

Strategic Planning for Your Life

Presented to

STC Region 7 Conference

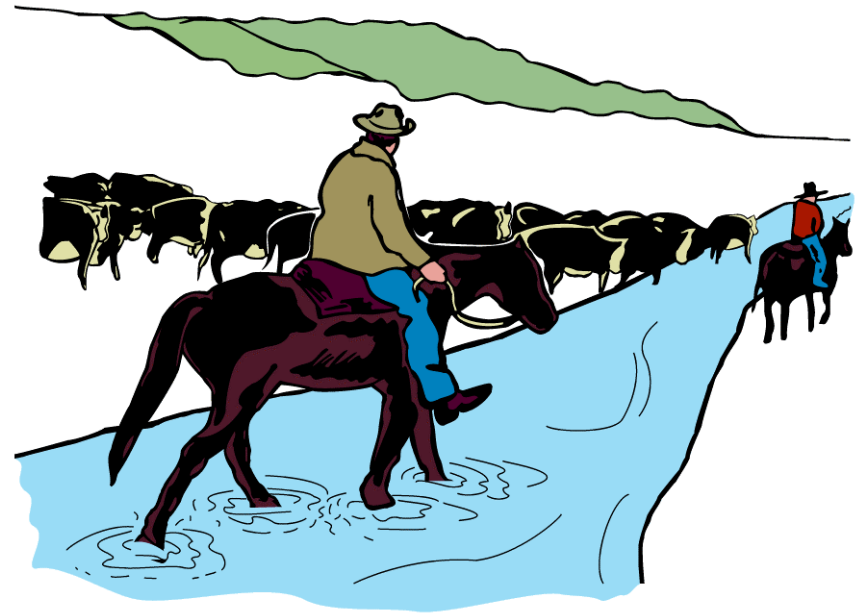
Vancouver, BC, Canada

7-9 November 2002

Judy Glick-Smith
STC Immediate Past President
judy@idoc-inc.com
<http://www.idoc-inc.com>
888.241.3537

Introduction

- Setup
- Life planning
- Identifying how you are different
- Finding “balance”
- Developing the habit of life-long learning
- Resources



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*

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

Having the Courage to Lead

“We’ve reached such explosive levels of freedom that, for the first time in history, we have to manage our own mutation. It’s up to us to decide what it means to be a successful human being. That’s the philosophical task of the age. Nothing happens unless YOU make it happen. As a leader, everything is your responsibility, because you always could have chosen otherwise.”

Peter Koestenbaum
Fast Company
March, 2000

Are you a Perfectionist?

Progress, not perfection

Are you Undisciplined?

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



Traditional Thought

- Based on Newtonian physics
- Planning based on expectation of predictability
- Belief that if we study and measure the parts, we will understand and be able to control the whole
- Focusing on what can be known through our physical senses

In the Quantum World...

- Relationships are the key determiner of EVERYTHING
- Order and chaos are mirror images
- Chaos is necessary to new creative ordering
- The world co-evolves as we interact with it

Lessons from the New Science

- Our focus is on the whole system and the relationships in that system
- We cannot study and extrapolate conclusions in isolation
- The way to sustain order and capacity is through change and constant creation
- Motivation has moved from the use of external rewards to motivators that give us energy

Making It Happen

- Know who you are
- Know what you want to accomplish
- Do what you love!!!!
- Get busy
- Life is not a dress rehearsal



Making It Happen

- Thoughts are things
- Desire
- Faith
- Autosuggestion
- Specialized knowledge
- Imagination



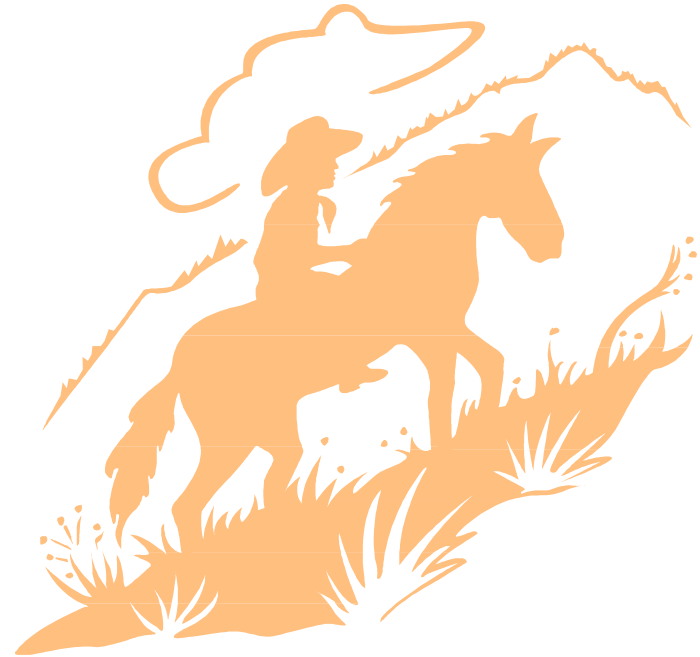
Making It Happen

- Organized Planning
- Decision
- Persistence
- Maintaining a Positive Focus
- The Subconscious Mind



Life Planning

- Your mission statement
- Your roles
- The plan: Goals set your vision; write them down
- Maintenance: Create the habit of setting and monitoring your goals



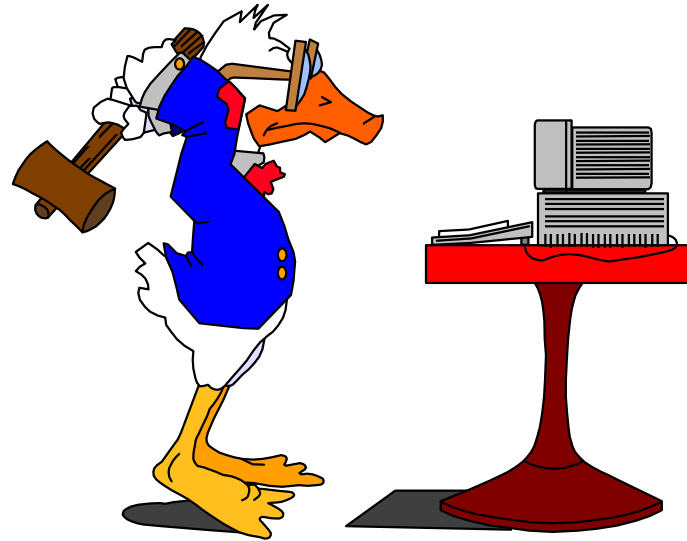
What Makes You Different

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



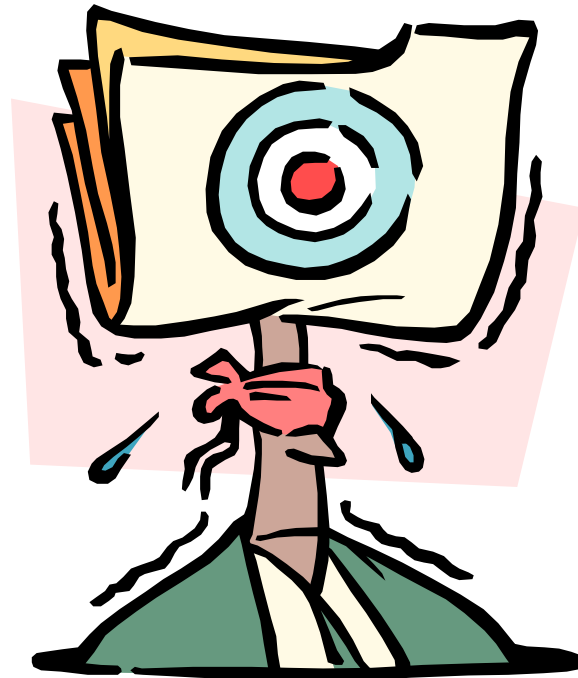
Incompetent Activities

- Frustration
- Stress
- Conflict
- Confusion



Competent Activities

- Competition
- Anxiety
- Repetition
- Boredom



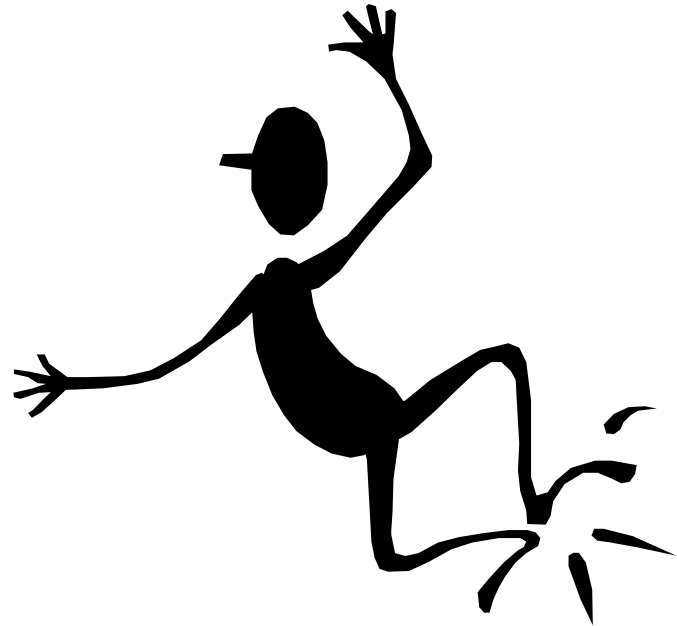
Excellent Activities

- Excitement
- Teamwork
- Reputation
- Opportunity



Activities that Make You Unique

- Joy
- Serenity
- Breakthrough
- Transformation



Protecting Yourself Against Negative Influences

- Avoid people who depress or discourage you in any way
- Recognize your own will power
- Recognize that you are susceptible to suggestions which harmonize with your weaknesses
- Recognize that you are susceptible to all the six fears

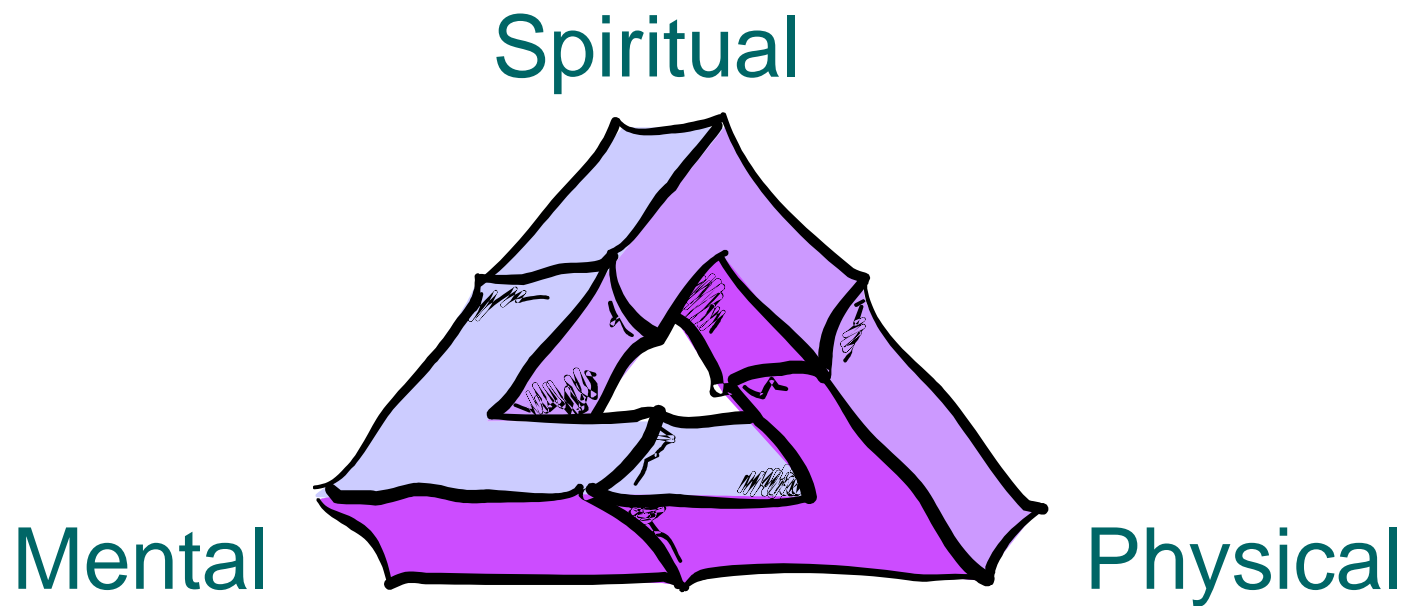


Protecting Yourself Against Negative Influences

- Recognize that negative influences operate through your subconscious mind
- Stop pandering to illness
- Deliberately seek the company of people who influence you to think and act for yourself
- Do not expect troubles



Finding “Balance”



Negative energy

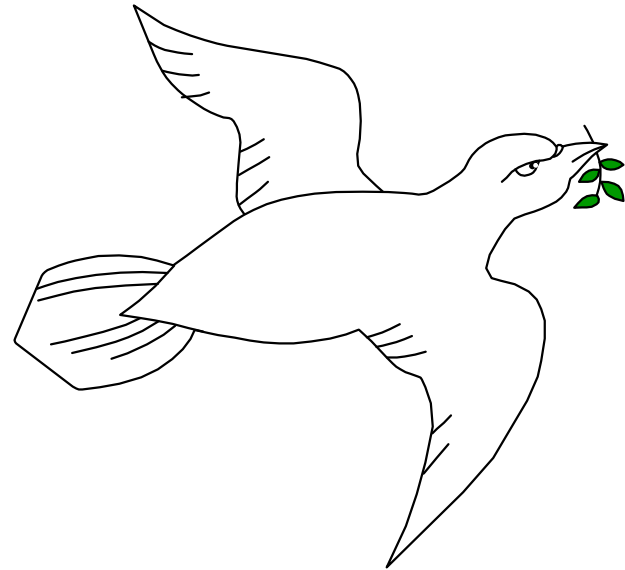
- Causes disease
- Destroys relationships
- Makes you ineffective

Communication

- Being centered makes you a better communicator
- Minimizes conflict
- Makes you more tolerant in hearing what others have to say
- “Half-halts” when you find yourself upset or stressed during communication

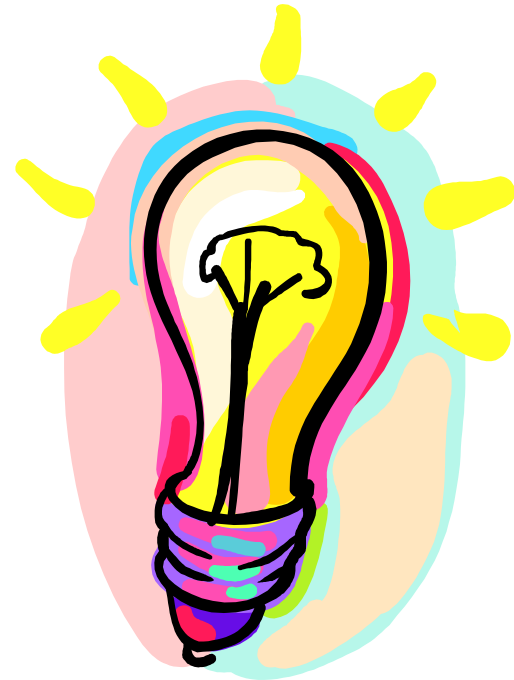
Relationships

- Love for self allows you to love others
- Less likely to take personally negativity from others



Creativity

- Do something totally unrelated to your work
- Frees your subconscious mind to solve problems
- Creative process happens when you least expect it (shower, sleeping, etc.)



Developing the Habit of Life-long Learning

20% of everything
you know today
will be obsolete in
12 months!

Developing the Habit of Life-long Learning

- Keep an eye on the future
- Think beyond your experience
- Respond to uncertainty with creativity
- Read, Read, Read



Managing Your Life Is About Taking Responsibility

- For yourself
- For your relationships
- For your life

Resources

- *The Power of Positive Thinking* by Dr. Norman Vincent Peale
- *The Magic of Thinking Big* by Dr. David Schwartz
- *The Power of Your Subconscious Mind* by Dr. Joseph Murphy



Resources

- *Think and Grow Rich* by Napoleon Hill
- *The Autobiography of Benjamin Franklin*
- *How to Know God* by Dr. Deepak Chopra
- *Leadership and the New Science* by Margaret J. Wheatley



Resources

- *The Millionaire Mind* by Dr. Thomas Stanley
- *Life Strategies* by Dr. Phillip McGraw
- *Management Challenges for the 21st Century* by Dr. Peter Drucker
- *The Isaiah Effect* by Gregg Bradden

