

Educator Life Plan

Everything is Possible – My Why

Everything is Possible is the first of the 7 Mindsets, as well as the foundation for the remaining six. Its central lessons are that we must raise our expectations for life and believe in our ability to do extraordinary things. We cannot always see the path ahead of us, but we must trust in our imagination and creativity, as these will enable us to overcome challenges and create joy and meaning with our lives.

The first step in the life-planning process is to determine areas of focus. Each of our lives is filled with interests, pursuits, responsibilities, etc., so it is critical to determine which have the greatest positive impact on our happiness and the meaning we derive from life.

Below is a list of common life areas that people often find important. Identify the three that are the highest priorities to you. If you have additional priority areas not listed, add them in the blank cells. After you have selected your three priorities, describe why each is important to you.

Family	Friends	Health/Wellness
Sports/Fitness	Career/Work	Spirituality
Education	Marriage	Adventure
Art/Music	Travel	

Example: *Family – I believe relationships are the greatest source of happiness in my life, and the most important relationships I have are with my family.*

Life Priority 1: _____

Life Priority 2: _____

Life Priority 3: _____

Dream Board Exercise: After the teachers have completed the activity, have them develop a Dream Board focusing on the things that are most important. This can be done on poster board, Powerpoint, or through existing online web-sites and apps like Pinterest or DreamItAlive.

Everything is Possible Exercise 2 – My Dreams If I Had a Magic Wand

The greatest obstacles any of us face are the limitations we create in our own minds. It is critical to understand that your own creative process is what will allow you to overcome things that seem impossible today. Embrace your imagination and creativity!

Visualization is a technique many athletes use to picture themselves succeeding, long before they ever set foot on the playing field. Visualize your biggest and greatest dreams for each of the three priority areas you identified in Life Planning Exercise 1. Imagine them as if you had a magic wand and could have any life you desire, with no barriers or limitations. Visualize them in detail, and then describe them below.

Example:

My Dream: Health - If I had a magic wand, I would want to be active, healthy, and have a strong mind on my one hundredth birthday.

Priority Dream 1: _____

Priority Dream 2: _____

Priority Dream 3: _____

Passion First – My Core Values

The **Passion First** Mindset is about developing self-awareness. It's vital that we recognize our strengths, interests, values, and desires, and then connect them with our goals and visions for our lives. Doing this enables us to tap into the courage and perseverance needed to overcome any challenges associated with our dreams.

Part 1 – Identify Your Core Values

To live our dreams, we must be at our best and act from a position of commitment and strength. That requires that we understand what we stand for. These are our core values.

Think about the future, and imagine the story of your life. In that story, you will fit your core values, the things that make you you. Below is a list of values. Identify those that define you, taking note of the most important ones. These core values will create a foundation of strength for your life. Start the process now of understanding and leveraging your core values. ►

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In the following values list, highlight the ones that best describe you. If you have additional values not on the list, add them in the blank boxes.

Core Values Inventory

Accomplishment	Customer Satisfaction	Honesty	Perseverance	Simplicity
Accountability	Decisiveness	Honor	Persistence	Skill
Accuracy	Democracy	Humility	Personal Growth	Social Intelligence
Adventure	Discipline	Humor	Perspective	Solving Problems
Appreciation	Discovery	Improvement	Playfulness/Fun	Spirit in Life
Authenticity	Diversity	Independence	Pleasure	Spirituality
Beauty	Ease of Use	Individuality	Power	Stability
Calm/Peaceful	Efficiency	Ingenuity	Practicality	Standardization
Caution	Empathy	Inner Peace	Preservation	Strength
Change	Enthusiasm	Innovation	Privacy	Teamwork
Cleanliness	Equality	Integrity	Progress	Tolerance
Collaboration	Excellence	Intensity	Prosperity/Wealth	Tradition
Commitment	Fairness	Justice	Punctuality	Trust
Communication	Faithfulness	Kindness	Reliability	Unity
Community	Family	Knowledge	Resourcefulness	Variety
Compassion	Forgiveness	Leadership	Respect for Others	Wisdom
Competence	Freedom	Love	Responsiveness	
Competition	Friendship	Loyalty	Safety	
Continuous Improvement	Generosity	Meaning	Satisfying Others	
Cooperation	Global View	Modesty	Security	
Courage	Good Will	Openness	Self-Control	
Creativity	Gratitude	Optimism	Self-Reliance	
Critical Thinking	Hard Work	Patriotism	Self-Thinking	
Curiosity	Harmony	Peace/Non-violence	Service (to others)	

Part 2 - Your Core Values Statements

Now that you have a list of values that describe you, narrow the list down to three that are most important. Take time to consider which are the most critical to who you are. Once you have narrowed the list to three, write one or two sentences about why each value is so important to your life and your dreams.

Example: *Empowerment – My life is about helping other people achieve more. By doing this, I believe I can make the world a better place and maximize my impact on the world.*

My Core Values Statement 1

My Core Values Statement 2

My Core Values Statement 3

We Are Connected – My Dream Team

Living great dreams requires the assistance of others. You may need their expertise, support, skills or capabilities they have. The **We Are Connected** Mindset tells us that working with, for, and through others is crucial to realizing our dreams. Once you know what you want in your life, you must determine what help you'll need to reach it, and intentionally develop and manage the relationships that will assist you along the way.

Write down everyone you'll need help from on the journey toward living your dreams. This will be your Dream Team. Consider individuals you already know, and think about how you can expand those relationships. Also think about people that you currently don't know and will need to actively seek out and develop relationships with.

Examples:

My Dad – Instilled my values in me. I look up to him, and know how much wisdom and perspective he has to share. He probably has great advice on finding the type of person I'm looking for.

My Best Friend - Knows me better than anyone. I will seek his advice and perspective, and share with him what I'm looking for.

Member(s) of My Church Group – My church group members share many of my spiritual values, and thus could be a good source for meeting people.

Dream Team Member 1:

Dream Team Member 2:

Dream Team Member 3:

Dream Team Member 4:

Dream Team Member 5:

100% Accountable – No Excuses

As we've discussed, the greatest limitations we have are those we place on ourselves. This happens when we begin making excuses. When you tell yourself there are reasons you can't do something, you are beaten before you even try. Perhaps you feel you're not strong enough or smart enough to do something. You might say something like, "There just isn't enough time," or "I don't think I could ever afford to do it." You must pay attention to the excuses you are making, recognize that they're excuses, and begin to overcome them.

Step 1 – Below and on the following page, you will see common excuses people make. Highlight the ones you know you sometimes use. Once you have identified your excuses, select one to three that you believe have the greatest negative impact on your future, and describe why.

Example: I am not as smart as other people. This excuse really takes away my confidence and prevents me from participating in many things because I do not feel adequate.

People can't change. – Many people believe that who you are is who you are, period. But life is change, and massive strides in personal change can take place in very short periods of time. You must know what you want and believe you can achieve it, even when it requires making changes in your thoughts and behavior.

My situation is special. – It is both arrogant and self-sabotaging to believe that actions which can change and improve every other person's life won't work for you. Yes, we are all unique, but if you can begin doing things differently in your life, you can expect different results.

I am a victim of my past. – People tend to put a lot of emphasis on their past, and end up believing that it's an insurmountable obstacle. You cannot change the past, but you can make a new future. To be 100% Accountable means that you leave the past in the past and refuse to let it define who you are today.

I'm too _____. – People often use characteristics over which they have no control, such as age, gender, race or nationality as excuses not to attempt things. The ones related to age can be the most devious. Look around you at all the incredible things people young and old are doing. Never use any of these as an excuse not to take action!

I'm not _____. – People often don't attempt things because they think themselves unworthy, don't feel good enough or believe they don't have the necessary skills. Instead of pursuing something, they simply choose not to try.

I've always done it this way. – Einstein defined insanity as repeating the same thing but expecting different results. If you find that what you're doing isn't helping you achieve your goals, change what you are doing! Regardless of how long you've done something, you can do it differently. It may take a lot concentration and practice to make the changes, but if that's what's necessary to achieve your goals, then those are steps you must take.

I'll start tomorrow. – Sure! And following that logic, tomorrow you'll see no reason why you can't say the exact same thing. After all, what's a day plus or minus, right? Do this long enough, and you will eventually realize that you've postponed things for so long that they don't seem worth doing anymore.

I don't want to get hurt. – Many of us fear being disappointed or disappointing someone we care about. This fear prevents us from taking the actions we need to take. ►

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Below, identify the excuses from this list (or others) that you've used to avoid pursuing something you've wanted. Explain why each excuse may have actually held you back from living the life you want.

Excuse 1: _____

Excuse 2: _____

Excuse 3: _____

Step 2 – Flip the Switch is a technique for overcoming your limiting beliefs. You already completed the first step by identifying the excuses you are making in your life. The second step is to identify the opposite, empowering belief. If you believe you are not smart enough, a flip the switch thought might be, "There are many things I am knowledgeable about, so I will focus on those in order to make the biggest impact." It is important to find the statement that will change your initial thought and instead give you a feeling of empowerment. You will then be in a place where you can take action.

In the spaces below, take the excuses you are making from the previous exercise and develop your flip the switch thought. Come up with a belief that gives you an opposite, empowered feeling. Over the next 37 days, work hard to catch yourself when you use the limiting beliefs, and replace them with the new, empowering thoughts. As often as possible, read or say these new statements to yourself. This thought replacement exercise is an effective and successful process for changing your limiting beliefs. Over time, you can reprogram your thinking, which can lead to dramatic improvements in your life.

Example: *Flip the Switch Statement – I will prioritize my time and focus on the things which are most important. I may not be able to accomplish everything, but I can make sure the most important things get taken care of.*

My Flip the Switch Statements

My Flip the Switch 1: _____

My Flip the Switch 2: _____

My Flip the Switch 3: _____

Attitude of Gratitude – Being More Grateful

Numerous studies have demonstrated the incredible power of gratitude, showing it to be a powerful tool in treating depression and a wonderful way to add quality years to your life. The Attitude of Gratitude Mindset teaches us to practice gratitude every day. One way to do this is by keeping a daily gratitude journal. To do so, just keep a journal in which you write down at least three things each day for which you are grateful. It is important to recognize the big things in your life like friends and family, but it's just as important to recognize the little ones as well. These may be easy to overlook and take for granted because you've always had them (e.g. air, water, food, etc.), but they're certainly worth being grateful for.

While it's important to take time each day to write things down, it is equally important to recognize good things as they are happening to you. When you can do both, gratitude will become a powerful force in your life.

List as many things as possible that you're grateful for. Include major items in your life as well as some smaller, less obvious ones.

Common Things to Be Grateful For

Big Things	Little Things	Things I Take for Granted
My Family	I slept great last night	Meals every day
My Friends	It's beautiful out today	Having all my limbs
My House	My favorite pajamas	The ability to see

Attitude of Gratitude – Thank you

Simply saying thank you each and every day is powerful. One way to expand the power of gratitude is to write someone a note. You can send it as an email or text, but a handwritten note is the most powerful since it is the most personal. There are many ways to write thank you notes, but one very effective and simple structure is this:

- Simply say thank you for whatever they did for you.
- Explain why what they did was helpful or how you will benefit from it.
- Say something complimentary about them.
- Express a wish to stay connected and perhaps help them in the future.

Now it's your turn. Think of a person who has been particularly helpful to you recently. Take out a sheet of paper or your phone. Express your gratitude by writing a note or sending a quick text or email. As you do this, notice how it makes you feel. Take time to write more thank you notes, emails, or texts over the coming days. Constantly express gratitude to others, and you'll begin to notice the wonderful things that doing so will bring into your life!

Live to Give – My Birthday Speech

Imagine it's the future. Your family, friends, and colleagues are celebrating your 37th, 57th, or 77th birthday, and they're asked to describe the impact you've had on their lives. Your parents and siblings speak. Your spouse and children are asked to speak. Some of your friends speak. What is the story you want them to tell? In one or two sentences, express the story of your life as told by the people you have touched during your life.

Example: *Friend – (Your Name Here) is one of the most giving people I have ever met. (Your Name Here) cares so much for others and always does what is best for everyone else.*

Parents

Siblings

Children

Friends

Other

The Time is Now – My Plan

The Time Is Now reminds us that dreams only come true when we take purposeful action.

You have almost completed your ultimate life plan. Throughout this process, you have identified many actions you can take to start down the path to your dreams. Now it is time to act. Identify one to three actions you will execute for each of your dreams. These could include building relationships with members of your dream team, overcoming your limiting beliefs, facing your fears, or any of the other actions from the exercises that really struck you. It can also include new actions you've discovered as you've gone through the Mindset process. The point is, how are you going to get to the next level in the next 37 days? What will you do and how will you hold yourself accountable?

Example: *Dream #1: Develop and maintain extraordinary friendships that will last years.*

What Will I Do Now?	Who Can Help Me?	To Complete By:	Completed?
Join a club or organization where I can meet people who share my greatest interests	Look online or bulletin boards at places related to these interests	11/15/2023	Yes
Add value to my closest existing friendships in order to maintain their strength and longevity. I will do this by maintaining strong communication and offering to help them whenever possible	My best friends Aaron and Bodie	11/22/2023	Yes

Dream 1: _____

What Will I Do Now?	Who Can Help Me?	To Complete By:	Completed?

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Dream 2: _____

What Will I Do Now?	Who Can Help Me?	To Complete By:	Completed?

Dream 3: _____

What Will I Do Now?	Who Can Help Me?	To Complete By:	Completed?

Notes: