

Before the workshop...

- Print out these pages, and the phone number and PIN for the call
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Call in to the conference line a few minutes ahead of schedule, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking:

use *6 on your touchtone keypad to mute
use #6 to un-mute
- TIP: If your phone has a built-in mute function, use that instead; you can switch it on and off faster without having to wait for the teleconference system to stop telling you that you just muted or unmuted!

The Top 3 Ways to DE-Motivate Yourself

1. Manifesting a sense of _____ or

2. No clear _____ - _____ or

3. Lack of sufficient _____ _____

Trust Your Feelings!

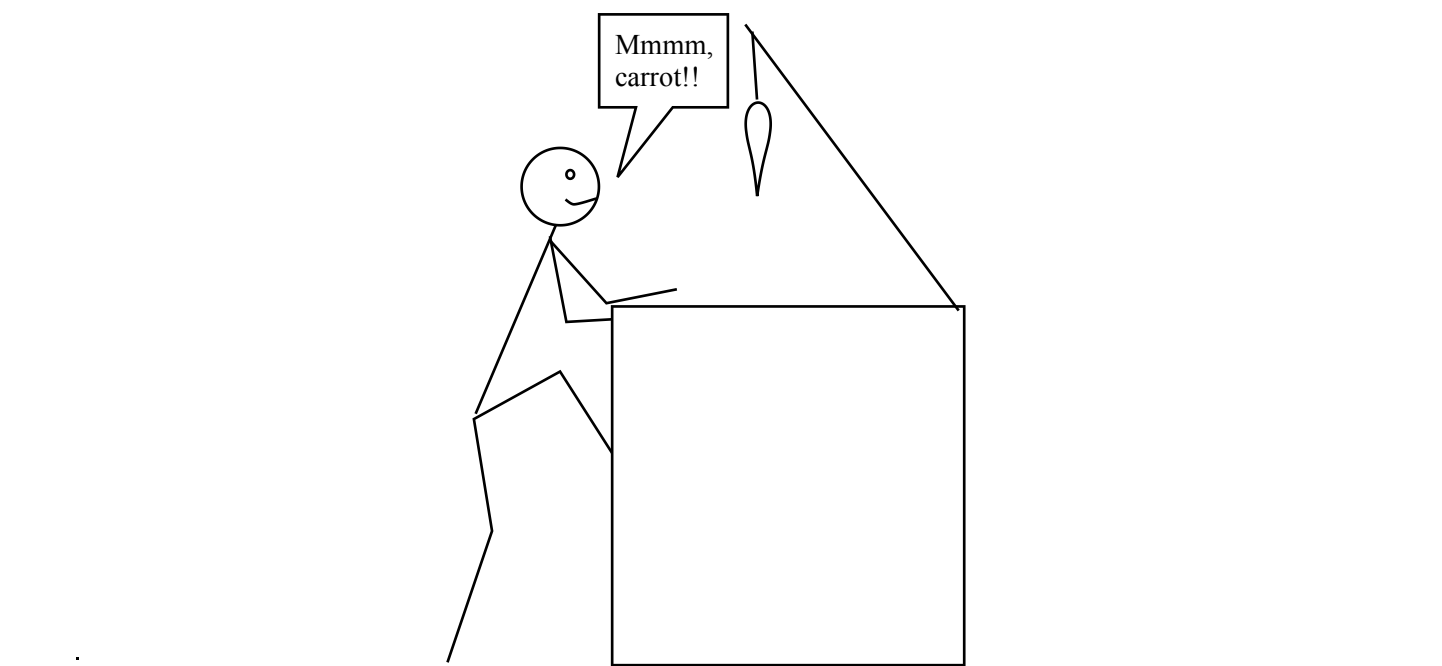
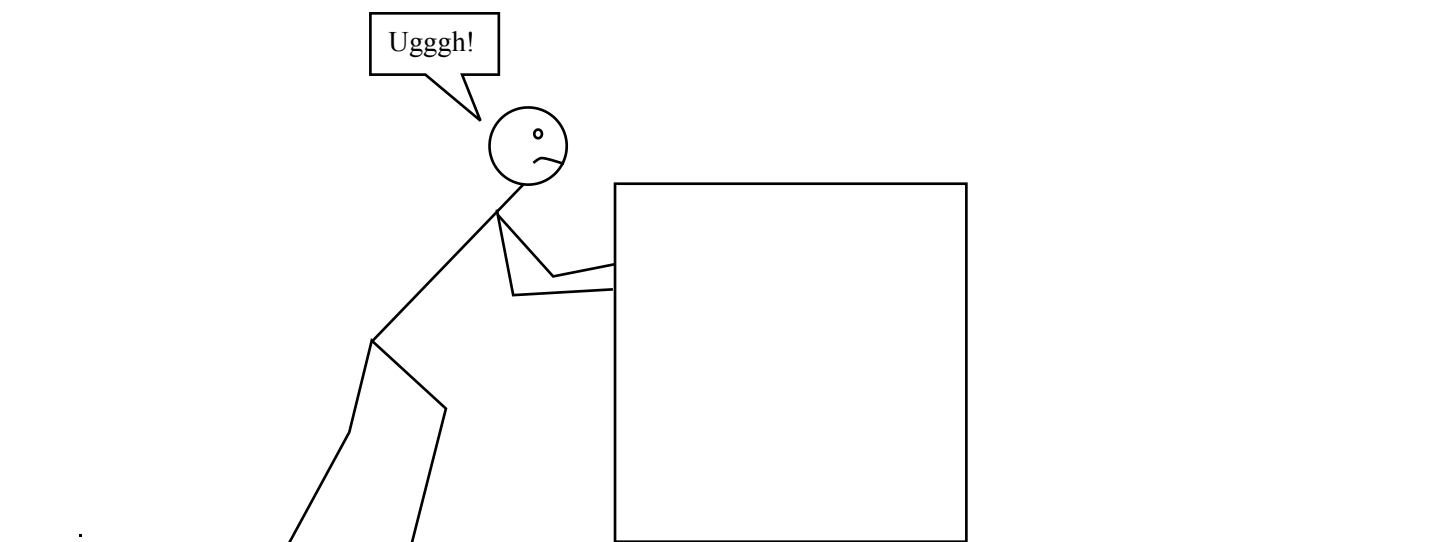
Use your _____ to guide
your _____!

If it _____,

You're _____,

So _____!

Pull Yourself; Don't Push!



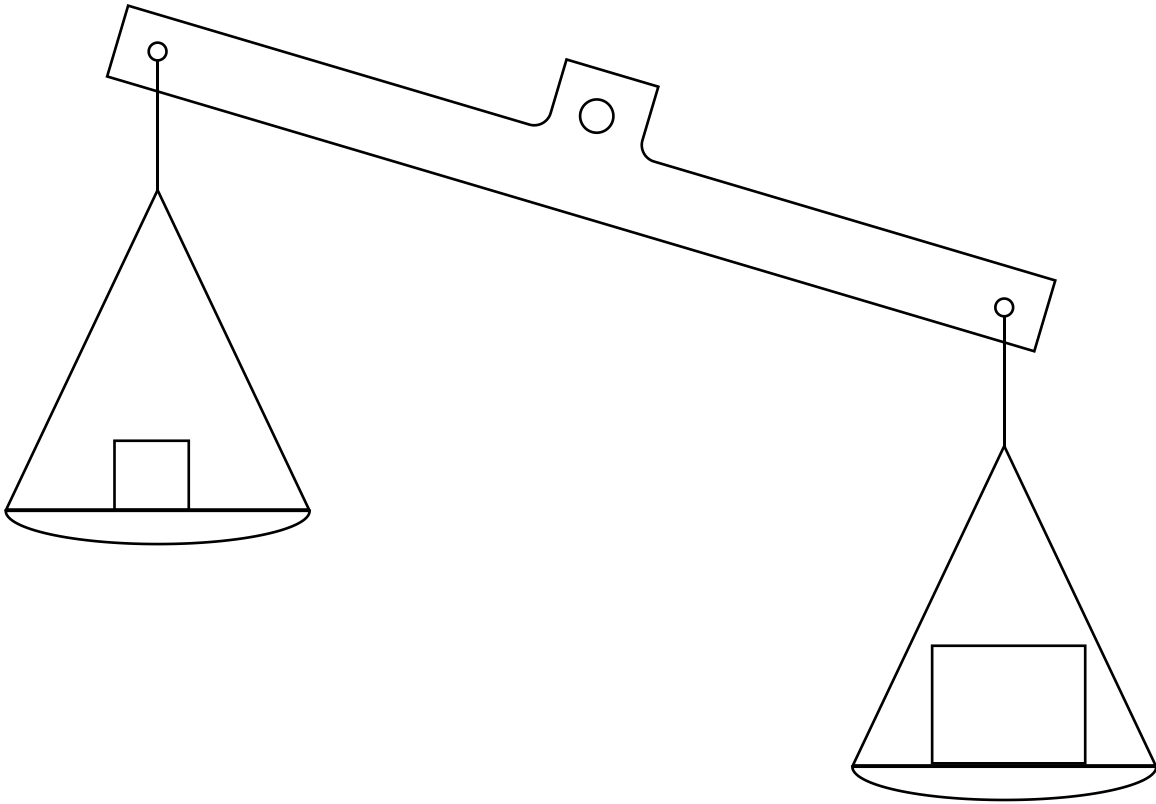
_____ are those _____ you
_____ when you _____ your _____!

-- Henry Ford

What Do You Think Is Difficult?

Where Is Your Vision Not Yet Clear?

Now, or _____ ?

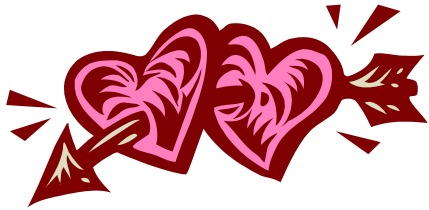


If you _____, you

likely _____, either.

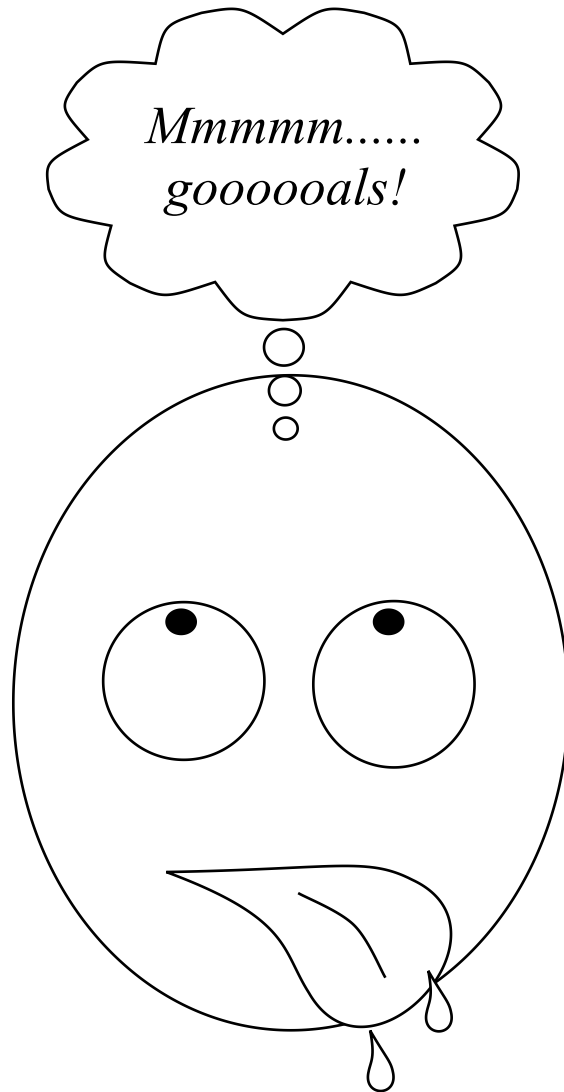
-- David Allen, in "Getting Things Done"

Motivation is _____!



_____ what you _____!

PIG OUT for Mouth-watering Goals!



What your feelings should be:

How you get those feelings:

P _____

O _____

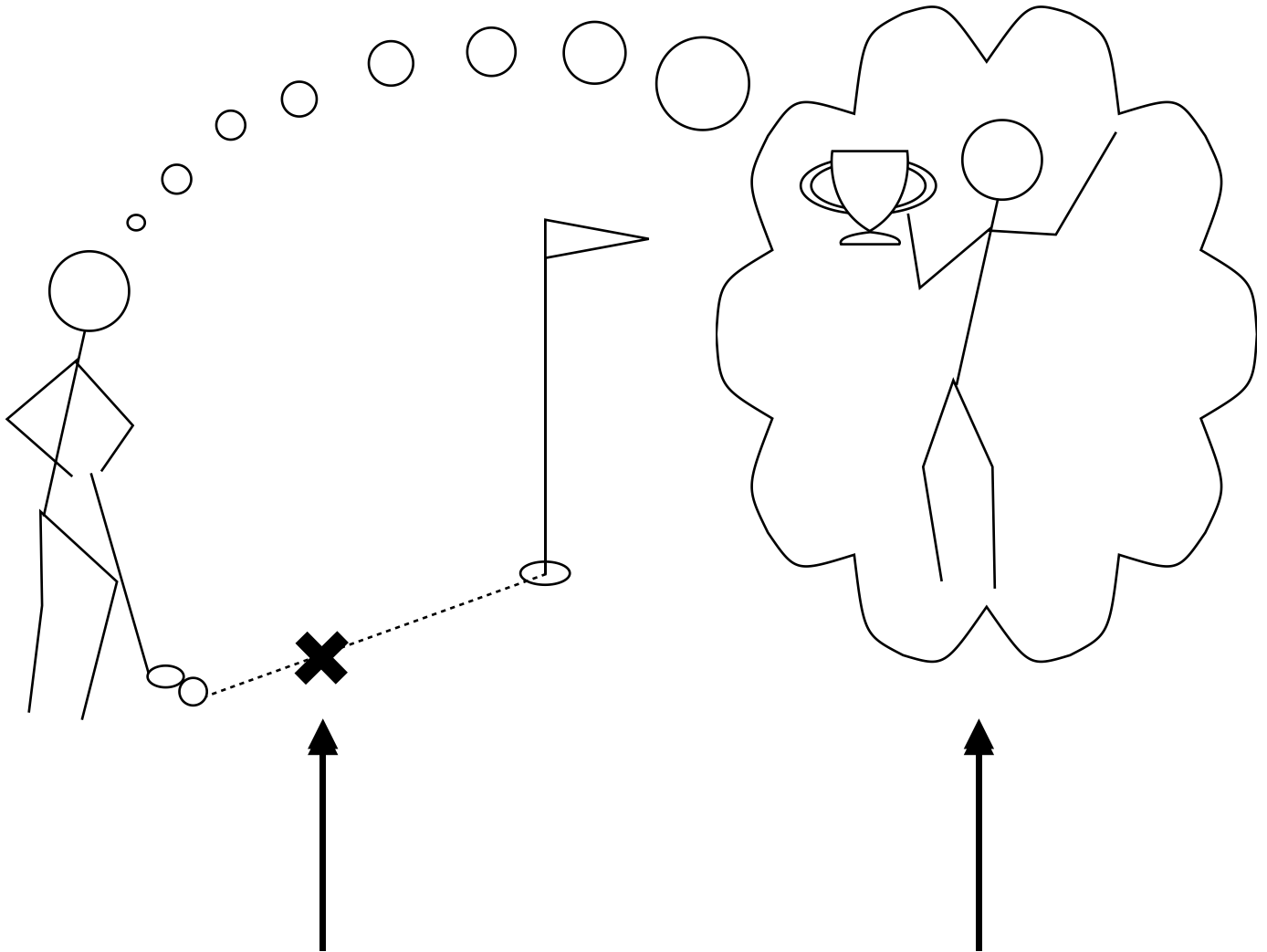
I _____

U _____

G _____

T _____

Aim Before The Goal, Envision After It



Create a short-term goal that is the _____ . Focus all your _____ here.

Get your _____ from a _____ that gives your actions _____!

Wrap-up and Feedback

(Answer as if you were speaking to a friend who didn't attend the workshop)

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org