

ACP | THE CAREER RESET

CREATE YOUR STRATEGIES



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THE CAREER RESET

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Empowering Strategies



You have your list of obstacles. Obstacles are essentially disempowering thoughts you have about circumstances. It's not the circumstances that get in your way. It's the disempowering thoughts that hold you back.

So now, you want to take all those disempowering thoughts and create empowering strategies. This is a great way of using our brain's tendency towards negative thinking to your advantage. And it's the easiest way of building an action plan.

In this workbook you're going to go through 4 easy steps to create the strategies you need to get you to your goal.

And just like the obstacle exercise, this list of strategies won't be definitive. You'll be adding and subtracting and reprioritizing strategies along the way. But it's a great place to start.

And that's all we need to do right now. Start.

Here are the 4 steps;

- 1) Turn the disempowering obstacle into an empowering strategy.
- 2) Identify the thought behind the empowering strategy
- 3) Brainstorm tactics for each strategy
- 4) Prioritize the tactics.

STEP 1: TURN THE OBSTACLE INTO A STRATEGY

Transplant your obstacles into this chart. Turn those disempowering obstacles into an empowering strategy.

If you're not sure if your obstacle is disempowering, then ask yourself WHY you consider it an obstacle. You will find something disempowering behind the statement.

The question you want to answer when developing your strategy is WHAT DO YOU WANT TO DO?

DISEMPOWERING OBSTACLE	EMPOWERING STRATEGY
<i>Eg:</i> <i>I don't have a great relationship with my boss</i>	<i>Build a great relationship with my boss</i>
<i>I've never done "this" before</i>	<i>Learn how to do "it"</i>

STEP 2: IDENTIFY THE THOUGHT BEHIND THE STRATEGY

What are some thoughts you need to think in order to be able to activate this strategy?

EMPOWERING STRATEGY	THE THOUGHT BEHIND THE STRATEGY
Eg: Build a great relationship with my boss	<i>Every boss has something likeable about them I want to work with my boss I'm focused on what's working</i>
Learn how to do "it"	<i>I can do anything I set my mind to I can only grow if I risk failure This is just the next step to my goal</i>

STEP 3: BRAINSTORM TACTICS FOR EACH STRATEGY

Now brainstorm some ways to achieve the strategy by developing a list of tactics. Tactics are HOW questions... so HOW WILL I DO THIS? List all the ways you can think of. If you need more ideas, come to a group coaching session, book a private session or post in Ask A Coach.

STRATEGY	TACTICS	
<i>Build a great relationship with my boss.</i>	<i>Take the Boss course in the Deep Dive section of this program</i> <i>Make a list of the things I like about my boss</i> <i>Have a level-setting meeting with my boss - throw out an olive branch</i> <i>See where my boss needs support</i> <i>Find ways to help my boss's results</i> <i>Change my mind about my boss</i> <i>Get coaching specifically on this relationship.</i>	

STEP 4: PRIORITIZE THE TACTICS

Go back to the list you've created and prioritize the list of tactics (use the right column to identify your priorities.

- A = next 6 mos**
- B = 6mos - year**
- C = more than one year out**

Do your best with this work. It would be normal if you wanted to get some other ideas. You have access to group coaching to brainstorm some more ideas or post in Ask A Coach.

