PURPOSE ☐

PLANNING

- Plan time and purpose
- Look at priorities & make to do list
- Act on one task at a time
- Note peak time & use it well
- Include incoming tasks in system
- Take time to review progress DO: Know mission, vision, values, and purpose. Identify & focus on important AIMS: active, inspiring, & meaningful solutions.

PERSONAL QUALITIES]

INTEGRITY

- Follow through on promises
- Always be honest
- Responsible & reliable
- Respectful

DO: be consistent & committed. Keep agreements and follow through. DON'T: over commit. TED talk: <u>Building Integrity</u> keeping promises by Erick Rainey

PEOPLE →

COMMUNICATION SKILLS

- Concentrate on being present
- Listen actively
- Observe responses
- Connect with empathy
- Know process and methods DO: be clear, concise, complete, considerate

TED talk: <u>How to speak so people</u> <u>will want to listen</u> by Julian Treasure

TIME MANAGEMENT & PRIORITIES

DO: Use a system to manage tasks and plan, follow a routine to manage energy, use peak time well, focus on important AIMS.

TED talk: <u>the art of stress free</u> <u>productivity</u> by David Allen

DO: start with important priorities, look for big impact and high engagement

PROFESSIONALISM

DO:

- Use the greatness in you
- Engage the greatness in others
- Achieve and sustain extraordinary outcomes

TED talk: <u>the career advice you</u> <u>probably didn't ge</u>t by Susan Colantuono

TEAMWORK

DO: be humble, hungry (hard working), and emotionally smart.

Trust: open, honest communication Results: focus on outcomes

Accountability: clear expectations

Conflict: handle with respect Keep commitment

TED talk: <u>Are you an ideal team</u> <u>player</u>? by Patrick Lencioni

GOAL SETTING

DO: write goals down, measurable objectives, review progress Goals that WORK are:

- Written
- On target with values
- Really SMART
- **K**eep you motivated

TED Talk: Why the Secret to
Success is Setting the Right Goals
by John Doer

WORK ETHIC

DO: have high standards, go above and beyond, be fully engaged Find DESIRE:

- Discipline
- Exercise willpower
- Steady effort
- Inspire flow
- Remember purpose
- Exclude distractions

How to develop insane work ethic

EMOTIONAL INTELIGENCE

- Identify feelings
- Manage emotions
- Understand emotions of others
- Respond with empathy
 - Consideration
 - Appreciation
 - Respect
 - Encouragement

DO: pause, understand connection of thoughts and feelings
Big Think Daniel Goleman

MOTIVATION & FOCUS

DO: tailor motivation to personality

- Master distractions
- Observe outcomes
- Very important pursuits
- Engage interest & energy

TED talks: the puzzle of motivation by Dan Pink, how to get your brain to focus by Chris Bailey

CRITICAL THINKING

DO: find and evaluate information from multiple sources

DON'T: accept information without question

- Locate information
- Evaluate sources & validity
- Analyze: apply logic & statistics
- Data visualization
 BIG think video

SELLING/INFLUENCING

- Prepare: know the product
- Identify the target audience
- Target key drivers (needs)
- Communicate with confidence
- Highlight the benefits (USP)

DO: balance familiar with novelty

TED talk: the four letter code to selling anything by Derek

Thompson