

Scale Up

When you're lost in the swirling busyness of work, feel lost or anxious, this exercise will assist you to

- ✓ scale up
- ✓ refocus
- ✓ clarify your purpose, direction and goals

Find Your Purpose

- What do you want to achieve personally and professionally?
- How will you know when you've achieved it?
- What causes do you feel passionately about?

- a) Take some quiet time to reflect and write about how a perfect day for you would look.

Be imaginative. Include everything that would make a day perfect for you even if it seems impossible. Start with when you wake up in the morning. How does your morning start? Is anybody with you? Do you wake slowly or get up quickly and do something invigorating?

Include everything that makes your soul sing – that provides satisfaction and fulfilment at all levels. Dream and think expansively.

Write in the present tense – “I am...

- b) Imagine what you're doing

- ✓ at work – “I make a difference to... I am recognised for... “
- ✓ with your partner and family
- ✓ with friends and your community
- ✓ financially
- ✓ for health and fitness
- ✓ for leisure and relaxation

- c) For each statement identify how you will know you have achieved your goal. Articulate a tangible outcome that will be evidence of your success

Example for family -

“I have time to listen to my partner and children and actively encourage and support them to fulfil their dreams and potential”

I'll know when I've achieved this when

- My children leave school with a sense of success and clarity about their next steps
- My partner tells me s/he feels supported

Example for health

“I am fit, active and vital. I easily keep up with my kids.”

Measures of Success

“I'll know when I've achieved this when

- I swim three times a week
- I walk daily
- I weigh 65 kg.

d) Now look at what you have written.

- ✓ What are you already doing that's helping you achieve your goals?
- ✓ What else do you need to pay attention to?
- ✓ What support do you need to assist you to achieve your goals?

e) Share your goals and measures of success with someone who can encourage and support you to achieve them!

Used with permission of 2007 Deborah May Pty Ltd