

**2022 ILCMA / WCMA
SUMMER CONFERENCE**

***STAYING GROUNDED IN A
WORLD OF EXPECTATIONS***

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AWARENESS

What is my general mindset about life?

How would I describe the feeling of satisfaction?

How satisfied do I currently feel in the various Wheel of Life categories?

What do I notice about how I am feeling about the recognition of tolerating the lower levels of satisfaction in some of these categories?

Wheel of Life

Personal Growth Health

Enjoyment & Career

Self Care Financial Wealth

Friends & Family Physical Environment

Directions: The eight sections in the Wheel of Life above represent various categories of life. 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 (see example).

Personal Growth Health

Enjoyment & Career

Self Care Financial Wealth

Friends & Family Physical Env.

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AWARENESS

Personal Growth

Family & Friends

Health

Financial Wealth

Career

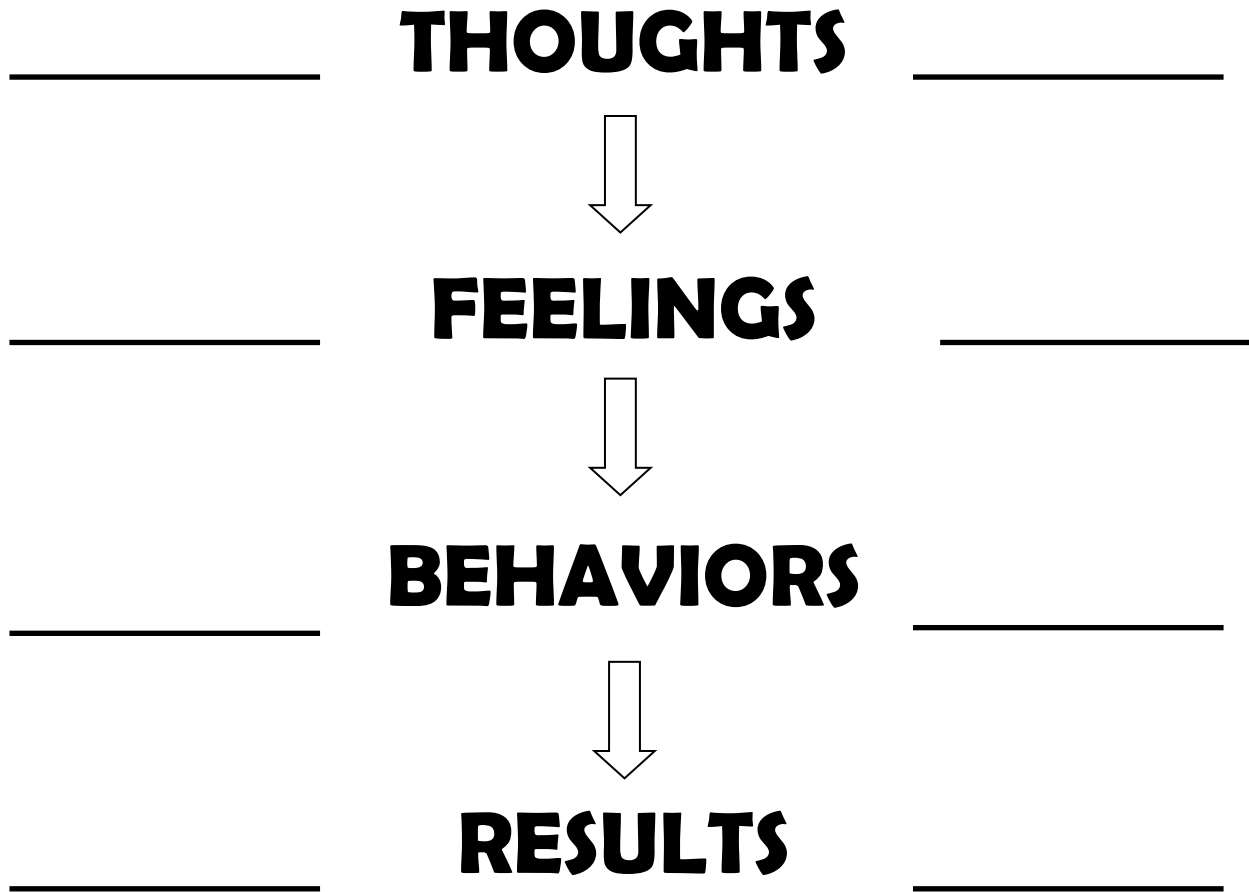
Self Care

Fun & Recreation

Physical Environment

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AWARENESS



Change your thoughts and you'll start seeing new results.

What new thoughts will I calibrate to that will align me with powerful feelings, that support powerful actions?

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ALIGNMENT

PERSONAL VISION STATEMENT

What is my life purpose?

What do I want to experience in this life?

What roles am I currently playing? (Spouse, Parent, Leader, Decision Maker) What do I love about these roles? What do I want to change about how I experience these roles?

How do I want to consistently feel as I experience my life?

What really matters to me?

What impact do I want to have?

How do I start to move in the direction of my true desires?

My Vision:

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ALIGNMENT

Sample Value List

Humor	Participation	Orderliness	Integrity
Directness	Performance	Forward Action	Creativity
Partnership	Collaboration	Honesty	Independence
Productivity	Community	Success	Nurturing
Service	Personal Power	Aesthetics	Joy
Contribution	Freedom to Choose	Adventure	Beauty
Excellence	Connectedness	Lack of Pretense	Authenticity
Free Spirit	Acknowledgement	Zest	Risk Taking

List in Priority Order	Value / Description	Rank your current level of satisfaction in terms of how you are “living from” this value. Scale of 1-10

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ACTION

My Vision/Mission

My Values

My Daily Focus

How will I move forward in the specific areas of my Vision/Mission today?

My Micro Habits:

My Macro Habits:

How will I intentionally incorporate my Values, while I take these actions today?

How do I plan to calibrate to this Internal Compass of my Vision & Values vs react to the External Circumstances today?

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ADJUSTMENT

REFLECTION:

The process of adjustment starts via reflection. Try reflecting on the following questions daily, weekly or monthly:

How did my behaviors align with my intentions today?

Did I feel grounded? What went well, and why?

What could go better next time?

As I reflect, where did I obviously put my attention today (Internal Compass or External Circumstances) and how did that choice reflect my desired set point?

FEEDBACK:

What specific feedback would I like to receive from my friend, Coach, trusted advisor?

Why is this feedback important to me?

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SUMMARY

Individual Success

Awareness:

Self-Reflection Questions, Wheel of Life
Thoughts-Feelings-Behaviors-Results

Alignment:

Your Personal Vision & Values

Action:

Daily Review and Intentional
Application Ideas to Support Your
Vision & Values

Adjustment:

Self-Review/Reflection & Trusted
Feedback
Attend Personal Development
Conferences, Classes, Special Interest
Groups
Work with a Coach / Mentor

Professional Success

Awareness:

Assessments – Formal / Conversational
Thoughts-Feelings-Behaviors-Results

Alignment:

Shared & Clarified Village/City Mission &
Values, Role Alignment & Development
Plans

Action:

1:1 Touchpoints (You with your boss, and
your people with you.) Including an
Agenda of Conversational Expectations,
and an Action Tracker connecting What to
do, Why and How.

Adjustment:

Seek Feedback – Internal, Cross-
functional & External
Attend Conferences, Association Meetings
Work with a Coach / Specialist

WHICH AREA NEEDS ATTENTION TODAY?

AWARENESS:

ALIGNMENT:

ACTION:

ADJUSTMENT:

WHICH AREA NEEDS ATTENTION TODAY?

AWARENESS:

ALIGNMENT:

ACTION:

ADJUSTMENT:

