

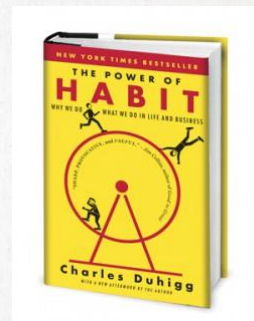
TURNING PASSION INTO ACTION:

AN EVENING OUT FOR LEARNING AT
UNIVERSITY OF ALBERTA

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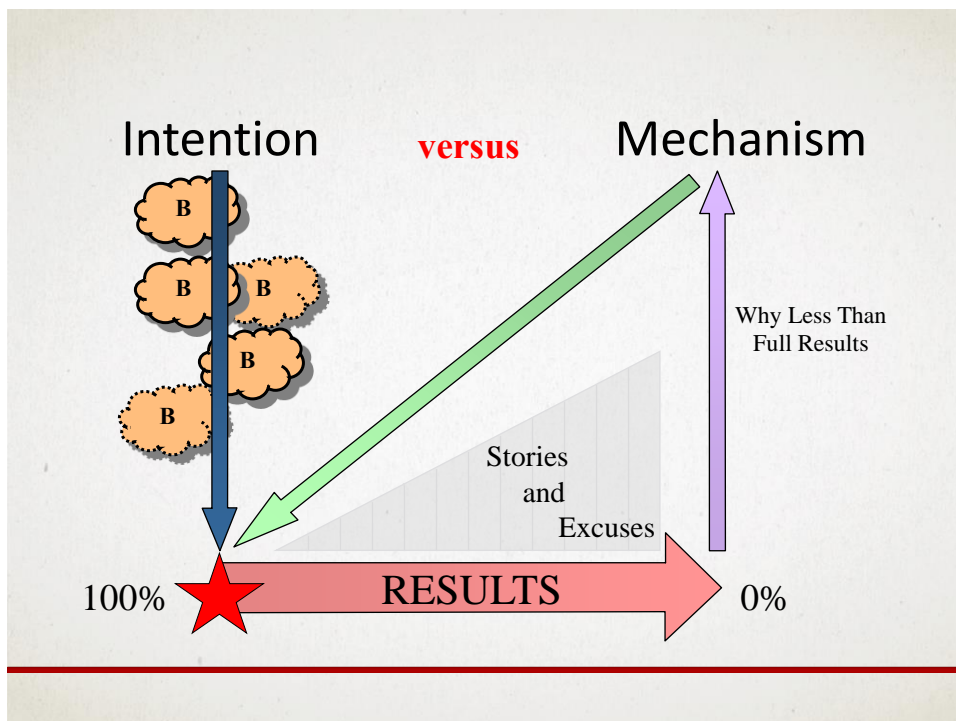
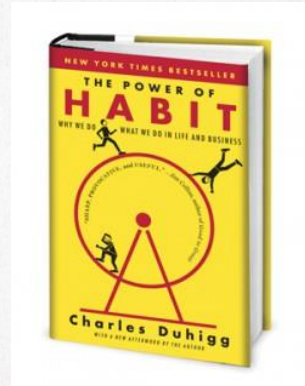
THE POWER OF HABITS

- Habit Loop
 - Cue, Routine, Reward
- Positive Loop
 - Cue—wake up in the morning
 - Routine—Put on running clothes and run
 - Reward—feel good
- Negative Loop
 - Cue—stressful day of work
 - Routine—eat bag of chips at home
 - Reward—distraction from work

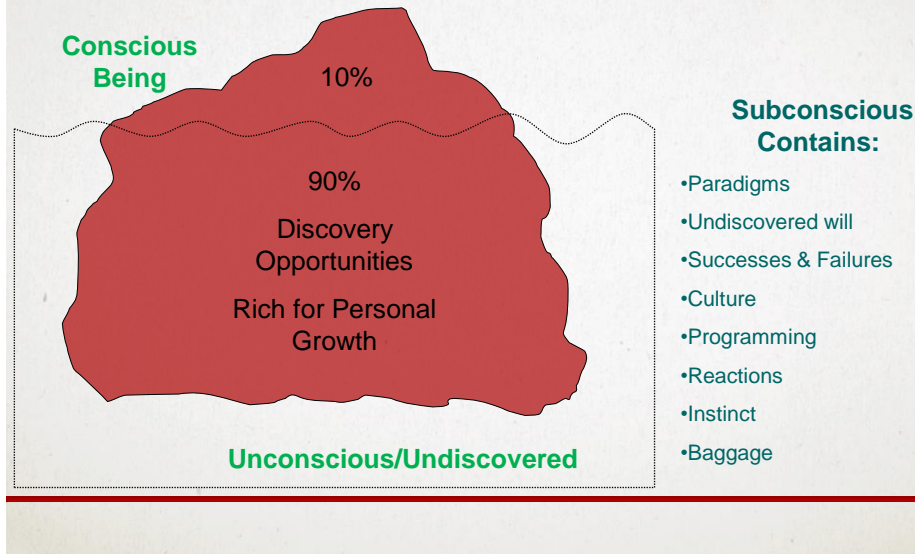


THE POWER OF HABITS

- Habit Loop
 - Cue, Routine, Reward
- Keystone habit
 - One habit that defines other habits
 - Think your morning routine
- Big insight
 - Can't change habits, need to replace habit



ICEBERG THEORY FIGURING OUT YOUR REWARD

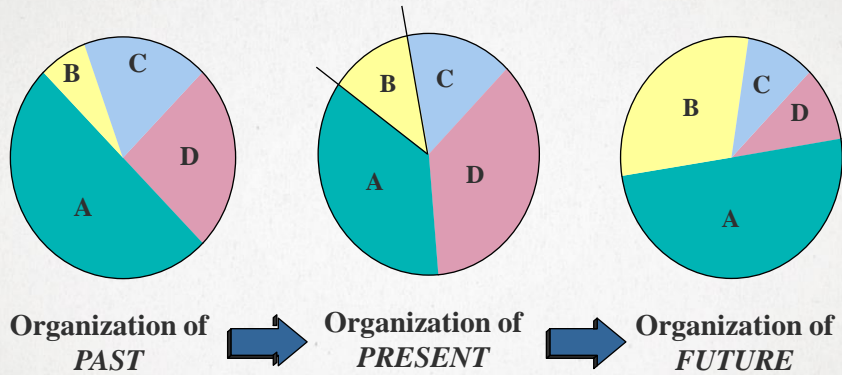


LIFE PLAN

- **What is a Life Plan?**
 - A Life Plan is a living document that connects our daily activities with our deeper understanding of what gives meaning to our lives.
- **Why Create a Life Plan?**
 - There is a great deal of power in having and documenting both a personal vision and a clear picture of our current reality.
- **Start wherever you are.**
 - Make your first version imperfect, knowing that you will enhance it over time. The first step is to start.



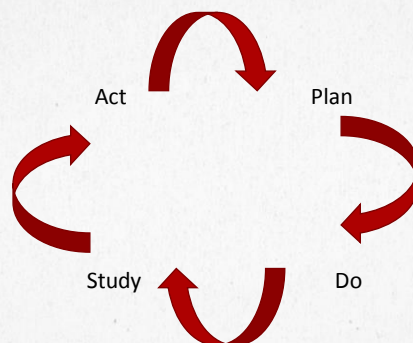
ABCD MODEL



A = ADMINISTER THE BUSINESS, DO THE JOB
 B = BUILD THE BUSINESS, IMPROVE
 C = CATER TO CRISIS, FIGHT FIRES
 D = DO THE "DUMB"

SIMPLIFIED "B" WORK

SHEWART'S CYCLE: PLAN, DO, STUDY, ACT CYCLE



PURPOSE

Why are you here?



- Ultimately, man should not ask what the meaning of his life is, **but rather he must recognize that it is he who is asked...** each man is questioned by life; and he can answer to life by answering for his own life; to life he can only respond by being responsible
- Victor Frankl "Man Search for Meaning"

VISION

I meet you in 5 years. What will I see?



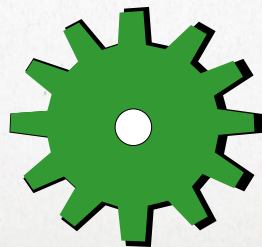
SPECIFIC VISIONS

- Where do you want to be in these areas
 - Physical
 - Intellectual
 - Vocational
 - Financial
 - Spiritual
 - Community
 - Family



DAILY TASKS

What activities will you take to close the gap between your Point of Departure (where you are now) and your Point of Arrival (where you want to be)



VALUES

Where are your boundaries?

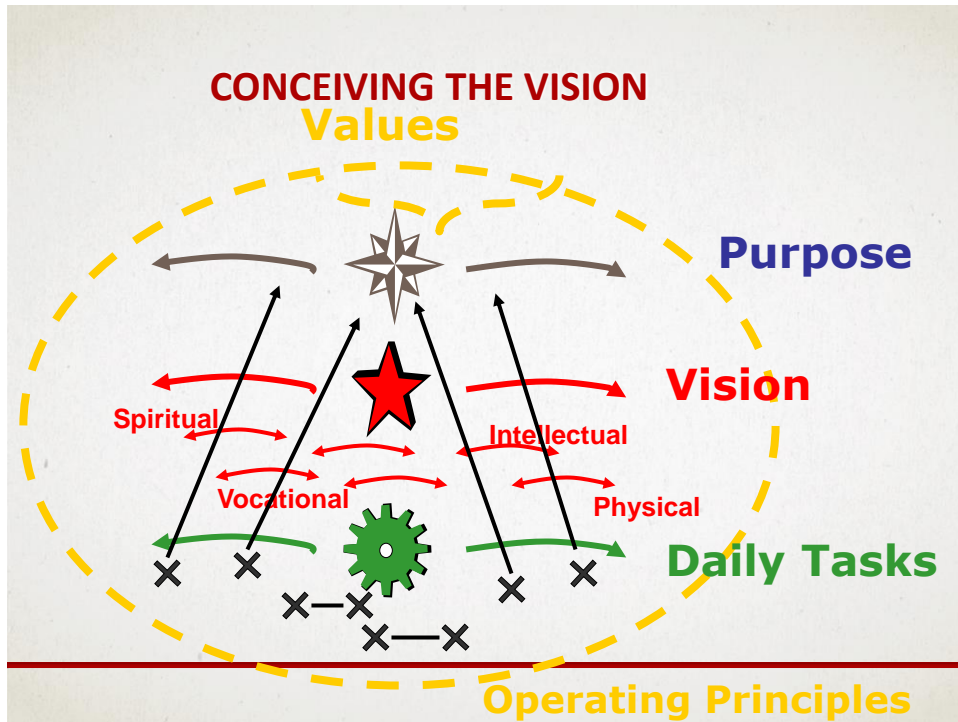
What is non-negotiable as you move towards your vision?



OPERATING PRINCIPLES

What do your values mean in practice?





MINDSET FOR LEARNING

- Non-discernment
- Discernment
- Evaluation
- Judgement



90 DAY PLAN

- Mail a letter to yourself with answers to the following
 - What are you going to do in the next 90 days with your life?
 - Who holds you accountable?
 - 5-8 actionable steps

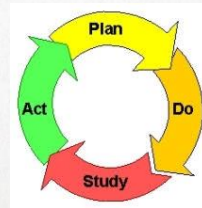
TURNING YOUR PASSION INTO ACTION

- Start small
 - Not read 100 books...how about read 1 page a day
 - Cue, routine, reward
- Focus on 1 habit at a time
- Remove barriers
 - Have what you need close at hand
- Stack habits
 - Put new habits next to existing habits



LAST WORDS

- Most of us don't have a habit..
 - If this is you....figure out "why do I do the things I do" (without judgement)!
- Seek Truth (Not Harmony)
- Positive Talk
 - More laughter / Less guilt



LAST LAST WORDS

- Find your passion
 - My Passion...Activation!
- Turn it into action
- To find me
 - washingt@ualberta.ca
 - www.Marvinwashington.ca
 - I'll post some of these slides on my website

