

Part 1: Envision Your Future

Life isn't about finding yourself but creating yourself.
~George Bernard Shaw

Objectives

1. Gain insight about your personal vision for the future through reflection.
2. Create your personal definition for success.
3. Develop multiple possible future selves to explore.
4. Create a plan work toward a possible future self.
5. Reprogram our automatic thoughts.
6. Develop an ongoing reflective practice.

Questions for creating a self-aware future

What is your why?

- What is your purpose?
- What is the difference you want to make?
- What gives you meaning?
- When do you feel fulfilled?

Creating your vision

- If you knew you couldn't fail, what would you do?
- What do you want people to say about you at your funeral?
- What does your day, month, year look like? (see appendices for templates)
- What activities do you engage in?

Defining success

- Are you looking for success or *your* success?
- How do you define success?
- Who do you admire? Why?
- What ways of *doing* do you need to change?
- What ways of *being* do you need to change?

Moving toward your future with intentionality

Insanity: Doing the same thing
and expecting different results.
~Often attributed to Albert Einstein

Multiple Possible Future Selves

List some possible future roles, positions, identities you have for yourself:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

GROW Model

Goal: _____

Reality: _____

Options: _____
Opportunities & Obstacles

Will/Way: _____

SMART Goals

Specific: _____

Measurable: _____

Achievable: _____

Realistic: _____

Time-bound: _____

Evaluating our progress

*Life can only be understood backwards,
but it must be lived forwards.
~Søren Kierkegaard*

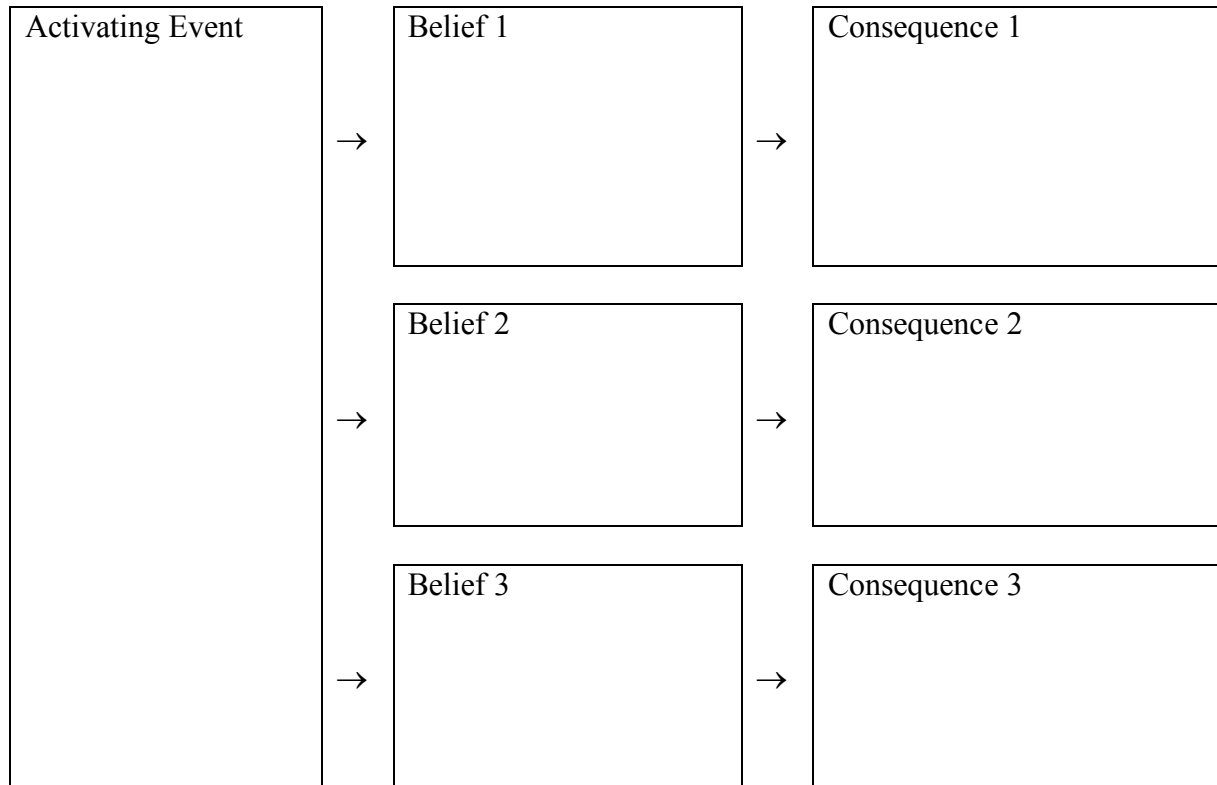
Reflection Questions

- What energized you over the last few months? Drained you?
- What have you learned recently?
- What did you not do that you wanted to? (no judgement)
- What did you do that you didn't want to?
- When was the last time you changed your mind?
- What behaviors or thoughts aren't serving you well anymore?

Notes:

Relearning Your ABCs

Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.
~ Viktor Frankl



Reflection Questions

- What do I have to learn from this moment?
- What have I learned in the last month? What do I want to learn in the next month?
- What do I enjoy doing? What am I ready to give up?
- In the last month, how did I prevent myself from reaching my goals? How did I help?
- In the last month, how did I help others?
- What do I want to experience in the next month?

Unintended Consequences

Along the way, develop...

- Persistence
- Grit
- Experimental mindset
- Ability to dream
- The willingness to do the work

You will have to change:
To reach your goals,
what will you change?

More on change

- There is only one person who can change your future, and that is YOU
- It is not what happens to you but the choices you make in how to respond
- It is about what you create and the energy you spread

Develop a practicing mind

"Everything in life worth achieving
requires practice. In fact, life itself is
nothing more than one long practice session,
an endless effort of refining our motions.

~T. M. Sterner

You are not alone

- Mentors, sponsors, and your network
- Career or executive coaches
- Counselors (check out your EAP benefits)

Next week: Goal Setting
Sign up at www.ohsu.edu/management