



Building the People
Who Build Organizations

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Sample Best Life Blueprint

Goal: Regain internal navigation system.

Three Steps:

1. Know what is important to you.
2. Realize your potential.
3. Put what is first, first.

One: Know What Is Important to You.

Core Values

1. Duty (into Service)
2. Connectedness
3. Empathy
4. Exploration

Motivations

Enneagram Number Seven: Want to maintain their freedom and happiness, to avoid missing out on worthwhile experiences, to keep themselves excited and occupied, to avoid and discharge pain.

Other Enneagram Insights

When moving in their direction of disintegration (stress), scattered Sevens suddenly become perfectionistic and critical like unhealthy Ones. However, when moving in their direction of integration (growth), gluttonous, scattered Sevens become more focused and fascinated by life, like healthy Fives.

Areas for Personal Growth:

- Recognize your impulsiveness, and get in the habit of observing your impulses rather than giving in to them. This means letting most of your impulses pass and becoming a better judge of which ones are worth acting on. The more you can resist acting out your impulses, the more you will be able to focus on what is really good for you.

- Learn to listen to other people. They are often interesting, and you may learn things that will open new doors for you. Also learn to appreciate silence and solitude: you do not have to distract yourself (and protect yourself from anxiety) with constant noise from the television or the stereo. By learning to live with less external stimulation, you will learn to trust yourself. You will be happier than you expect because you will be satisfied with whatever you do, even if it is less than you have been doing.
- You do not have to have everything this very moment. That tempting new acquisition will most likely still be available tomorrow (this is certainly true of food, alcohol, and other common gratifications—that ice cream cone, for instance). Most good opportunities will come back again—and you will be in a better position to discern which opportunities really are best for you.
- Always choose quality over quantity, especially when it comes to your experiences. The ability to have experiences of quality can be learned only by giving your full attention to the experience you are having *now*. If you keep anticipating future experiences, you will keep missing the present one and undermine the possibility of ever being satisfied.
- Make sure that what you want will really be good for you in the long run. As the saying goes, watch what you pray for since your prayers may be answered. In the same vein, think about the long-term consequences of what you want since you may get it, only to find that it becomes another disappointment—or even a source of unhappiness.

Passions

1. Witnessing, encouraging, and celebrating the resilience of the human spirit in the face of extraordinary adversity.
2. Staying on the cutting edge of a growing field.

Ideal Work Environment

Seven Nonnegotiables

1. Ability to maximize core value and strengths
2. Opportunity to be of real service (consistent with core values and purpose)
3. Variety
4. People/Connection (learn the human experience)
5. Outdoor/Physical (for right now)
6. Intellectually changing/Exploration
7. Allows room for balance (family and leisure)

Changing Roles

Provider into Partner

Caregiver into Supportive Friend (From “doer” to “empathetic listener”)

Life Balance

1. Make personal time:
 - a. Family
 - b. Spiritual
2. Find renewed meaning, passion, and joy in work.

Two: Realize Your Potential.

Core Strengths

1. Communication
2. Intellect (Assimilate, distill, find linkages, patterns, and/or systems)
3. Creativity
4. Empathy
5. Crisis Management

Personal Brand

Triage

Purpose

Helping people be their best when life is at its worst.

Identifying patterns and brainstorming ideas that lead to harmony, especially in the face of crisis.

Manifesto for Living

I will instill these values in my children by living them (being a personal example):

1. Connectedness (intimacy and kindness)
2. Thirst for new experiences and knowledge (exploration)
3. Morally upright
4. The unfettered pursuit of their dreams

Additionally, I will bring real joy into my life and work by:

1. Living life on purpose; working with a sense of purpose.
2. Spending quality time with my family.
3. Exploring our connectedness.

Potential Barriers and Action Steps

Barriers consist of people, situations, and yourself.

Barrier One: Money (Time)

Action: Meet with accountant to develop a financial plan for the next two years.

Barrier Two: Angst/Fear/Confidence

Actions:

1. Retain analyst, therapist, or coach.
2. Create daily routine. For example, we discussed the following morning routine:

6:15 to 7:00 a.m.	Exercise
7:00	Breakfast
7:30	Taking children to school
8:00-8:30	Alone-time in outdoors (journaling)
9:00	Begin your day

3. Strive to maintain “macro” vs. “micro” orientation. Ask help from support group.

Barrier Three: Career Limitations

Action: Brainstorm five possible career options that complement values, passions strengths, purpose, and ideal work environment.

Barrier Four: People

Actions:

1. Write a list of what you need from your spouse at this particular point in your life. Review with her. Consider asking her to become part of your support team.
2. Formally recruit a support team. Ask us to hold you accountable to:
 - Following your manifesto.
 - Pursuing opportunities that complement your values, passions, strengths, purpose, and ideal work environment.
 - Becoming less distracted.

Barrier Five: Focus

Action: Pay attention to your two limiting beliefs: “My standards are not reasonable and flexible,” and “I am not worthy.”

Other Considerations

1. Convert duty into service. What is the emotion behind the action? Duty is build upon obligation, and service is build upon joy/passion. Practice “sacred selfishness.”
2. Schedule time for exploration. Schedule personal time for family and leisure.
3. Consider completing at least one daily activity in as many of these areas as possible: intellectual, physical, spiritual, emotional, creative, and fun/leisure.
4. Develop greater intimacy in your life through speaking your truth. Consider reading *Radical Honesty* (<http://www.radicalhonesty.com>).