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!

Mmmmm...... gooooooals!

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