



Finding Our Way: a Workshop on Self Re-Discovery

WEEK 3

Osher Lifelong Learning Institute at George Mason University

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Week 3 – Developing Order – Building Confidence

Skills

- Mastering the Chaos of “Possibilities”
- Mastering the art of living the possible

SHARING BY PARTICIPANTS:

Update re Self-Exploration.

New Discoveries and insights.

Emerging and updated “Plans”

Keeping an Eye on What's Important

How am I doing living up to my commitments in key areas...

- ▶ Career / Post-Career engagements
- ▶ Service
- ▶ Family
- ▶ Relationships
- ▶ Health and Activities
- ▶ Financial resources
- ▶ Creative Experiences and Expression

Who is the new/ emerging “Brand You”?

- ▶ What are you now a specialist in? What are you learning now?
- ▶ How to develop your activities for this newest Life phase?
 - ▶ What are hobbies you already have and like?
 - ▶ What are things that interest you that you might enjoy learning about?
 - ▶ What are things that your friends and family like that you could join in on?
 - ▶ If you were to start as a freshman in college, is there a career you would not mind studying for?
- ▶ What is your unique “offering” ...
 - ▶ To yourself
 - ▶ To your family
 - ▶ To your community
 - ▶ To the World?

How do you “do/be” that person?

Trying on New Selves

Try actually “being inside the skin” of that person in the role you imagine for yourself. How do you feel? What do you see? Who are you with?

Try creating a visual ICON of what you are...

I AM:

- ▶ The Beginning Gardener
- ▶ The Student Artist
- ▶ The Published Writer
- ▶ The Lecturer, Teacher
- ▶ The Student/Life Learner
- ▶ The Obsessive Political Analyst

What “next steps” do you take to make this real for yourself?

Creating Order Out of Too Much

- ▶ **Dealing with the overwhelming flood of “too many”**
 - ▶ Too many to do lists
 - ▶ Too many Alerts
 - ▶ Too many ideas
 - ▶ Too many commitments
 - ▶ Too many “incompletes”
 - ▶ Too many things to remember or remind myself about
- ▶ **SOLUTION STEP: Collect all that stuff and start organizing it**
 - ▶ Is there a DOABLE action associated with it?
 - ▶ Does it need to be done?
 - ▶ Is it something I could do quickly (the “2 minute rule”)
 - ▶ Is this going to take lots of action steps spread over a period of time? If so, it’s a PROJECT, not just a “to do” item
 - ▶ Are some of these items connected together?
 - ▶ Phone calls
 - ▶ Single trip to the store
 - ▶ These all relate to the same “project”
 - ▶ Meet with X

Basic Steps for Mastering Our “Too Busy” Life

1. **Collect the “Stuff”** the demands attention (“ Quiet those endless reminder alarms/bells!”)
2. **Review** – Does this really need to be “done?” Why? Is this still “Me”? Still committed to it?
3. **Organize it** – Like things together.
4. **Process it** – Figure out what needs to be done about it
 - Do I need it? Do I need to do anything with this?
5. **Plan what needs to be done** to make progress towards completion
 - Quick actions? Many related actions? Extend over time?
6. **DO the actions** – Set up schedules. short; medium; long term
7. **Review periodically**

Living My Re-New(ed) Self

- **Have a mental set (*VISION*) of what you *intend to accomplish/be***
 - Set a **goal** or **goals**
 - Set **milestones/major objectives to achieve** the goal
 - Develop an **action plan to achieve each objective**
- **Identify and acquire *RESOURCES* needed**
 - Line up **advisors/teachers/trainers, training buddies, supporters**
 - Develop knowledge of **theory and constructs** that support your goal and method
 - Develop **muscles/skills** needed to achieve goals
- **Begin the work – *Take ACTION* to implement**
 - **Check progress**
 - **Evaluate progress**
- **Make *CHANGES* as needed**
 - **Reset goals**
 - **Change milestones**
 - **Polish and refine objectives based on progress review.**
 - **Make corrections**
 - **Revamp method**
- **Notice *emergence* of associated interests or passions**

Planning those “Important Projects”

Write out a detailed New Self/New Life “Project Plan” ...

- **Vision** (What do I imagine the finished project will be?)
- **Mission** (What is its intended purpose? Why?)
- **Objectives** (What are the key steps to get there?)
- **Action plan** (What NEXT STEPS? Today? Next week? Next Month? Next year? 3-5 years? Etc.)
- **Monitoring** (How am I going to check my progress? What will I be checking for? How often?)
- **Evaluation** (“How will we know you did it, if you did it?”)

Writing My Way-Finding Project Plan

How are you progressing in thinking through and living the Vision/Hopes/Dreams for this phase of your life. How deeply have you thought it through? How committed are you to fulfilling those dreams? Below is an approach to help you notice your various interests or engagements or think through some new ones; think them through in more detail; and then to “commit” to achieving a high level of excellence ... Feel free to create more than one “project”....

► **Develop “Self as Project” Plan**

- *What are your hopes and expectations moving forward from the “Current State” of your life? Write them down.*

► **Set Goals for achieving these new opportunities, passions - Shape them into specific intent -**

- *What will I do?*
- *When?*
- *With what resources?*
- *What do I need to learn?*
- *What could be the possible results?*

► **Define Steps to Achieve Goals – what will it take to get there?**

► **Long Term – Milestones**

- *One Year - What do I want to achieve within a year?*
- *Quarterly – What will I achieve at the end of each 3 month period?*

► **Short Term – Actions**

- *Monthly. What will I achieve each month*
- *Weekly*
- *Daily*

► **Check yourself every day.** *Am I doing what I promised myself I wanted to do as my top priorities?*



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