

## Achieve Intentional Success (Year One of Five – Sept 1, 2016-Sept 1, 2017)

My vision and mission: I help others find their voices and their best lives

### Notes

	<b>Achieving 9-10</b>	<b>Maintaining /Progressing 5-8</b>	<b>Struggling / Regressing &lt;5</b>
<b>Encore Plan:</b> I invest in others to help them be their best. I do this through workshops, speaking, writing, and coaching.	1. Spend > 1 1/2+ hours per week writing, video-taping, uploading speeches 2. Spend 1+ hour per week in promotion-related activities 3. Spend 1 hour per week on website 4. Spend 1+ hour per week on other development materials 5. Spend 1+ hours background reading, notes 6. Speak once per term outside classroom	1. Spend ½ to 1 1/2 hours on speeches 2. Spend ½-1 hour on promotion 3. Spend ½ to -1 hour on website 4. Spend ½ to 1 hour on other development materials 5. Spend ½-1 hour background reading, notes 6. Speak every 4 months outside classroom	1. Spend < 1/2 hour on speeches per week 2. Spend less than ½ hour on promotion per week 3. Spend less than ½ hour on other development 4. Spend less than ½ hour on background reading, notes 5. Spend less than ½ hour reading related to plan 6. Speak every six months or more outside of classroom
<b>Responsibility</b> I use resources wisely including time and money	1. Record spending daily and review 2. Created a task list 5 times per week including clean clutter area once a week 3. Spend 30 min per mo. investigating retirement / wills, investments, etc.	1. Record spending daily 2. Create task list 5 times per week 3. Spend 10-20 minutes per mo. investigating retirement, wills, etc.	1. Did no record spending 2. Task list less than 5 times per week 3. No efforts toward retirement, wills, etc.
<b>Spiritual &amp; Social</b> I remember what is really important	1. Express gratitude each day for 5 things 2. Practice mindfulness intentionally with food once per day 3. Meet with friends or family at least twice a mo. outside of work 4. Do something special with Claude at least twice a month. 5. Keep in touch w/ grandkids (cards, calls, etc. monthly)	1. Express daily gratitude for 3 things 2. Practice mindfulness with food 3 times a week. 3. Meet with friends or family outside of work every 6 wks. 4. Do something special w/ Claude once a month 5. Keep in touch w/ grandkids w/6 six weeks	1. No gratitude or < 3 2. Did not practice food mindfulness or randomly 3. Meet w/ friends or family outside of work every 2 or more mo. 4. Plan special w/ Claude randomly. 5. More than 2 months since reached out to grandkids
<b>Physical Appearance:</b> I present my best physical self to others as a way to establish credibility and to encourage others	1. Comfortably wear mostly size 8 clothes 2. Whiten teeth monthly 3. Finger nails polished and healthy 4. Hair cut and maintained 5. Public attire red, black, white blue w/ silver jewelry. flowing style (bold self)	1. Comfortably wear size 10 clothing 2. Teeth whitened occasionally 3. Finger nails polished but some ridges, or defects 4. Hair cut and maintained every 2-3 months 5. Public attire 75-100%	1. Size 10 generally tight 2. Don't remember last teeth whitening 3. No polish in month Nails with ridges, polished 4. Hair not cut or maintained for over 3 months 5. Public attire <75%
	<b>Achieving 9-10</b>	<b>Maintaining / Progressing 5-8</b>	<b>Struggling / Regressing &lt;5</b>
<b>Diet:</b> I adhere to a healthy diet as a way to increase optimal health, general	1. No second helpings 2. <b>No mindless snacking</b> 3. Red meat one time per week	1. One second helping 2. Mindless snacking once 3. Red meat 2x per week 4. 5-8 ounces wine or equiv. 2-3 times a wk	1. 2 or more second helpings 2. Mindless snacking 2x or more times 3. Red meat 3x or more per week 4. 12 or more ounces wine

presentation of self, and to minimize disease and illnesses.	<ol style="list-style-type: none"> <li>4. &lt; 5 ounces wine or equiv.2 times a week</li> <li>5. 6-7+ glasses of water each day</li> <li>6. Free range veggies</li> <li>7. No snack in evening</li> </ol>	<ol style="list-style-type: none"> <li>5. 5-6 glasses of water per day</li> <li>6. Free range veggies and fruit</li> <li>7. 1 healthy snack in evening such as a cup of fruit, 2 cups light popcorn, etc.</li> </ol>	<ol style="list-style-type: none"> <li>5. 4 or less glasses of water per day</li> <li>6. More free range fruit than veggies</li> <li>7. Unhealthy snack such as pie or ice cream or 2+ healthy snacks</li> </ol>
<b>Exercise:</b> I get the right kind / amount of exercise to optimize overall health and self-presentation	<ol style="list-style-type: none"> <li>1. Cardio 45 min</li> <li>2. Strength training /core 10 + minutes (weights, etc.)</li> <li><b>3. Balance work 3-4+ minutes</b></li> <li>4. Stretching 3-5 + minutes</li> </ol>	<ol style="list-style-type: none"> <li>1. Cardio 30-40 minutes</li> <li>2. Strength training /core 8-10 minutes</li> <li><b>3. Balance work 2-3 minutes</b></li> <li>4. Stretching 2-3 minutes</li> </ol>	<ol style="list-style-type: none"> <li>1. Cardio less than 30 min</li> <li>2. No strength / core</li> <li><b>3. Random balance work or none</b></li> <li>4. Stretching randomly or not at all</li> </ol>

My Mission Action Plan after UCC:

- I spend 15-25 hours per week helping other people with personal transformations and life-changing transitions-- including transitions related to divorce, retirement, aging, and job loss.
- I teach and coach people through the process of developing a clear vision for their future and teach them how to create an action plan to live their vision.
- I train organizations on how to achieve a vision for healthier communication using a Communication M.A.P.
- I speak up and speak out for human rights and teach others how to do the same.
- I am a consummate professional from preparation to appearance.
- I am energetic, healthy, trim and fit
- I dress impeccably, have perfect nails, healthy skin and hair
- I have fresh materials that will encourage and inspire others.
- I spend at least half of my time developing new materials and the other half of my time marketing and delivering my materials.
- I deliver materials through sites such as Udemy, my own website, teachable, and other sites. I will self-publish my materials I use on my website and on my course sites.
- I use Twitter, FB, Linked-In and other social media to reach people
- I give presentations for local groups on a monthly basis
- I collaborate with workshops and possibly packaging a system (train the trainer)
- I belong to organizations or use platforms that help me promote my work
- I maintain a balanced personal life with focus on family and friends
- I maintain a balanced emotional and spiritual life with mindful activities and gratitude
- I monitor personal and business finances in a responsible manner

NOTES: