

the **extra**  **rdinary** leader

Designing an Extraordinary Year

Version 1.0



Designing an Extraordinary Year!

The Way We Approach a New Year!

Here at the Extraordinary Leader we have just experienced an Extraordinary year! We sometimes feel compelled to pinch ourselves. We are full of gratitude for all of the amazing experiences we have had and the opportunities that have presented themselves to meet and work with Extraordinary people. The truth is that for the most part... **we designed it!** In fact, we have the joyous habit of looking forward to the last week of December and the first day of January to play with the creative process of dreaming and designing the coming year! We would like to challenge you to do the same! Find some quiet time and an inspiring environment to go through this process to give energy and inspiration to your coming year. Oh, and don't forget, if you are going to take the time to design it, then you may as well create it to be ***Extraordinary!***

Defining Extraordinary!

Extraordinary is a word we use a lot. We believe it gets people thinking. It challenges us daily. The important thing is to define what it means to you. It will mean different things to different people. If you have never seen a mountain, then the first time you drive into the Rocky Mountains you experience Extraordinary. Perhaps if you live in the Rocky Mountains they will begin to seem ordinary unless you choose to see Extraordinary. For us, it is the ability to make even simple things special. It is bringing joy, excitement, and choice to what we do. The ordinary tends to be the routine in our thinking and our behaviors. The ordinary has its place, but creating the Extraordinary in our lives is what makes it exciting. The simple act of taking some time for yourself to go through this design tool may be an Extraordinary use of your time that will help you to create your best year ever. You get to define Extraordinary for you!

Have fun!

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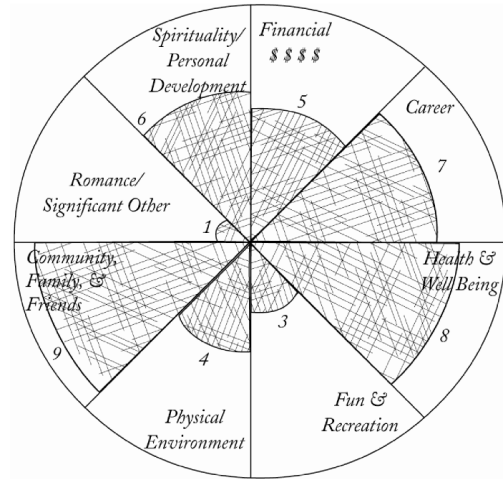
! Where are you right now? Do or re-do your Wheel of Life!

Directions:

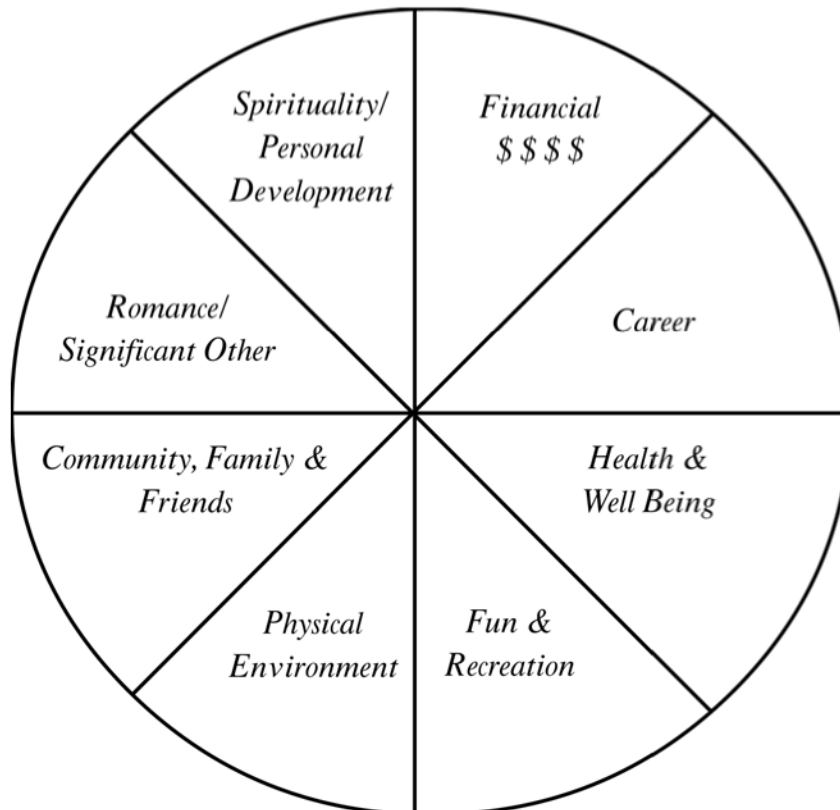
The eight different sections in the **Wheel of Life** represent balance.

- 1) Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new outer perimeter of the circle represents your current **Wheel of Life**.
- 2) How bumpy would the ride be if this were a real wheel?
- 3) Now identify what would be different in each section of the wheel for you to rank your satisfaction level a 10.
- 4) Next, identify one or two scores that you want to impact immediately. What actions will you take?

WHEEL OF LIFE – FILLED IN



WHEEL OF LIFE – BLANK



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- ! Where do you want to go in the rest of your life? Complete the Do, Have, Be Exercise or add to the one you have already started.**

Do, Have, Be

This is one of our favorite exercises to get people started in the process of creating a personal vision. Like all of these vision exercises we encourage you to find an environment that inspires you. Take a pen, a piece of paper or a journal and clear your mind of all of your day to day thinking and give yourself permission to dream about the things you want to DO, HAVE, or BE before you die. Start your list on the next page.

- Let your pen go as quickly as it can.
- Don't judge whether it is right or wrong, good or bad to want these things.
- Don't limit yourself to what you believe is possible today. Dream big! Dream bigger than you are used to dreaming!
- What would you like to do? Would you like to travel? Would you like to do something you have never done before? Would you like to do something you never believed you could do? Who would you be with?
- Are there certain things you would like to possess? Do you see yourself having things of a higher quality than you do now? Would you like rare things, things of beauty, property? Who will you be? Is it a type of person? Is it a type of occupation? Is it a role?
- Let your mind go. Imagine you are completely in control of the design of your life.
- What do you want in it? Have fun! Allow yourself to write until your pen stops. When it stops ask yourself what you would do, have or be if you could not fail in accomplishing these things.
- Write again. See what comes out. When you have created your list, you are well on the way to creating a vision. In fact you already have!

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- | | | | |
|-----|-------|-----|-------|
| 1. | _____ | 26. | _____ |
| 2. | _____ | 27. | _____ |
| 3. | _____ | 28. | _____ |
| 4. | _____ | 29. | _____ |
| 5. | _____ | 30. | _____ |
| 6. | _____ | 31. | _____ |
| 7. | _____ | 32. | _____ |
| 8. | _____ | 33. | _____ |
| 9. | _____ | 34. | _____ |
| 10. | _____ | 35. | _____ |
| 11. | _____ | 36. | _____ |
| 12. | _____ | 37. | _____ |
| 13. | _____ | 38. | _____ |
| 14. | _____ | 39. | _____ |
| 15. | _____ | 40. | _____ |
| 16. | _____ | 41. | _____ |
| 17. | _____ | 42. | _____ |
| 18. | _____ | 43. | _____ |
| 19. | _____ | 44. | _____ |
| 20. | _____ | 45. | _____ |
| 21. | _____ | 46. | _____ |
| 22. | _____ | 47. | _____ |
| 23. | _____ | 48. | _____ |
| 24. | _____ | 49. | _____ |
| 25. | _____ | 50. | _____ |

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! Set 3 Goals!

Consider your happiness, health, wealth, career, and all of the areas on the Wheel of Life. Use your do, have, be list as well as the Wheel and the lessons you have learned.

What 3 goals will you commit to achieving by the end of this year?

Goal #1 _____

Goal #2 _____

Goal #3 _____

! Set 3 - 90 Day Goals!

What three goals will you set for the next 90 days that will move you toward your year-long goals?

Goal #1 _____

Goal #2 _____

Goal #3 _____

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Action!

! Nothing happens without action! This is the difference between **setting** and **achieving** your goals. It is great to dream and visualize and set fabulous goals that we are excited about. The next thing we need to do is create the plan to get there! Habits can be changed. In terms of reaching goals, we have found that it works best when you commit to specific actions on a regular basis – preferably daily. Daily actions can lead to creating the habits we want. Those new habits can get us closer to our results.

For each of your 90 Day Goals add in the actions that you will do to help you achieve those goals. You may have a few, or several actions for each goal:

90 Day Goal #1 _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

90 Day Goal #2 _____

1. _____

2. _____

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- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

90 Day Goal #3

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

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Accountability!

- ! It is great to set your goals and determine a plan of action. Now it is imperative that you create a system of accountability. Now is decision time! It is time to **decide** to take **ONE HUNDRED PERCENT** accountability for your life and your goals...with **ZERO** excuses! That changes our perspective a bit, doesn't it? Imagine what could happen when you take full accountability in designing and living the life you want, being the person you want to be, and getting the results you want to get.

Environments

Some of us have the ability to hold ourselves accountable to follow through on our commitments. Others find it more challenging and need other "environments" to assist them. Take a look at the diagram of the *Nine Environments of You* (on the next page). How could you use one or more of these environments to help support you?

For example, if you are working on becoming healthier, one physical environment that might work against you would be to hang out in a donut shop. The gym, on the other hand, could be an environment that would better support you. In terms of memetic environments, you might choose to subscribe to a magazine or read a book that has its focus around good health. Your relationship environment might also impact your goal. It may not help you to socialize with friends and family that continually tempt you to eat unhealthy foods that are inconsistent with your plan.

You get the idea – start to notice how your environments are affecting your goals. Then set them up to work *for* you rather than against you!


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The Nine Environments of YOU!



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A Snapshot of the Environments

The following is a description of the above environments:

You

The core of you that is unchanging

Memetic

Beliefs, Ideas, Knowledge, Cultural Norms, Frameworks

Body

Physical body, Health, Energy

Self

Personality, Gifts, Talents, Strengths, Emotions

Spiritual

Connection a Higher Source, Love and Self

Relationships

Family, Friends, Close colleagues, Support personnel

Network

Community, Strategic Partners, Customers

Financial

Money, Investments, Budgeting, Insurance

Physical

Home, Office, Furnishings, Equipment / Technology

Nature

Outdoors, Beauty, Seasons, Cycle of life

