

OpportunityNOWhere worksheet

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Slide 1:

Don't worry if the idea of a Kata Success-Quest, and iterating don't mean much to you yet. We've just begun.

Slide 2:

Have you ever worked a success plan and found your results to be very different from what was promised?

Slide 3:

How do you respond when you see covers of books like this, and hear things like you can have it all? Does it empower you? Do you feel inspired? Turned off? Diminished?

Slide 4:

How would you answer these questions for people who advise you in how to advance your career and succeed?

Slide 5:

Answer these questions and find examples.

Slide 6:

What unexpected twists and turns have you found in your career? What do they teach you about success? What did you do that laid the groundwork and put you in a position of being about to take advantage of those opportunities?

Slide 7:

Think of expressions and idioms that sound one-sided to you.

Slide 8:

Have you ever had a "failure" that was so valuable in what it taught you that you're glad things happened exactly as they did?

Slide 9:

Answer the questions on the slide.

Slide 10:

What affirmations remind you of who you are, what you aspire to and how to stay aligned with your purpose?

- Mine: I honestly believe life is beautiful, opportunities are all around us, now here, excellence is now here, and the best way for most of us to live a fulfilling life is through trial and error and incremental steps. Success is based on joy and starts with appreciating and using what I already have.)
- Yours?

Video:

Jessica is clearly adorable. Is there anything that makes you uncomfortable about how she uses her affirmations?

Slide 11:

What examples do you have similar to these?

Slide 12:

That's why I'm here – how about you?

Slide 14:

What kata or practices do you have to increase skill?

Slide 15:

Would you match the pairs differently and use other terms to define some of the opposites listed here?

Slide 16:

Do you ever get so focused on an outcome that you power through and miss learnings and finding better ways to do things?

Do you ever get on a learning quest that takes you in random directions and lose sight of the goal?

The Success Kata Quest aligns the values.

Slide 18:

Answer the questions listed there

Slide 19:

What images motivate you?

Slide 19

Begin with the end in mind sentence stems:

Imagine a world where...

I imagine my life as...

What makes me angry is...

What makes me cry is...

What weakens me is...

What seems just plain wrong is...

The things I'm against tell me I'm for...

I get joy from...

I define success as...

What images act like a magnet to pull you forward?

Slide 20:

Your current reality, get to know YOU sentence stems

In what ways are you, your career and life like your vision?

Where are there gaps?

What obstacles stand between you and living your vision?

What resources do you have that will help you move yourself and others toward that vision?

What seeming limitations do you have that could be turned into resources?

Slide 21:

List some closer in goals that will move you forward.

I could start by...

If I _____ it would be a step in the right direction.

_____ is not urgent but it is important. I'll schedule one action to move that forward.

Slide 22:**Iterate your way in the direction of your goals**

Five coaching questions: (Julie Simmons' adaptation of Mike Rother's 5 questions)

1. What are you trying to achieve?
2. Where are you now?
3. What's currently in your way?
4. What's your next step, and what do you expect?
5. When can we see what you've learned from that step?

Slide 24**Learn from everything**

Become an explorer. Phrases:

- How am I making this harder than it has to be?
- I'm a work in progress.
- I'm learning.
- That was a successful experiment. I learned a lot of things I won't do again.
- How can I make this fun again?
- That's not who I am.
- Am I called to do this, or am I buying into ego promptings?
- How do I define success?
- What can I say, think or do that will make me happy that things happened exactly this way?
- I don't know
- One no closer to a yes
- Make mistakes faster
- Don't think it out, try it out
- I just planted a seed. It will take time to grow.
- This isn't a complaint. It's a challenge.
- What have we learned here that will help us keep moving forward?
- I don't know how I'll get there from here, but I do know what my next step will be.
- How can we refine this even more?

Slide 25**What are you clues for hidden opportunities?**

What's bugging you?

What needs you see?

Dreams?

Frustrations?
Moments of joy and tenderness?
What energizes you?
What's right in front of you nose?
What you love about where you are right now?
What's right in front of you?
New uses for existing skills?