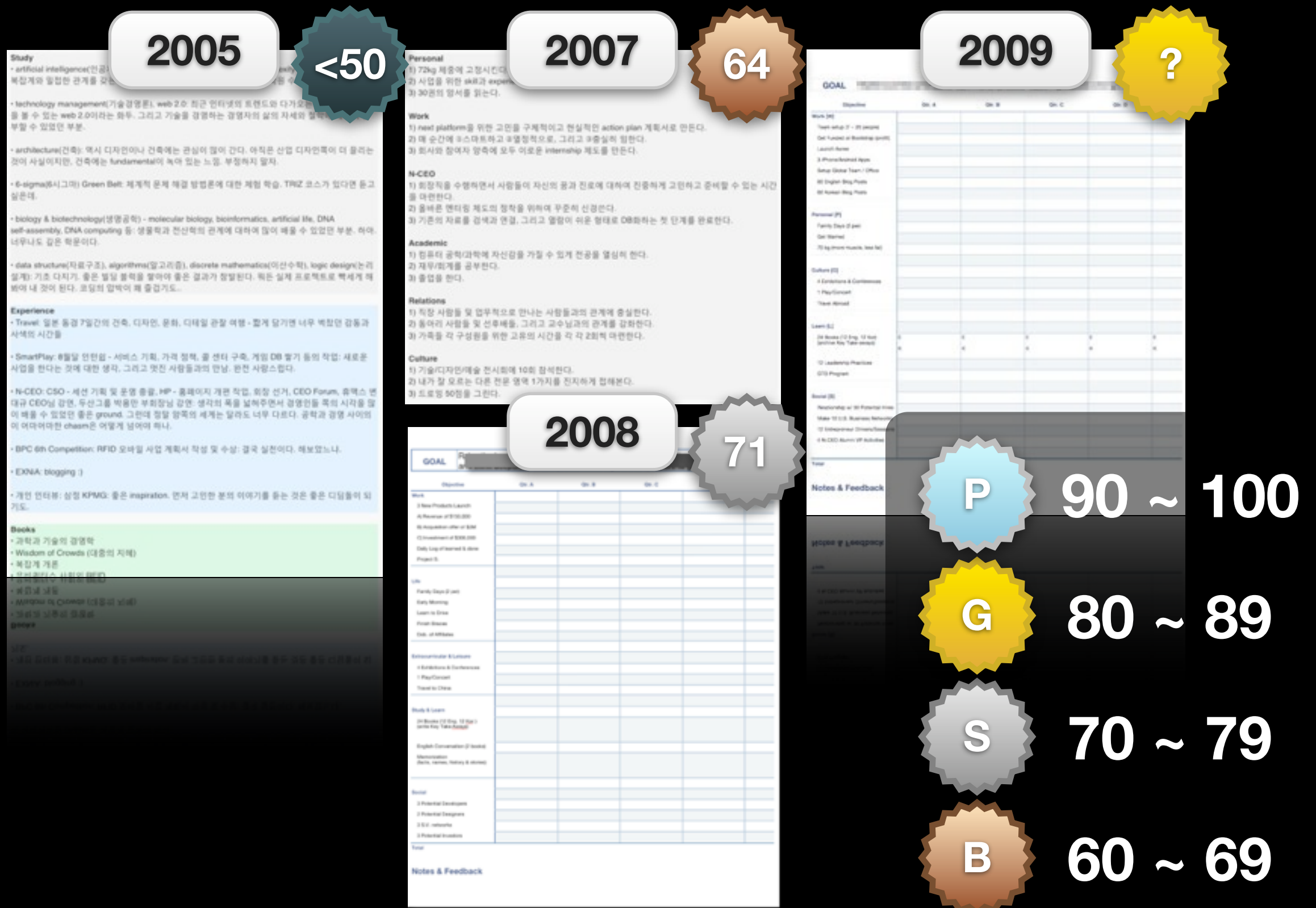
taking small steps and
winning small success...



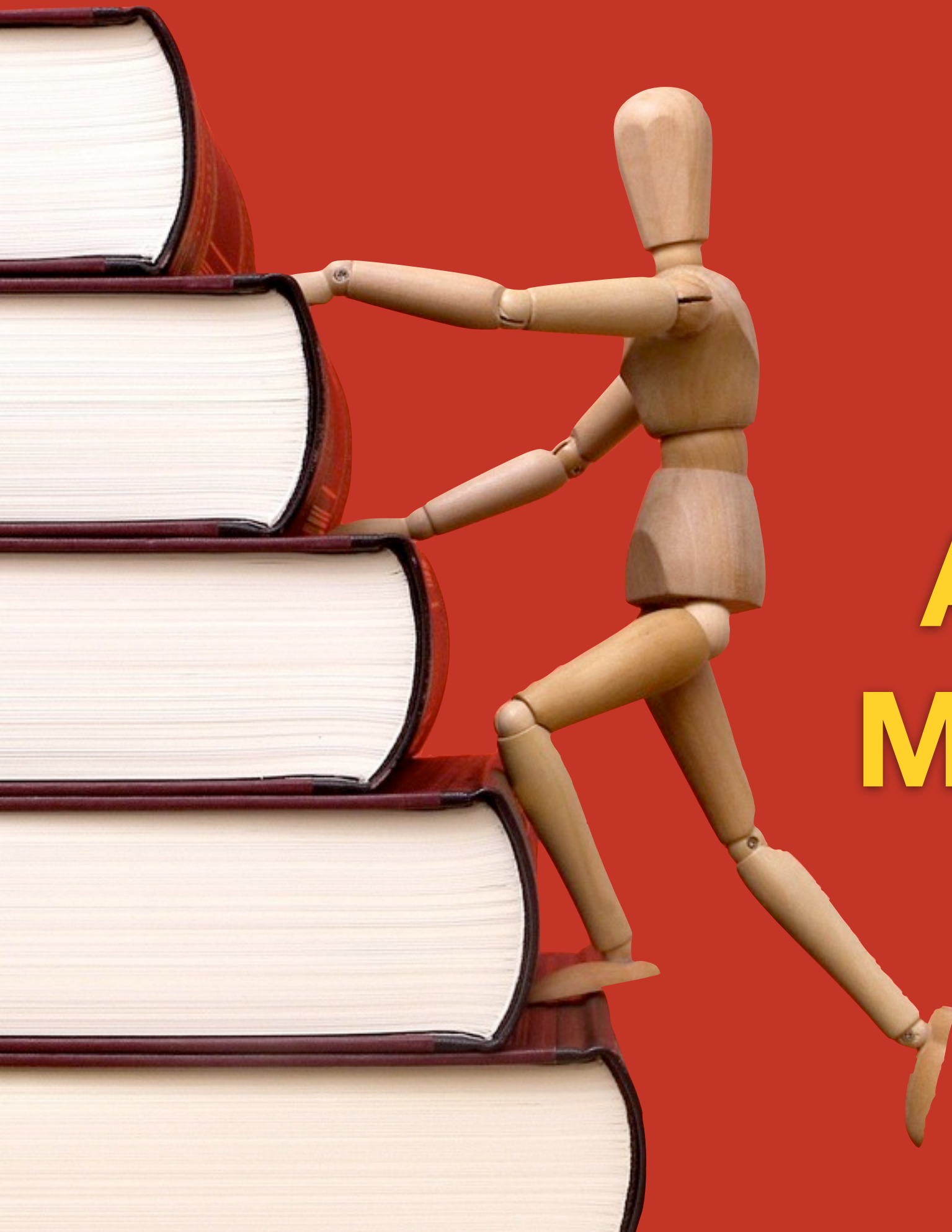
So that you can build **CONFIDENCE**,
to win **BIGGER** things.



Year 2005 ~ 2009



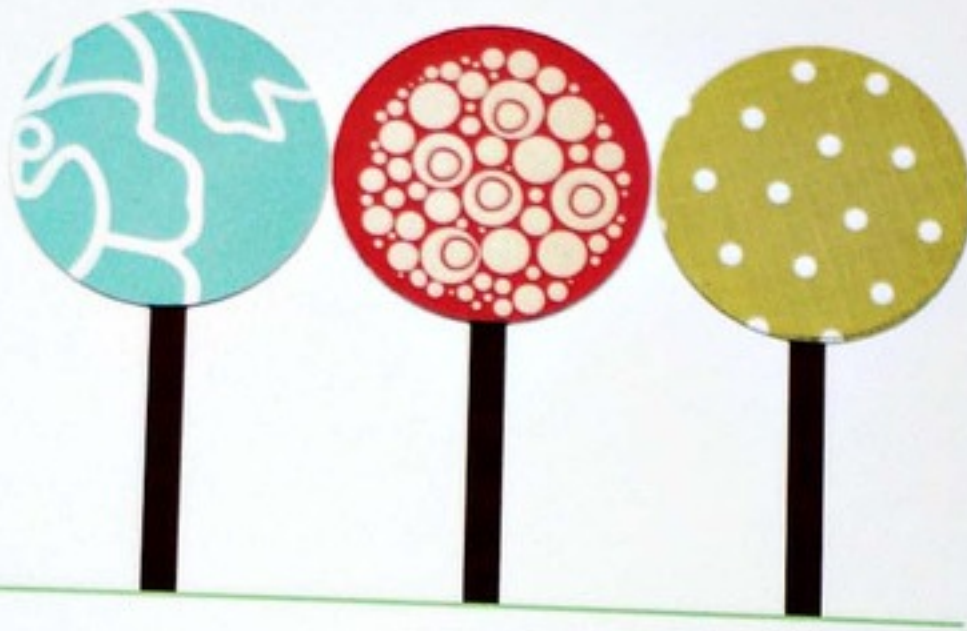
Lesson 1



Specific!
Actionable!
Measurable!

Lesson 2

minimize
management
overhead



january

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

check monthly and
quarterly, not daily.

weekly for certain items

A close-up photograph of several yellow dumbbells resting on a grey perforated metal surface. The dumbbells are arranged in a way that creates a sense of depth and repetition. The lighting is bright, highlighting the smooth, glossy texture of the yellow handles and the metallic sheen of the central bars. The background is slightly blurred, focusing attention on the dumbbells in the foreground.

Lesson 3

Buffer your goal
to prevent

FRUSTRATION
& **GIVING UP**

The background of the slide is a close-up photograph of numerous military medals and ribbons. They are arranged in neat rows on a dark red, textured surface. The medals vary in shape, size, and color, including gold, silver, and bronze. Some are circular, some are crosses, and some are stars. The ribbons are in various colors and patterns, including stripes and solid colors. The overall effect is one of honor and achievement.

Lesson 4

REWARD yourself
from time to time
for all the reasons.

Lesson 5

Create a **portfolio** of
KEY FOCUS goals.



Process

1. List things that I want/need to achieve this year.

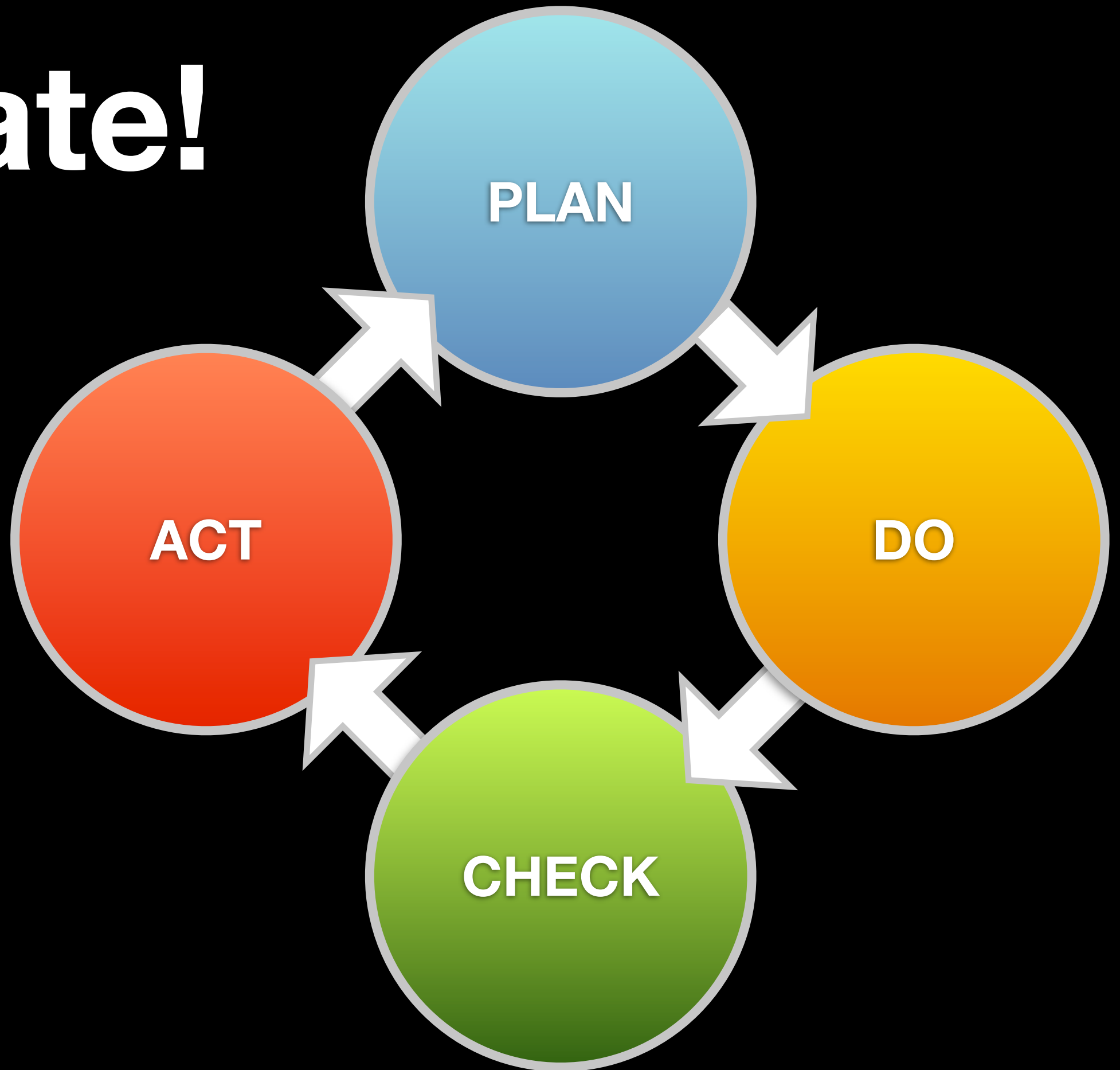
2. Organize them into groups.

Work
Personal
Culture
Learn
Social

3. Review them and make them SAM.

4. Take Action.

Iterate!



That's it !