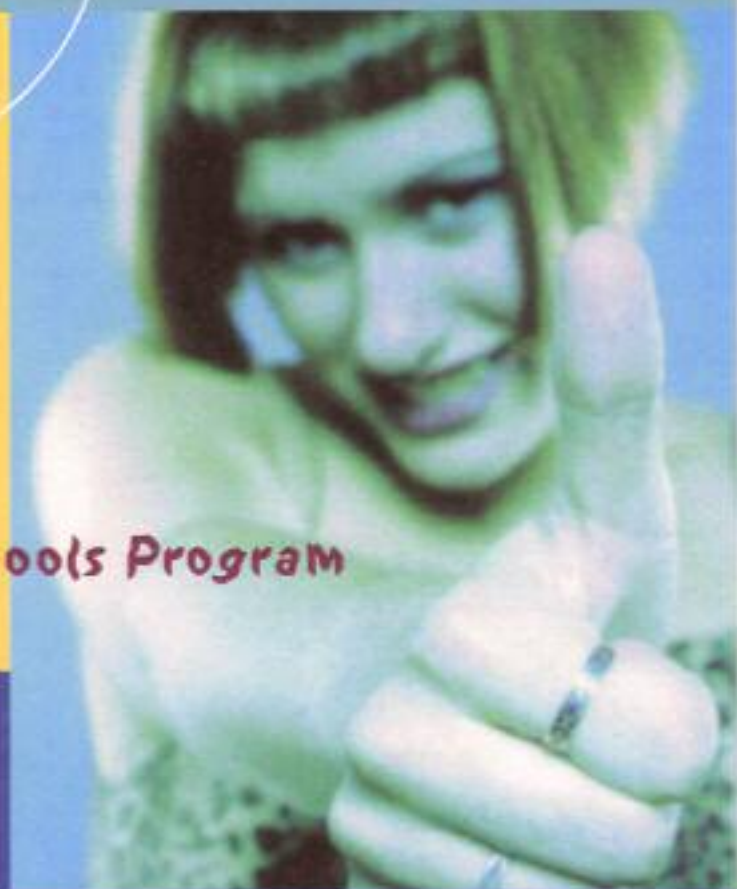




# AMPED

*Emerging Leaders in Schools Program*

## Workbook



# ATTITUDE

*by Charles Swindoll*

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company.... a church.... a home.... (a fraternity or band). The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.... I am convinced that life is 10% what happens to me and 90% how I react to it.

# Who are leaders?

## Leaders are people willing to:

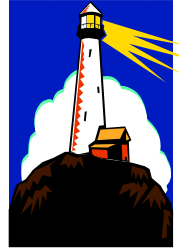
- Learn how to shape the future
- Create a domain in which humans deepen their understanding of reality & enable others to participate in creating new realities
- Meet the real needs of each situation with awareness, aptitude and purpose
- Operate at the cutting edge of their abilities and their creativity
- Take responsibility and be accountable for their actions.
- Expose themselves to risk and stand up for their convictions.
- See the bigger picture and apply their insight to meet objectives
- Strive for excellence
- Improve things wherever they are in the organisation.
- Inspire others to give of their best.
- Open themselves to challenge and seek to understand other's viewpoints
- Approach work with courage, passion, humanity, purpose and spirit.



One person not pulling their weight – or excelling themselves – will make a difference to performance.

“Leadership has to take place every day. It cannot be the responsibility of a few, a rare event. A leader, above or below, with or without authority, has to engage people in confronting the challenge, adjusting their values, changing perspectives and learning new habits.”  
Heifetz and Laurie, **The Work of Leadership** P2 & 5

# Leadership Spotlights



**Describe yourself in 25 words**  
or less

Where were you born and raised?

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Where do you belong?

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Your favourite piece of music?

The biggest hurdle you've overcome and how you did it.

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What makes you laugh?

Who do you talk to when you've got a problem?

How do you relax?

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Your greatest achievement?

How do you cope with loneliness?

What are your fears and how do you face them?

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How do you cope with judgement?

Your favourite place in the world?

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Your heroes and role models?

Where do you draw strength and inspiration from?

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Your life motto?

The best thing about your life?

Your personal goals?

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Your life goals?

What would you like to be remembered for?

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**What will it say?**



Here Lies .

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# Leadership Role Models

Who are the people you look to as role models? Why?

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## Leading your Inner Self

***"The beginning is the most important part of the work"***

Plato

The following words are inscribed on the tomb of an Anglican Bishop in Westminster Abbey (1100 A.D.).

**When I was young and free and my imagination had no limits, I dreamed of changing the world. As I grew older and wiser, I discovered the world would not change, so I shortened my sights somewhat and decided to change only my country. But it, too, seemed immovable.**

**As I grew into my twilight years, in one last desperate attempt, I settled for changing only my family, those closest to me, but alas, they would have none of it.**

**And now as I lie on my deathbed, I suddenly realize:  
*If I had only changed myself first, then by my example I would have changed my family.***

From their inspiration and encouragement, I would then have been able to better my county, and, who knows, I may have even changed the world.

# The Inner Leadership Model

(Extracts taken from Simon Smith's Book titled Inner Leadership)

Inner-Leadership has four key elements. In this section we describe them in more detail.



## Recognising

Recognising more of yourself leads to self awareness. It seems that many of us do not know ourselves very well and are inclined to underestimate our inner resources. Often we do not know what motivates us, or why a situation is difficult to handle, or when we are stressed or whether we are conveying clear messages. To be aware of our feelings and behaviours is the first step to being able to choose them, so we can respond to situations effectively.

It is human nature to think as we always think, approach business situations in the way we always do, and apply known solutions, often without realising that this is what we do. We may for example be inclined to experience an expression of opinion which differs from our own as personal criticism, and so react defensively rather than weighing alternative points of view. Or we may apply a known solution to a problem because we notice the similarities between situations and miss seeing the differences. Doing things differently is to step out of the comfort zone.

The practice of Recognising serves both in revealing to us where our knowledge and experience is a real strength and where, on the other hand, we are limited by our past experience.

An Inner Leadership Mentor focuses on helping us expand our self awareness as we discuss the normal, day-to-day business situations in which we participate. The mentor reflects back to us how we act in these situations and assists us in examining our underlying feelings and reactions, so that we can come to see ourselves and know ourselves better.

## Exploring

Exploring enhances our capacity for self reflection. It enables us to question our basic assumptions and behaviours, which strongly influence our decision making and our responses. It enables us to discover what is really important to us, which can act as a framework for decisions and actions. Whilst we are inclined to see ourselves as a single, unified human being, each one of us fulfils a number of roles, perhaps business executive, partner, parent, friend, etc. Our behaviour in these roles is often quite different and may conflict. We are moved by different beliefs and values. The tough entrepreneur committed to profit at whatever human cost can also be the indulgent parent committed to family values. It is as if these are different people inhabiting the same house.

We may be reluctant to give up seeing ourselves as single, unified human beings, but as we do so we begin to acknowledge the richness and diversity which exists within our own personality. Through that acknowledgement we give ourselves more choice of where we want to act from in any given situation. Through Exploring we become better acquainted with the differing constituents of our personality, their beliefs and attitudes, their values, their thoughts, feelings and actions.

It is not easy. One of the problems is that we can become stuck in a mindset which characterises one component of our personality, and so be blind to alternative approaches to a current business issue. An Inner Leadership Mentor will challenge our mindsets, not by any means to judge them, but to help make them visible and to make manifest the hold they can have. The result of self reflection is to be able to see ourselves more clearly in relation to our business environment.

## Actualising

With increased self awareness and self reflection, we find that we do not need to be confined to a narrow and predictable range of responses, beliefs, attitudes, values, thoughts, feelings and actions. Our richness and diversity, the depth of our resources, are revealed. And so is our still point, our centre of identity from which we can really choose with clarity. We can then use our innate will to grow and develop into the fullest person we can and choose to employ them as serves us best. Inner-Leadership teaches us to respond from a broader base, making available parts of ourselves we normally leave outside the workplace. Employees and customers alike are more likely to respond to us as whole people, capable of courage and compassion, tenacity and vulnerability, vision and realism. When for example the sensitivity of the parent becomes accessible to the tough manager, this may put them in touch with the vulnerability of the other party, opening up a wide range of alternatives to foster collaboration. They can approach a situation with a fresh dynamic.

## Leading

Leading is to be able to see clearly the real needs of each situation and respond with awareness, aptitude and purpose. It is to be able to behave externally in a manner consistent with our inner thoughts, values, purpose and aspirations. However hard we try we cannot control the future. But we can control our own responses to what faces us in our working life day by day. We can learn to make the 'growth choice', which requires us to step out of the comfort zone, not the fear choice, which leads to safe, habitual behaviour. By using our heightened knowledge of ourselves, and a broader, richer and more realistic self-concept, we can be better able to see each situation for what it needs and to choose the appropriate response.

If we interpret Champy's "Everyone must change" as meaning that we must be different from who we are, then this can only lead to despair. When we hear in these words a call to be more that we imagine we are then we are on the road to discovering the depth and variety of our inner resources and becoming master in our own house.

Yes, it is daunting to step outside our comfort zone, our habitual patterns of thought and action, but as Marianne Williamson states:

**"Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure."**

**Inner Leadership increases our ability to step outside the comfort zone and live according to our deeper qualities, thereby being able to lead and inspire, both ourselves, and others.**

# Self-Leadership

## **YOUR BELIEFS BECOME YOUR REALITY**

Despite the theories and continuous questioning leaders are not born – at least not fully blown – but they are nurtured and supported in a life long learning process.

In essence:

- Your genes and early life experiences provide for the predisposition for leadership
- Your education lays the broad foundation of knowledge
- Experience provides the wisdom that comes from putting knowledge to use
- Effective Training enables you to shine in specific areas such as communication.

**What do you believe about yourself?**

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# GENERATIONAL VALUES

The values of each generation are greatly affected by the issues they face.

Later generations often react negatively to the 'twisted' values of those older than them!!.

Era	Key Issue	Age Now
90's	<b>Environment</b>	10+
80's	<b>Greed</b>	20+
70's	<b>Lots / Diversity</b>	30+
60's	<b>Nuclear Threat</b>	40+
50's	<b>Rebuilding</b>	50+
40's	<b>WWII</b>	60+
30's	<b>Depression</b>	70+

## Reactions

### ***What surprises you regarding inner leadership?***

*Self-awareness – recognising a feeling as it happens – is the keystone of emotional intelligence. The ability to monitor feelings from moment to moment is crucial to psychological insight and self-understanding. An inability to notice our true feelings leaves us at their mercy. People with greater certainty about their feelings are better pilots of their lives, having a sure sense of how they feel about personal decisions, from whom to marry to what job to take.*

Dan Goleman – Emotional Intelligence



# Dreams and Goals

## *Exercise:*

Write down here

everything you've ever wanted,

every place you've wanted to go, and

everything you would like to become or achieve.

Date each item when you enter it and indicate the area of life involved.

What
When
Life Area

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# Dream Busters

Well-meaning people in our lives can have a contagious habit of busting our dreams. Their role should be nurturing and supporting not squashing.

**Of course their wisdom is useful,  
but this has to be linked to your own purpose, values and vision.**

**Imagine you were in another country without any of the dream busters.**

What would you do?

How would you go about it?

**“The greatest limitations we face in life are self imposed”**

*Until Roger Barrister ran the four-minute rule it was considered humanly impossible. It had become a mythical barrier. As soon as the barrier was broken many other athletes quickly achieved the goal.*

This leads to what is my purpose and who am I

My guess is that a lot of you said internally I want to be successful. This leads to asking what is success?

Linking these things you may realise that we each have a lot of untapped potential and many things which are currently unsatisfied.

To achieve these things we need to develop our own self-worth.

# Communicating the Dream

It is extremely important that you communicate your dream to others when you are ready. This will enable others to assist you in your endeavors. It is important to note that you must be very clear in your communication especially as you will generally require others to assist you to achieve your dream.

## Self Worth

The reason many people do not achieve their dreams and goals is because they compare themselves to others.

The more people you know, the more people you compare with and the less likely you are to feel successful.

Each of those people we discussed earlier in the day is just an ordinary person who followed their dreams and goals.

**This made them do extraordinary things.**

*Exercise:*

Thoughts ?

Who are the Leaders:

In The World

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In Australia ?

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In Your Community/School ?

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## Your Own Uniqueness

(OBSERVE, OBSERVE, OBSERVE)

Our reality on life is a direct result of our life experiences, what is happening in the outside world. Particularly our primary care givers influence our life and our social environment.

When we are put under pressure, or experiences are re-enacted we tend to experience the feelings we had before – sometimes leading to inappropriate behaviour (i.e. anger, tears, etc.)

We spoke about fear of not doing something, but our fear can also be about success as well.

**Read Marianne Williamson poem over the page then complete the following questions.**

## Our Deepest Fear

*by Marianne Williamson*



Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness, that most frightens us.

We ask ourselves, "Who am I to be brilliant, gorgeous,  
talented, and fabulous?"  
Actually, who are you not to be?

Do not take life too seriously. You will never get out of it alive.

You are a child of God.  
Your playing small doesn't serve the world.  
There's nothing enlightened about shrinking so that other people won't feel insecure around you.

— *Elbert Hubbard*

We were born to make manifest the glory of God that is within us.  
It's not just in some of us;  
it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others.

An excerpt from [A Return To Love](#) by Marianne Williamson.

## Exercise



What is unique about you?

Why is it unique?

What would you be prepared to die defending?

What is important to you in life?

What makes you happy?

What makes you mad?

What makes you want to cry?

What frustrates you?

What makes you motivated?

Who inspires you?

If you had a magic wand and could make one profound difference in the world what would it be?

Why?

If you could have any leadership position in the world what would it be?

Why?

As our lives are based on our experiences and the conditions in our lives they become semi-permanent parts of our personality, capable of acting almost as a separate person.

We call these constituents.

(examples of constituents include the controller, the idealist, the rebel and the victim).

We tend to do things in our lives, that we believe are correct, to be loved, accepted, to be popular, all to ensure we are not abandoned, to avoid pain or anxiety.

But these are things that are not really who we are –

**They are not your own uniqueness. (Y.O.U).**

# Mindsets

To feel safe we endeavour to make our world seem normal.

We set up mindsets to keep our defences in place to avoid things that cause us anxiety.

When something challenges us we develop a quick fix solution to the problem rather than fix the cause.

Mindsets are the deep beliefs, attitudes, expectations, prejudices, views, self-concept and norms we hold about the world and ourselves. They fundamentally influence our decisions and behaviours.

Therefore it is possible to tell ourselves we are incapable of something or we are not allowed to do it. This can also lead to us projecting our anxieties, hopes, shortcomings and incompetencies onto others.

Self-awareness of these feelings, emotions and acts can lead to massive change.

## Exercise

### Discover your own mindsets

- What do you criticise yourself for?
- What embarrasses you?
- What causes do you support?
- What makes you angry?
- What subjects make you feel defensive?
- Which thoughts are hardest to talk to your friends about?

- What opinions do you often express?
- What assumptions do you hold about groups of people, races, religions or genders?
- Do you have some assumptions about particular people such as teachers, your team mates in sport, your parents, politicians?
- Which way do you think the world is heading?
- What do you think about yourself?
- What do you want most in life?

## IN GROUPS

what are your collective mindsets on:

The Government  
 Money  
 Police  
 Rich People  
 Poor People  
 Fat People

Technology  
 Capital punishment  
 The environment  
 Marriage  
 Homosexuality  
 Think People

Yourself as a Leader  
 Friends  
 School  
 University  
 Getting a Job

**Is this what you believe, or what you have been told is right?**

# Observe, Observe, Observe

**What is currently happening in:**

- Yourself
- Your home
- Your school
- Your community
- Your country
- Your world

What do you think will be your Generational Values?

## Future Probable

If we keep going the way we are going what is the world we will end up with? What are the leadership characteristics that will get us there?

## Future Possible

What, given your aspirations, is possible in the world?

What are the leadership characteristics that will get us there?

# The Power of One – Developing a Vision

**Vision is as much about seeing who we are,  
as seeing where we are going.**

## Warning!! Short-Term Distractions

Settling for the good and missing the best.

### Exercise

Think of a time when you chose to do something that caused you to miss out on something much better.



What can we learn from those experiences?



**Creating the life and Job you want  
Utilising the concepts of the book titled  
'What colour is my Parachute?'**



**My Favourite Skills**

**From the list attached outline the skills that you prefer in priority order form 1-10.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**What is it about these skills you like the best?**

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## A List of 246 Skills as Verbs

Achieving	Acting	Adapting	Addressing	Administering
Advising	Analysing	Anticipating	Arbitrating	Arranging
Ascertaining	Assembling	Assessing	Attaining	Auditing
Budgeting	Building	Calculating	Charting	Checking
Classifying	Coaching	Collecting	Communicating	Compiling
Completing	Composing	Computing	Conceptualising	Conducting
Conserving	Consolidating	Constructing	Controlling	Coordinating
Coping	Counselling	Creating	Deciding	Defining
Delivering	Designing	Detailing	Detecting	Determining
Developing	Devising	Diagnosing	Digging	Directing
Discovering	Dispensing	Displaying	Disproving	Dissecting
Distributing	Diverting	Dramatising	Drawing	Driving
Editing	Eliminating	Empathizing	Enforcing	Establishing
Estimating	Evaluating	Examining	Expanding	Experimenting
Explaining	Expressing	Extracting	Filing	Financing
Fixing	Following	Formulating	Founding	Gathering
Generating	Getting	Giving	Guiding	Handling
Having responsibility	Heading	Helping	Hypothesizing	Identifying
Illustrating	Imagining	Implementing	Improving	Improvising
Increasing	Influencing	Informing	Initiating	Innovating
Inspecting	Inspiring	Installing	Instituting	Instructing
Integrating	Interpreting	Interviewing	Intuiting	Inventing
Inventorying	Investigating	Judging	Keeping	Leading
Learning	Lecturing	Lifting	Listening	Logging
Maintaining	Making	Managing	Manipulating	Mediating
Meeting	Memorizing	Mentoring	Modelling	Monitoring
Motivating	Navigating	Negotiating	Observing	Obtaining
Offering	Operating	Ordering	Organising	Originating
Overseeing	Painting	Perceiving	Performing	Persuading
Photographing	Piloting	Planning	Playing	Predicting
Preparing	Prescribing	Presenting	Printing	Problem solving
Processing	Producing	Programming	Projecting	Promoting
Proofreading	Protecting	Providing	Publicizing	Purchasing
Questioning	Raising	Reading	Realizing	Reasoning
Receiving	Recommending	Reconciling	Recording	Recruiting
Reducing	Referring	Rehabilitating	Relating	Remembering
Rendering	Repairing	Reporting	Representing	Researching
Resolving	Responding	Restoring	Retrieving	Reviewing
Risking	Scheduling	Selecting	Selling	Sensing
Separating	Serving	Setting	Setting-up	Sewing
Shaping	Sharing	Showing	Singing	Sketching
Supervising	Supplying	Symbolizing	Synergizing	Synthesizing
Systematizing	Taking instructions	Talking	Teaching	Team-building
Telling	Tending	Testing & Proving	Training	Transcribing
Translating	Travelling	Treating	Trouble-shooting	Tutoring
Typing	Umpiring	Understanding	Understudying	Undertaking
Unifying	Uniting	Upgrading	Using	Utilising
Verbalizing	Washing	Weighing	Winning	Working

**What do you need to do to improve in the use of these skills?**

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**What subjects would you need to do at School to assist in the development of these skills over the next few years?**

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**Are there in any other places you can learn these skills from? Where are they and what would it take?**

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## **2. Where do you want to use your skills the most?**

Richard Bolles (2002, p179) suggests that the heart has a geography of its own and therefore there are bound to be areas in which you want to live and work. This may be as simple as working outdoors, or in a country or in the country or a large city.

**Where are the favourites places you have lived or visited? Add places you would like to visit?**

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**List for each place all the things you like and dislike? Why?**

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**Rank in priority, a list of all the positive factors in places you would like to work and live?**

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**What other cities or towns possess the positive factors you have identified?**

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### **3. What are your favourite interests or fields?**

**What are your favourite interests (eg woodwork, sewing, sport, science, medicine, law, journalism, cabinet making, cooking, serving people, computers, health, retail, clothes, selling, etc, etc?)**

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**Rate this list in priority order**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

**Exercise: At The Party**

You have just arrived at a party, and there are a diverse group of people mingling around. There is an engineer, and architect, an artist, a scientist, a bushwalker, a Tibetan monk, a politician, a doctor, an actress, a management consultant, a musician, a priest, a basketball player, an astronaut, an environmentalist, an astrologer, and a psychologist.

**Who will you seek out to speak to? Which one are you most likely to talk to?**

**What does it tell you about your purpose?**

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**4. How would you rate working with the following groups in terms of what it would be like to work with these sort of people (please note there are no negatives and the comments and professions are generalisations)?**

**Conventional (people who like to work with data, clerical, follow through on other people's discussions)**

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**Enterprising (influencers, performing, leading)**

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**Social (people who like to work with people, informers, trainers, developers, or cure them)**

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**Artistic (people who have artistic talent, imaginative or creativity)**

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**Investigative (people who like to observe or learn, investigate, evaluate or solve problems)**

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**Realistic (people who have athletic or mechanical ability, or prefer to work with machinery, tools, plants or animals)**

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## **5. Values and goals**

If you don't stand for something you will fall for anything. The values you hold in life are extremely important in determining the choices you make.

**Exercise in pairs record the responses to the following:**

**What is important to you in life?** -----

**What is important to you in** ----- **?**

**What is important to you in** ----- **?**

**And so on.....**

**From the attached list of values tick the ones that are important to you?**

## Now rate your top ten values in priority order?

Rate this list in priority order

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**6. What are your favourite working conditions (ie am or pm, indoors, people, solitary, weekends,)?**

<b>Conditions like to work in</b>	<b>Conditions not to work in</b>	<b>Keys to be effective in future work and life</b>

## **7. Levels and Salaries. What level do you want to work at and at what salary?**

**At what level would you like to work at in your career?**

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**What sort of salary would you like to achieve in your career?**

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**The following demonstrates the sort of costs you would need for a family of two adults and two children (please note that this will vary dramatically depending on your lifestyle)**

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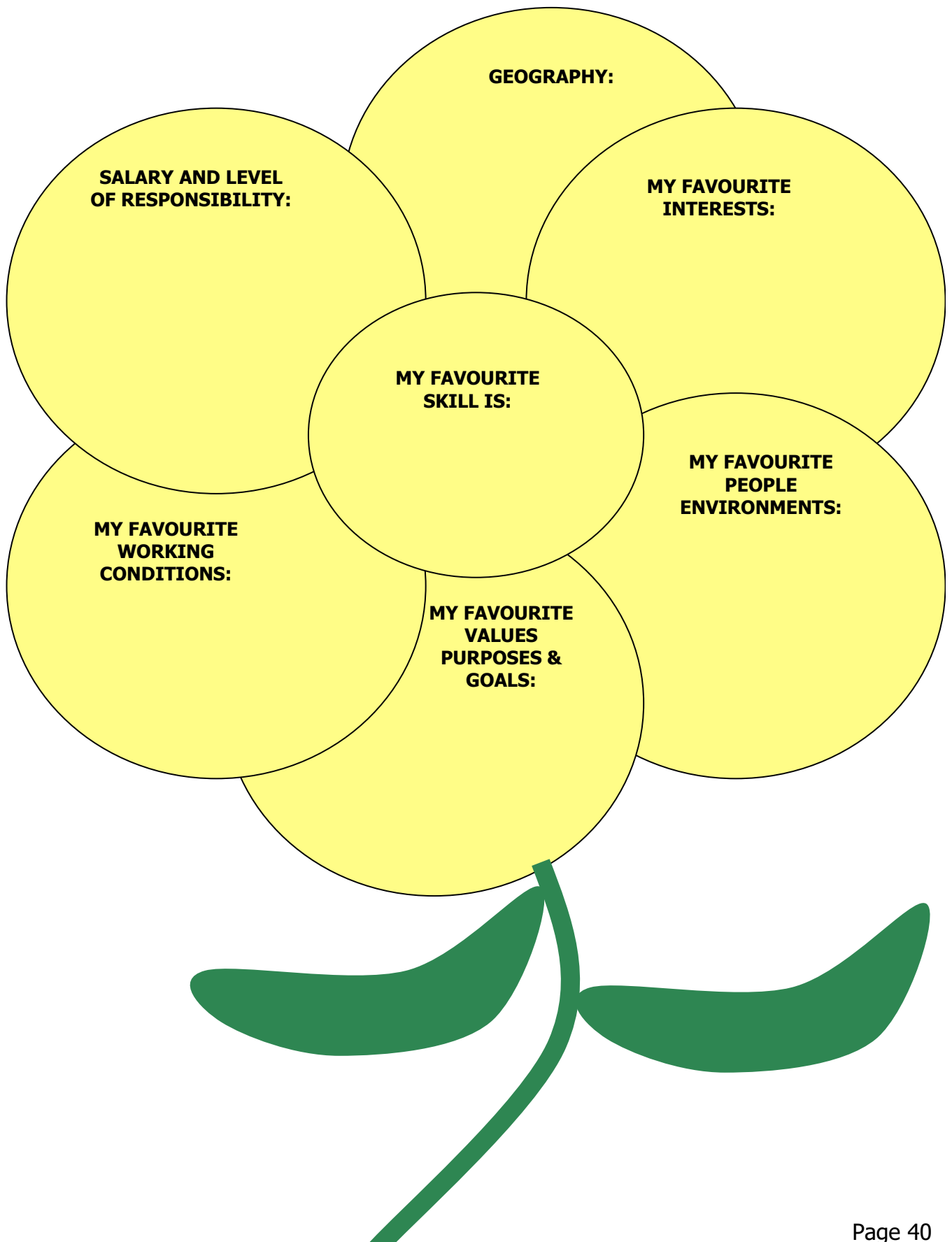
**On this sheet draw a picture of your ideal life.**

**On this sheet draw a picture of your ideal job.**



# The Flower

## A Picture of The Job of Your Dreams



# You Can Make A Difference

Life is a journey with no one destination in mind. You can take responsibility, justify or blame. In the end you are responsible for your actions not other people's reactions. You are also responsible for your reactions and not other people's actions.

As a generalisation many people are concerned about things that are important to them and yet never seem to do anything about them other than feel frustrated, annoyed, disappointed or disillusioned.

About 10-15% of ordinary people do extraordinary things by just getting out there and doing things a step at a time. None of the "great" leaders have ever taken a Quantum Leap rather step by step they have moved toward their goal or stretched it to do more.

Barriers and blockages will certainly be placed before you to test your commitment. Incidentally, if you are moving forward the universe will seem to bring people into your life to assist you and guide you on your journey.

In the end it is your purpose and dream that will move you forward.

## **All You Can**

Do all the good you can  
By all the means you can  
In all the ways you can  
In all the places you can  
At all the times you can  
To all the people you can  
As long as ever you can

*(John Wesley)*

*If you keep doing what you've always done you'll always get what you've always gotten.*

*John C. Maxwell*

There are no shortcuts to any place worth going.

Is it possible for one idea to change the world?

## Exercise –

### **Taking Responsibility**

On a piece of paper are write one goal you would like to personally achieve for your school / community.

- Write down:
1. The objectives of doing it?
  2. What you hope to achieve?
  3. What would be the benefits?
  4. Who needs to be involved?
  5. Write down the milestones (critical success factors)
  6. What Challenges might you confront?
  7. Who would be accountable?
  8. When could you make it happen?
  9. Do it.

Idea

Objectives?

Benefits?

Who is Involved?

Milestones?

Challenges

Accountable to ...

When/How Soon?

Do It !!!

Making a Difference  
M.A.D.

Live the questions now.

Rainer Maria Rilke

Keep away from people who try to belittle  
your ambitions. Small people always do  
that, but the really great make you feel  
that you, too, can become great.

Mark Twain

If we want to make something really  
superb of this planet, there is nothing that  
can stop us.

Shephard Mead

Image creates desire. You will want what  
you imagine.

J. G. Gallimore

You must be the change you wish to see  
in the world.

Mahatma Gandhi

No one knows what he can do until he  
tries.

Publilius Syrus

All that is, is a result of what we have  
thought.

Suttapitaka

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Man is what he believes.

Anton Chekhov

Imagination rules the world

Napoleon I

We are prone to judge success by the index of salaries or the size of our automobiles rather than by the quality of our service and relationship to mankind.

Martin Luther King, Jr.

Cowardice asks the question, is it safe?  
Expediency asks the question, is it politic?  
Vanity asks the question, is it popular?  
But conscience asks the question, is it right? And there comes a time when one must take a position that is neither safe, or politic, nor popular, but he must take it because his conscience tells him it is right...

Martin Luther King

Work to become, not to acquire.

Elbert Hubbard

Few men ever drop dead from overwork,  
but many quietly curl up and die because  
of under satisfaction.

Sidney J. Harris

I will act as if what I do makes a  
difference.

William James

Your work is to discover your work and  
then with all your heart to give yourself to  
it.

Buddha

Live as you will have wished to have lived  
when you are dying.

Christian Furchtegott Gellert

One person with a belief is a social power  
equal to ninety-nine who have only  
interests.

John Stuart Mill

You can live your life any way you want,  
but you can only live it once.

John C. Maxwell



Specific Action Steps for Achieving the Goal	Target Date	Date Reviewed	Date Completed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Method of Keeping Score
_____
_____
_____

**COMPETENCIES TO SUPPORT THIS GOAL**


# Notes

# Notes