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ELEVATE

BLUEPRINT TO LEVEL UP IN 2023



OBJECTIVES

- Analyze wins and opportunities from 2022.
- Express motivations for success.
- Brainstorm ideas to level up in 2023.
- Define S.M.A.R.T. goals for 2023.
- Leverage the power of habits to support goals.
- Schedule action plan to support goals.
- Develop a resilient strategy to overcome obstacles.
- Partner with an accountability buddy.



ANALYZE

- INTRODUCE
- **ANALYZE**
- SPARK
- THINK
- DEFINE
- PROGRAM
- SCHEDULE
- CHALLENGE
- ACCOUNT
- CONCLUDE

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WRITE

- Reflect on the past year.
- Note 2022 wins.
- Note 2022 opportunities.



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SURVEY

- How was your 2022?
- Go to menti.com.
- Enter code 48 53 15.
- Answer the question.



SHARE

- What is your biggest achievement?
- What are you most proud of?
- What could you improve?



SPARK

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WRITE

- What inspires you?
- What motivates you?



COLLECT

- Gather images.
- Compile a set of words.



SHARE

- Share your inspirations and motivations.
- Write or draw on the whiteboard.



THINK

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WRITE

- Brainstorm career goals.
- Brainstorm personal goals.



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SHARE

- Share potential career goals.
- Share potential personal goals.
- Write in the chatbox.



BREAK

- Please be back in 15 minutes.
- Enjoy!

DEFINE



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S.M.A.R.T. GOAL

- **S** - Specific
- **M** - Measurable
- **A** - Attainable
- **R** - Relevant
- **T** - Time-Based



WRITE

- Decide on one career goal.
- Decide on one personal goal.



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SHARE

- Join breakout room.
- Share goals.
- Discuss optimizations.



PROGRAM

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ATOMIC HABITS

"You do not rise to the level of your goals,
you fall to the level of your systems."

-James Clear



WRITE

- Decide on one career habit.
- Decide on one personal habit.



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SHARE

- Join breakout room.
- Share habits.
- Discuss optimizations.

A black and white photograph of a mountain peak with a bird in flight against a cloudy sky. The word "SCHEDULE" is written in large, bold, white capital letters across the middle of the image.

SCHEDULE

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PLAN & PRIORITIZE

“Setting a goal is not the main thing.
It is deciding how you will go about achieving it
and staying with that plan.”

-Tom Landry



WRITE

- Schedule your career habit.
- Schedule your personal habit.
- Make a plan for the weekend.



BREAK

- Please be back in 15 minutes.
- Enjoy!



CHALLENGE

- INTRODUCE
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WRITE

- List potential personal obstacles.
- List potential career obstacles.
- List potential schedule obstacles.



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SHARE

- How do you overcome challenges?
- Join breakout room.
- Share challenges.
- Discuss optimizations.



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SURVEY

- How do you overcome challenge?
- Go to menti.com.
- Enter code 84 11 38.
- Answer the question.



SHARE

- How do you overcome challenges?
- Share examples with group at large.



WRITE

- Strategize to overcome:
- -personal obstacles
- -career obstacles
- -schedule obstacles



ACCOUNT

- INTRODUCE
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ACCOUNTABILITY

“Accountability is the glue that ties
committment to the result.”

-Bob Proctor



SHARE


- How do you define success?
- Join breakout room.
- Decide on an accountability strategy.
- Create an accountability schedule.

CONCLUDE



- INTRODUCE
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ELEVATE 

CHEERS TO YOUR BEST YEAR YET!

