



Me, Myself & Inc.[®]

Getting to Aha!
Aligning Values & Goals
for Powerful Results



Me, Myself & Inc.®



You = Life & Work

The three aspects of
YOU are key to creating
Work/Life Synergy
NOT Balance.



3 Aspects - One Life

Me = Family, Friends, Community You

Myself = Individual You

Inc. = Business, Professional You



A Synergy Mindset

Shifting from balance
to synergy begins
with the way you think



A Synergy Approach

Creating synergy starts
with your approach to
goal assessing, setting
and prioritizing.



Goals in Conflict

Conflicts in life or work
typically go against
what we believe,
value or stand for.



Values are Key

You must understand what
you stand for before you
can know what you
want to accomplish.



Values Mapping

Identifying your values
are key to success in
creating a fulfilled life
and gratifying work.



Values – Step # 1

You must first understand
what you stand for before
you can know what
you can accomplish.



Values \neq Beliefs

Beliefs are not values.

Beliefs can be imposed and
reinforce limitations.

Values inspire & empower you.



Values – Step #2

Reasons for value

Why value is important

What it means to/for others



Values — Step #3

Who shares each value
with you at work, at home,
in business and life?



Values – Step #4

Which values are
currently being challenged,
not honored and how?



Values in Conflict

Goals not being achieved
are often related to
values being challenged
or in conflict.



Values – Step #5

What is the ultimate benefit you realize by embracing this value?



Values – Step #6

Prioritize beginning with
the most important
and essential to your
contentment & well being.



Passion = Success

Prioritized values
can lead to the discovery
of true or hidden passions



Goals Mapping

Shifting from listing to mapping goals uncovers relationships and insights not evident otherwise.



Goals – Step # 1

Goals should be
specific and not
a broad concept



Goals – Step # 1

S = Significant (Matters)

E = Energizing (Passion)

T = Tangible (Measurable)



Goals – Step #2

Reasons for each
goal bring attention
to a multitude of insights.



Goals – Step #3

Who will be affected
by reaching the goal?
Who will benefit by you
reaching each goal?



Whose Goals?

Reasons can uncover
the mind traps of:

Pride

Happiness

Obligation



Goals – Step #4

What is needed to
achieve the goal
or move it forward?



Goals – Step #5

What is the ultimate
outcome reaching
each goal will
help you realize?



Goal Assessment

Values & Goals
Mindmaps allow you
to truly look at the
BIG PICTURE!



Limiting Factors

Are you suffering from
wishful thinking
OR
fearful thinking?



Wishful Thinking

More Support

More Time

More Money

More Confidence

More Options/Fewer Options



Gaining Support

There is nothing more
draining than feeling
like you are in it alone.



Time is an Asset

Time is the one asset
given equally each
day without exception



It Takes Money?

Understanding the four resources at your disposal opens up ways to get things done beyond just money



Confidence to Soar

Our passion feeds our
faith in ourselves.
It is confidence in
its purest sense.



Options

Wishing for more or fewer options causes you not to see what may be right in front of your eyes.



The Power of Hope

H = Heart

O = Optimism

P = Passion

E = Effort



Fearful Thinking

Failure

Losing Control

Success

Taking Risks

Choices

Being Ordinary

Letting Go



Not an “F” word

Failure is an illusion.

Everything you
do produces a result.



Success Your Way

Defining success for
YOU is the launching
pad to your success.



Choices, Choices!

Make more effective
decisions when choices need
to be made based on values,
passion, and purpose.



Power to Let Go

Letting go and letting
others in brings an
empowerment
beyond imagination!



The Control Trap

Freedom from needing
to control every little
thing starts with YOU!



Playing it Too Safe

Some of our greatest
“aha” moments happen
as we are striving
toward something else.



Being Ordinary

No one is ordinary!
Are you a daredevil
or a maverick?



You CAN DO!

C = Conscientious

A = Action

N = Nurtures

D = Desired

O = Outcome



Synergy Mantras

Promise #1

Promise #2

Promise #3



Purpose & Passion

Look at your values'
Ultimate Benefits
and your goals'
Ultimate Outcomes



Prioritizing Goals

Short Term

Long Term

Values Driven

Purpose Driven



Me, Myself & Inc.[®]

Get to AHA
and realize
RESULTS!