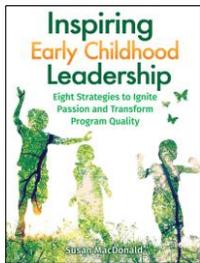
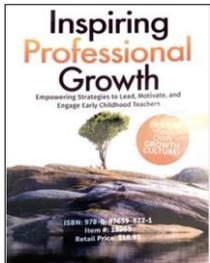




1

My Work

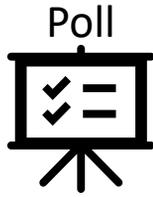


Susan MacDonald ~ Inspiring New Perspectives
www.inspiringnewperspectives.com
 inspiringnewperspectives@gmail.com

2



3



After the poll if you can't see the slides, click the flower in the task bar at the **bottom of your screen.**

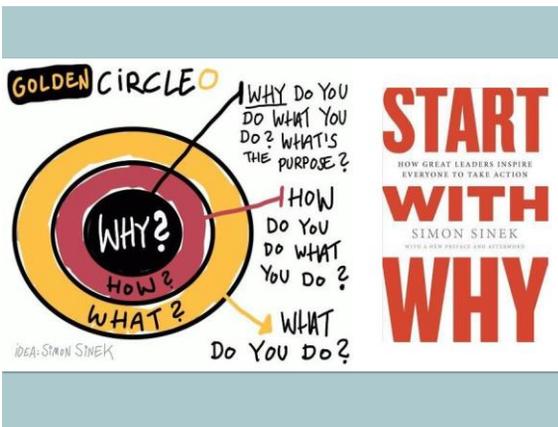


4



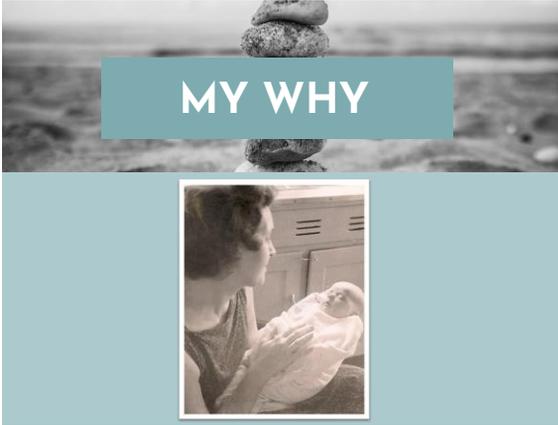
“ Dream big. Start small. But most of all, **START.** ”
- Simon Sinek -

5



6

A series of horizontal lines for taking notes, corresponding to the numbered sections of the document.



7



8

“
Your positive energy and vision must be greater than anyone's and everyone's negativity. Your certainty must be greater than everyone's doubt.
- Jon Gordon -
”

9

“

Each day you lead by example. Whether you realize it or not or whether it's positive or negative, you are influencing those around you.

- Rob Liano -

”

10

“

...We must know that children, although naturally inclined, do not acquire the art of becoming friends or teachers of one another by finding models in heaven or in manuals; rather, **children extract and interpret models from adults when the adults know how to work, discuss, think, research, and live together.**

- Loris Malaguzzi -

”

11



- Think of your professional life as a book
- What would the title be?
- What is the name of the chapter you are in right now?
- What do you want the next chapter to be called?
- What is exciting you about the next chapter?

12

HAVE A CLEAR VISION

“ **VISION** is the first step towards building a future we desire, the life through which we can experience fulfillment and a sense of accomplishment. **”**

- Alan Seale -



13

POWER OF VISION

“ *A vision without a plan is just a dream. A plan without a vision is drudgery. But a vision with a plan can change the world.* ”

- Old Proverb -

14

Align with your core values

BIG ROCKS

15



VISION STATEMENTS

- Provide a picture of what could be
- Are a catalyst of change
- Unleash energy and facilitates goal setting
- Give a clear compelling picture of where an individual or organization is headed

16

Alan Seale...

SOUL MISSION, LIFE VISION

Mission gives your life purpose, vision gives it shape and direction. Mission is your calling; vision is your creation

Together they make up the big picture upon which your attention must remain focused

Goals are stepping stones toward the manifestation of your vision

Goals are short-term, vision is long-term



17

Be Sure Your Vision Statement

- Draws on your core beliefs
- Describes what you want to see in the future in a positive, inspiring and specific way
- Reflects an openness to new possibilities
- Is written in the present tense, as if it is already happening



CLARIFYING OUR VISIONS

18



ART OF POSSIBILITY!

*What assumptions am I making,
That I'm not aware I'm making,
That gives me what I see?*

And when you have an answer to that question, ask yourself this one:

*What might I now invent,
That I haven't yet invented,
That would give me other choices?*
(The Art of Possibility, page 15)

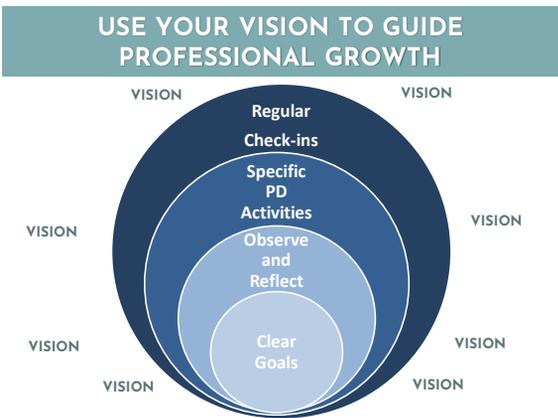
19



VISION BOARD

Create A Visual Map of SUCCESS

20



21



WHAT STEPS WILL YOU TAKE?

“

The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.

- Vance Havner -

”

22

“

Your level of success will never exceed your personal development, because success is something you attract by the person you become.

- Jim Rohn -

”

23

“

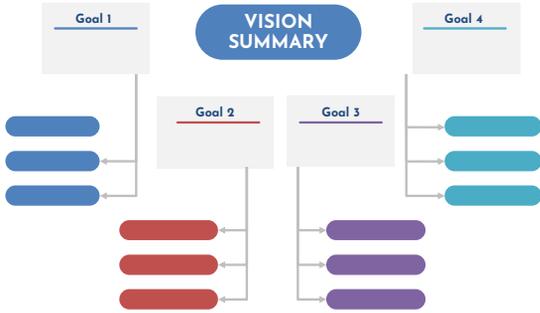
If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hope.

- Andrew Carnegie -

”

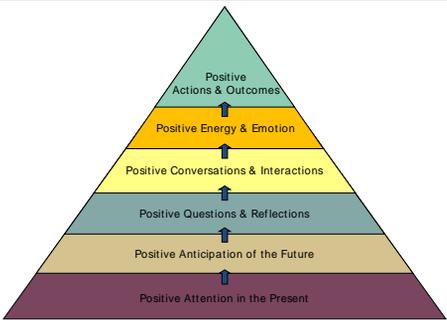
24

ESTABLISHING GOALS & ACTION STEPS



25

APPRECIATIVE INQUIRY FRAMEWORK TO BRING YOUR VISION TO LIFE



26



SECRETS

- We are like magnets – like attracts like. You become AND attract what you think.
- What you focus on with your thought and feeling is what you attract into your experience.
- What you think and what you feel and what actually manifest is ALWAYS a match – no exception.

27



TRACKING & FANNING

Track what you want more of and fan the flames to bring it into being!

TRACKING – is looking for and paying attention to what is working, what strengths are at play.

KEY QUESTIONS:

- What am I doing well?
- What strengths am I demonstrating?
- What positive changes am I making?

McArthur-Blair, Joan, et al. *Building Resilience with Appreciative Inquiry: A Leadership Journey through Hope, Despair, and Forgiveness.*

28



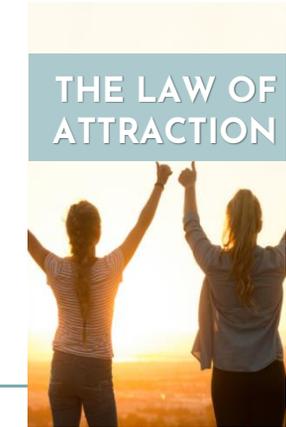
FANNING THE FLAMES!

FANNING – involves acknowledging, through various ways – praise, gratitude, acknowledgement of contributions, and specific appreciative feedback.

TRACKING and FANNING will enhance your ability to stay focused and positive!

McArthur-Blair, Joan, et al. *Building Resilience with Appreciative Inquiry: A Leadership Journey through Hope, Despair, and Forgiveness.*

29



THE LAW OF ATTRACTION

What you think about, talk about, believe strongly about and feel intensely about, you will bring about.

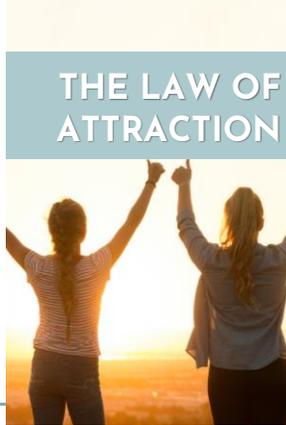
What you radiate outward in your thoughts, feelings, mental pictures, and words, you attract in your life. – Catherine Ponder

We become what we think about all day long. –Ralph Waldo Emerson

30

- **Worry = negative goal setting.** When you complain, blame, judge, or criticize, you are creating images in your mind about what you don't want
- Bring positive energy into your life by feeling excited, passionate, happy, joyful, loving, appreciative, abundant, prosperous, and peaceful

Adapted from: Canfield, Jack and Switzer, Janet. *The Success Principles: How to Get from Where You Are to Where You Want to Be.* NY, New York: Harper Collins, 2005, 2015.

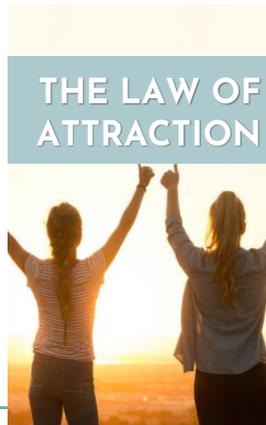


31

Reflect on these questions to keep a positive focus:

- How will you feel once you have achieved your goal(s) and are living your vision?
- What are you doing throughout the day to stay focused on your vision and goals?
- How are you spending your time?
- What are you reading, watching, or listening to that is inspiring you towards achieving your goals?

Adapted from: Canfield, Jack and Switzer, Janet. *The Success Principles: How to Get from Where You Are to Where You Want to Be.* NY, New York: Harper Collins, 2005, 2015.



32

ADJUST YOUR LANGUAGE



- Use Language that Focuses on What You Want
- Instead of *I want to get out of debt state, I am living a life of abundance*
- Martin Luther King's speech was not titled "I Have a Complaint" - It was called "I Have a Dream"

Adapted from: Canfield, Jack and Switzer, Janet. *The Success Principles: How to Get from Where You Are to Where You Want to Be.* NY, New York: Harper Collins, 2005, 2015.

33



You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve.

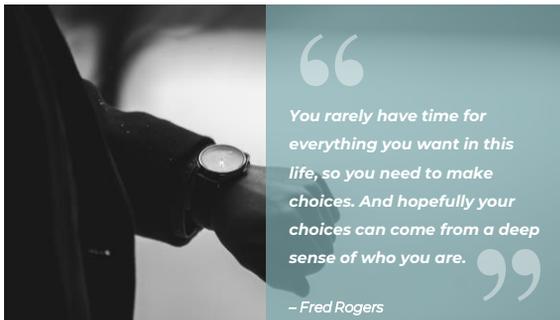
- Napoleon Hill -



34



35



You rarely have time for everything you want in this life, so you need to make choices. And hopefully your choices can come from a deep sense of who you are.

- Fred Rogers



36

“

Concentration is a mental skill, and every skill can be enhanced by practice. The more we are distracted the less effective we become.

- Dan Goleman-

”

40



41



FOUR PROPERTIES TO ACHIEVE OUR GOALS

- ALBERT BANDURA

INTENTION – We can imagine a better reality than the one we’re currently experiencing. And we can work with others to achieve it.

FORETHOUGHT – By visualizing the future, we can govern our behavior in the present and give purpose and meaning to our actions.

ACTION – We have the ability to act on our plans to stay motivated and to respond in the moment to remain on course.

SELF-REFLECTION – We not only act, we know we act. That means we can evaluate how we’re doing, make adjustments, and revise our plans.

Albert Bandura, "Towards a Psychology of Human Agency", Perspectives on Psychological Science 1, no. 2 (June 2006)

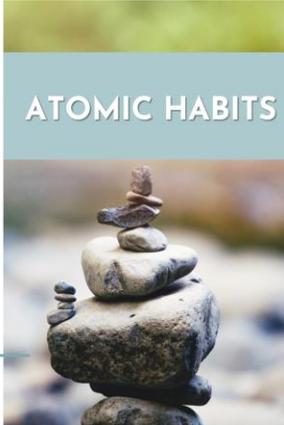
42

ATOMIC

- An extremely small amount of a thing; the single irreducible unit of a larger system.
- The source of immense power and energy

HABIT

- A routine or practice performed regularly; an automatic response to a specific situation



43



Success is the product of daily habits - not once-in-a-lifetime transformations.

- James Clear -

All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger.

- James Clear -



44



There are no good habits or bad habits. There are only effective habits.

Ask Yourself:

Does this behavior help me become the type of person I wish to be? Does this habit cast a vote for or against my desired identity?

- James Clear



45

TRANSFORMATION

is a shift at the most fundamental level of being, thinking, perception, character and worldview.

PRESENCE

requires us to be fully present in the moment and we also need to be aware of the "presence" that we bring to the "present" moment.



49

TRANSFORMATIONAL PRESENCE

means showing up to life and leadership in a way that creates the best possible conditions for transformation to occur.



50

Alan Seale...

TRANSFORMATIONAL PRESENCE

To be present is an act of creation
Your presence –
How you show up to life –
No matter how powerful or subtle,
Impacts what happens in your world,
Just because you are there.
How do you choose to show up?
How do you choose to engage with the world?
How do you choose to make a difference?
How will you help to create a world that works?



51



How do we "show up" in our personal relationships, in our families, and with our friends?

How do we "show up" in our daily life out in the world?

How do we "show up" with our colleagues, with our collaborators, or with those we lead and serve?

What do people feel or sense when they are with us?

52



What opportunity for growth and change is available for me?

53



*Who is that opportunity asking you to be?
Listen to the opportunity -
How is it asking you to show up?
What role is it asking you to play?*

54



58



Email:
inspiringnewperspectives@gmail.com

Website:
www.inspiringnewperspectives.com

Online Workshop Listings:
www.earlychildhoodprofessionaldevelopment.com

Twitter: @inspiringnew

Facebook:
<https://www.facebook.com/InspiringNewPerspectives/>

LinkedIn:
<https://www.linkedin.com/in/susan-macdonaldinspiringnew>

59



60
