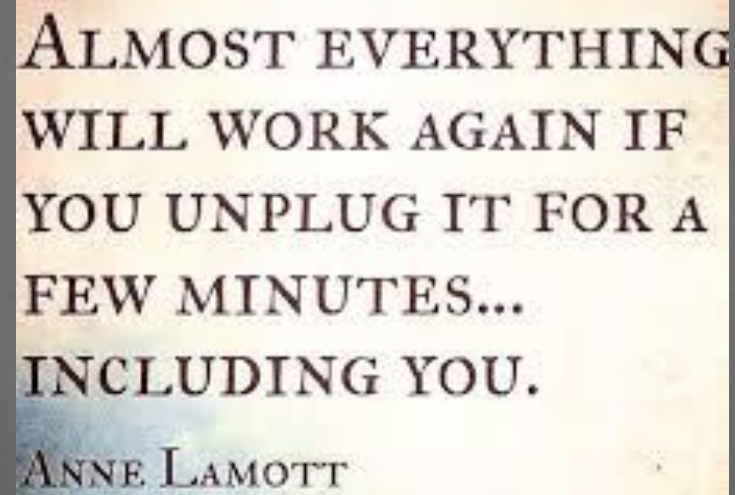


TAKING “RADICAL RESPONSIBILITY” TO CREATE AN EXTRAORDINARY 2021



With: Sydney Davis
www.letsrise.org



ALMOST EVERYTHING
WILL WORK AGAIN IF
YOU UNPLUG IT FOR A
FEW MINUTES...
INCLUDING YOU.
ANNE LAMOTT

3 Simple Agreements:

- 1 - Get/stay present
- 2- Get/stay curious
- 3 - Compassion - lots of it!

GOALS FOR TODAY



- *Understand the gap between setting/keeping goals
- * Learn about conscious and UNconscious commitments
- *Learn strategies to set attainable goals for 2021
-

Reflecting back...
Lead with an Appreciation...



Type into chat:
1 accomplishment you are proud of
1 goal you set and met



Looking back
WHY do you think you were successful
meeting this goal?



- * 4 out of 5 people break their resolutions
- * 1 out of 3 resolutions don't make it past month 1

The Problem...



We underestimate how much time we need

We overwhelm ourselves by focusing on substantial changes vs small ones for here/now

The Solution?...

Ask yourself what are you COMMITTED TO?
(Consciously and Unconsciously)

[What's Your Hidden
ICEBERG? - VIDEO](#)



ACTIVITY:

On a blank sheet of paper, draw your iceberg -
 $\frac{1}{4}$ above the water and $\frac{3}{4}$ underneath

“I Want...(rant)”



What is true...



**Taking RADICAL RESPONSIBILITY is a
willingness to pay attention to your results
vs what you say**



**What is/are an action step(s) that I could take
today to take RADICAL responsibility to
create different results?**



- *Pause...
- *Breathe...
- *Choose...

Keep your goals
SMART ...



S.M.A.R.T. GOALS

- S** = specific: concrete, tangible steps and goals
- M** = measurable: how you'll know you've completed this goal, a tangible result
- A** = achievable: something you are capable of doing
- R** = realistic: something you can do given everything else in your life
- T** = time-limited

Some examples are:

1. I will lose 10 lbs. by March 3
2. I will have a minimum of 5 new paying clients by June 1
3. I will create a first draft of my business card and brochure by April 1

These are not S.M.A.R.T. goals:

1. I want to be healthier.
2. I want to work on growing my network
3. I will work on marketing.

Suggestions to Ensure Success:

- * Write them down (42% more likely) - keep visible
- * Include your mind AND heart in the process
- * Ask/Answer for what will get in the way
- * Create rituals - lean into gratitude
- * Calendar the time - now!
- * Accountability Partner
- * Don't let yourself off the hook - change approach
- * "Important" should matter more than "Urgent"



What are you committing to...?

COMMITMENT MEANS
STAYING LOYAL TO
WHAT YOU SAID YOU
WERE GOING TO DO
LONG AFTER THE
MOOD YOU SAID IT IN
HAS LEFT YOU.

It's a Wrap!

Thank you for your time, attention,
energy and curiosity

Some of Sydney's offerings...

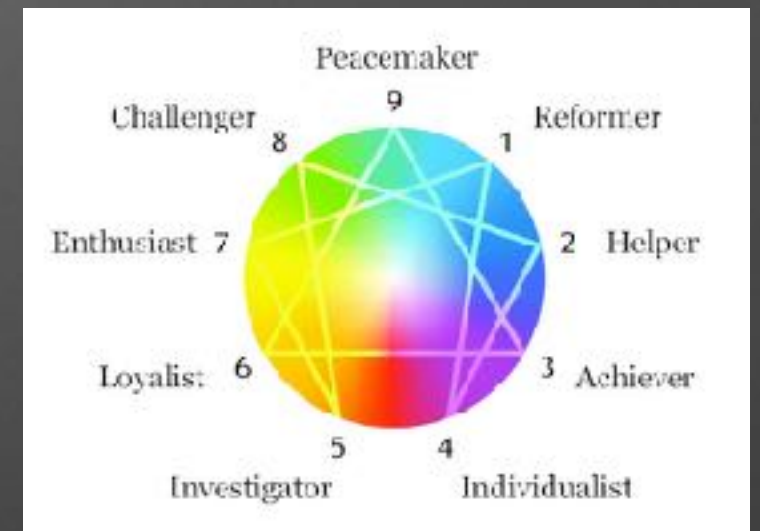
- * L3 - "Live, Love, Lead":
- * coaching groups (virtual - meet once/month 2 hours)
 - Create a deep connection with like-minded women to take off your masks and dive into who you are, how you show up and what gets in your way?

Enneagram Coaching :

Take a detailed assessment to uncover, process to learn how you can deepen your journey of self-awareness, discovery and development

Customized Retreats:

- * Team Building/Strategic Planning
- * Personal Power Retreats (women only) - 2021 dates TBD
 - * Personal - friends and family



Resources:

Articles:

Neuroscience - why writing down goals matters

The Power of Writing Down Your Goals

Books:

Traction

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