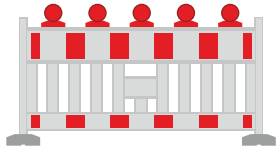


Steps to Eliminating Roadblocks



1. Find the root cause.



What is causing this roadblock?

Finish this sentence:

The roadblock is being created by _____.

That will be your root cause.

2. Brainstorm solutions.

Think of all the possible solutions to your roadblock. Use the root cause as a reference when considering these solutions. When you think of a solution, write it down. Use the note or memo app on your smartphone to keep track of your ideas. They will come at any moment, and chances are you'll have your smartphone nearby to write them down.

3. Prioritize solutions.

Sort all your solutions in order of greatest impact. You might consider putting the quickest and easiest solutions at the top of your list. Create a plan based on your top solutions. This should include timeframes of when you can start and when it will be finished, and any resources you may need to accomplish your plan.



4. Share your plan.

Share your plan with others. Maybe you need help eliminating the roadblock. Maybe you just need help staying accountable.

Sharing your plan will accomplish this.



5. Take action. Start your plan!



Keep track of your progress. If you're not seeing the results you were hoping for, go back to your list of solutions. See where you can make a change for the better.

Inspiring Life Vision Quotes



"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more."

– Rosabeth Moss Kanter

"Live the Life of Your Dreams: Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others."

– Roy T. Bennett

"The most pathetic person in the world is someone who has sight but no vision."

– Helen Keller

"We can only see a short distance ahead, but we can see plenty there that needs to be done."

– Alan Turing

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes."

– Carl Jung

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."

– Joel A. Barker

"The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can."

– Neil Gaiman

"The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it."

– Kalpana Chawla

Identity Wheel



Personal Values Checklist



- Adaptability
- Assertiveness
- Cleanliness
- Collaboration
- Commitment
- Courage
- Creativity
- Dependability
- Determination
- Discipline
- Efficiency
- Endurance
- Equality
- Equanimity
- Fairness
- Family
- Flexibility
- Frugality
- Generosity
- Gratitude

- Hard work
- Honesty
- Humanity
- Improvement
- Integrity
- Loyalty
- Open-mindedness
- Perseverance
- Personal growth
- Punctuality
- Resourcefulness
- Selflessness
- Self-reliance
- Self-respect
- Support
- Sustainability
- Teamwork
- Trust
- Uniqueness
- Well-being

SMART Goals



S

Specific

Clear statement of your goal.



M

Measureable

Use smaller goals to follow progress.



A

Attainable

Reasonable goals that can be achieved.



R

Realistic

Goals that are relevant and relate to your life.



T

Time bound

Set deadlines for all goals.



Steps to Creating a Life Plan

1. Make a Vision:



Imagine your perfect life: where you work, where you live, hobbies, etc. Imagine how you want others to see you.

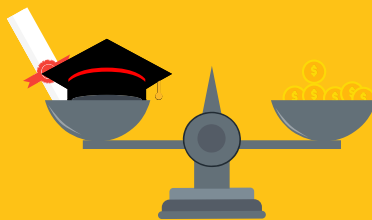


2. Do a Self-Assessment:

What role do you have in life? How happy are you in different areas of your life? What are your strengths and weaknesses?

3. Prioritize Your Life:

Put roles, area, strengths, and weaknesses in order of what's most important to you.



4. Identify Your Values:

Your values help measure your decisions. Making decisions becomes easier when you compare them to your values.

5. Set Goals:

Things you want to finish or reach in a set period of time.



6. Outline an Action Plan:

Steps needed to achieve goals while following values for the end result of reaching your ideal life.