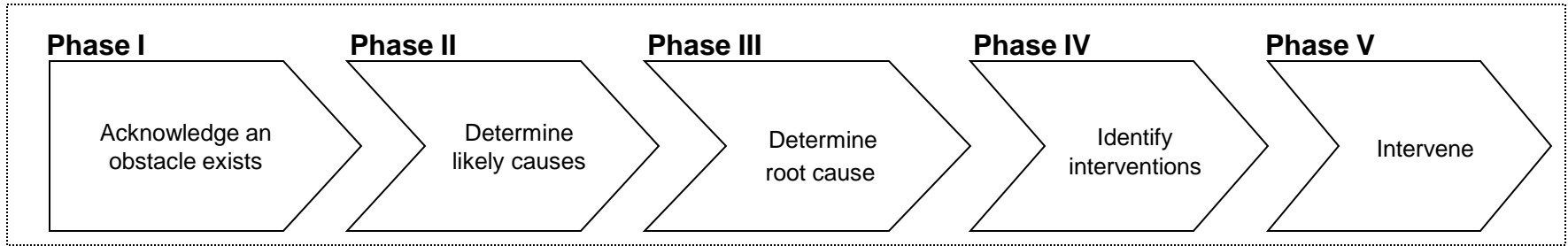


Process to Overcome Stumbling Blocks of Personal Strategy



Steps

- Look for symptoms an obstacle (i.e., stumbling block) exists
- Brainstorm for potential causes of the obstacle
- Group causes by category; eliminate duplicates
- Create a Cause and Effect Diagram
- Rank potential causes identified in Phase I by degree of impact
- Reduce list of potential causes to short list of likely causes
- Determine root cause(s) for each likely cause identified in Phase II
- Challenge assumptions underlying root cause(s)
- Brainstorm for interventions to eliminate/minimize the obstacle
- Group interventions by category; eliminate duplicates
- List interventions
- Initiate interventions

Outputs

- Cause and Effect Diagram with potential root causes why the obstacle exists
- List of likely causes why the obstacle exists
- Root cause(s) why the obstacle exists
- List of interventions to eliminate or minimally reduce the obstacle
- Eliminate or minimally reduce obstacle's effect on personal strategy

Enablers

- Brainstorming Technique
- Affinity Analysis
- Cause and Effect Diagram
- Ranking & Reducing Technique
- 5 Why Technique
- Assumption Busting Technique
- Brainstorming Technique
- Affinity Analysis

Brainstorm for Causes

Obstacle: Belief I won't achieve my goals even with a personal strategy

I have not been successful achieving goals in the past

I don't have time to design strategy let alone implement personal strategy

My life is too busy, too complicated to use personal strategy

I lack will power to achieve goals so why bother

I cannot define personal strategy because I have never done it before

I have never measured aspects of my life before

Designing personal strategy requires too much effort

There are too many distractions in my personal life to have a strategy

I have a tendency to quit things prematurely

My life is ok as it is

Every year I make a few New Year's resolutions, this is all the strategy I need

I get discouraged easily and am afraid my efforts will not produce results

Having a personal strategy for life seems foreign to me

None of my friends have a personal strategy and they are successful

I am not confident I will design a good strategy that will help me achieve my goals

Group Causes and Eliminate Duplicates

Lens of Life

I have not been successful achieving goals in the past

I lack will power to achieve goals so why even bother

My life is ok as it is

Time

I don't have time to design strategy let alone implement personal strategy

My life is too busy, too complicated to use personal strategy

Designing personal strategy requires too much effort

Change

Every year I make a few New Year's resolutions, this is all the strategy I need

I have never measured aspects of my life before

I cannot define personal strategy because I have never done it before

Debilitating Tendency

I get discouraged easily and am afraid my efforts will not produce results

I have a tendency to quit things prematurely

Other

None of my friends have a personal strategy and they are successful

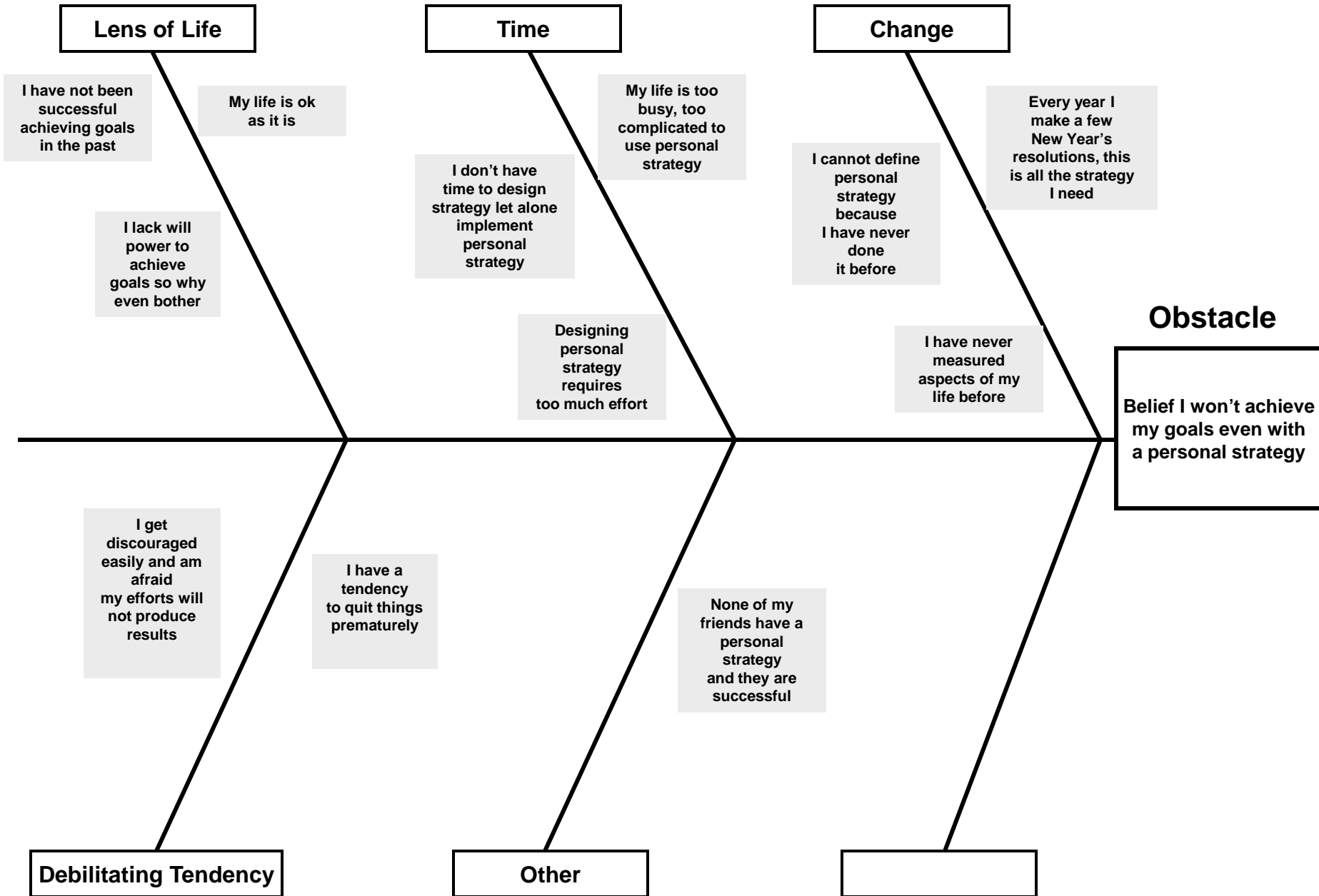
Duplicates

~~There are too many instructions in my personal life to have a strategy~~

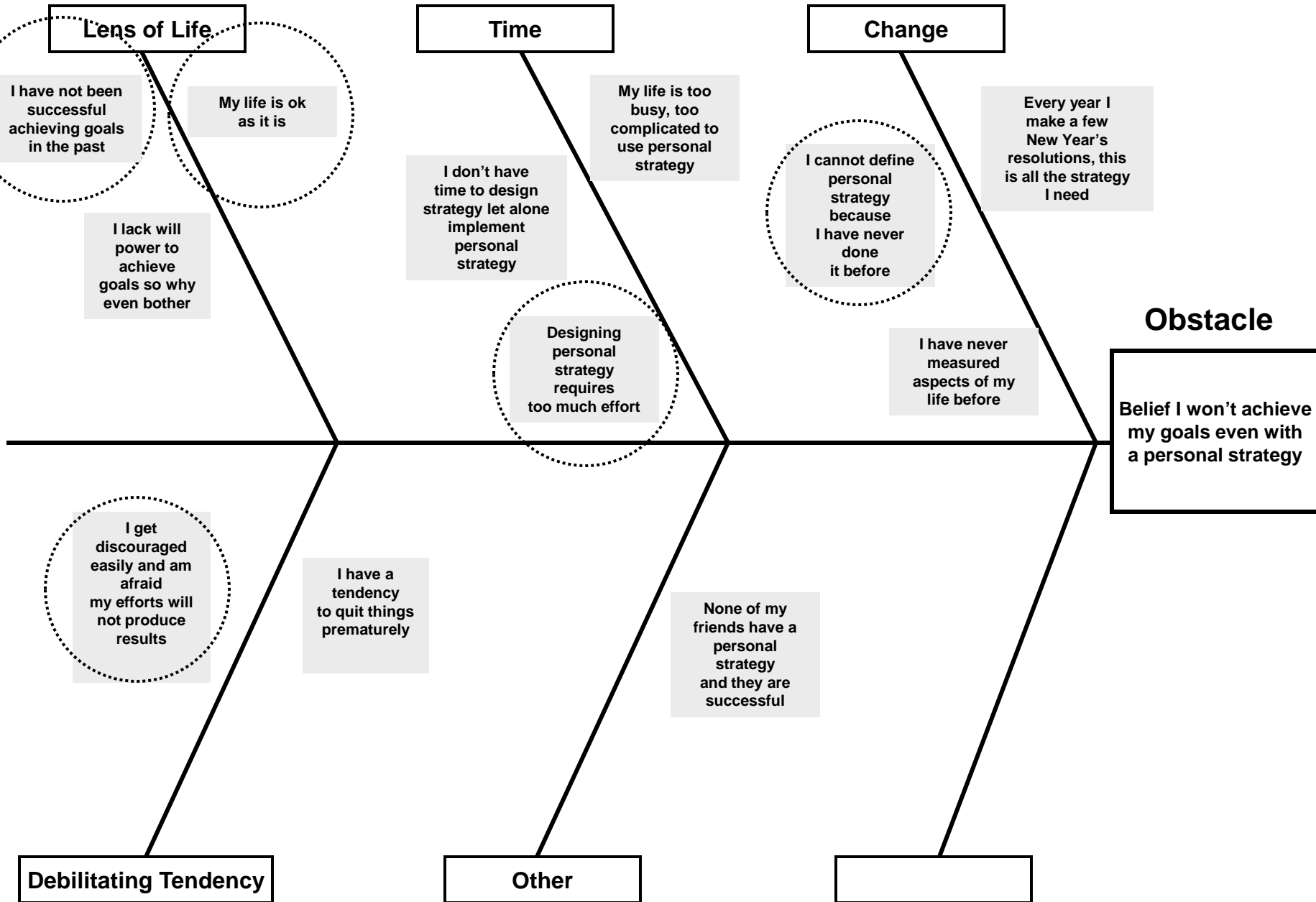
~~Having a personal strategy for life seems foreign to me~~

~~I am not confident I will design a good strategy that will help me achieve my goals~~

Cause and Effect Diagram



Cause and Effect Diagram



Obstacle

**Belief I won't achieve my goals
even with a personal strategy**

Top 5 List of Likely Causes

1. I cannot define personal strategy because I have never done it before
2. I have not been successful achieving goals in the past
3. I get discouraged easily and am afraid all my efforts will not produce results
4. Designing personal strategy requires too much effort
5. My life is ok as it is

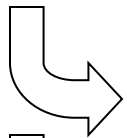
Determine Root Cause

(5 Why Technique)

Obstacle:

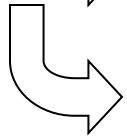
Belief I won't achieve my goals even with a personal strategy

Likely Cause: **I have not been successful achieving goals in the past**



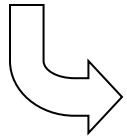
Why?

I usually abandon my goals long before I achieve them



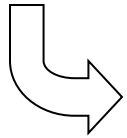
Why?

I lose interest in achieving my goals



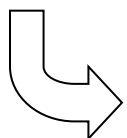
Why?

I don't see any progress despite my efforts



Why?

I've lacked commitment needed to achieve my goals



Why?

I did not place a high enough priority on achieving my goals

Root Cause:

I did not place a high enough priority on achieving my goals

State the obstacle...

List Assumptions:

Step 1

Step 2

State the Obstacle

List Assumptions

Start

Process of Assumption Busting

Identify Interventions

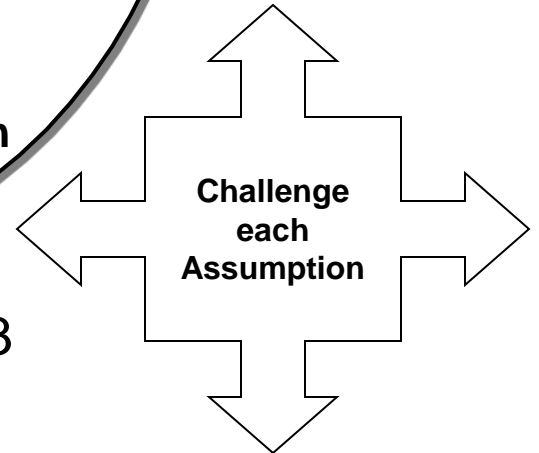
Challenge each Assumption

Step 4

Step 3

Identify Interventions:

Challenge each Assumption



Assumption Busting Technique

Obstacle:

I have not been successful achieving goals in the past

Assumption: I am incapable of achieving my goals

Busting: With a plan, I can achieve any goal

Assumption: I cannot define a good strategy to achieve my goals

Busting: With guidance, I can define a strategy to achieve my goals

Assumption: My past is the only indicator of my future

Busting: My past does not dictate my future; I dictate my future

Assumption: I cannot be successful in life

Busting: With a personal strategy, I can maximize the personal, professional, and financial potential that life offers

Brainstorm for Interventions

Root Cause: I did not place a high enough priority on achieving my goals

Reevaluate my goals to ensure they represent inner soul goals

Converse with soul to determine what I want in life

Establish scorecard measures to track achievement

Determine commitments to sustain life's work

Identify activities to achieve my goals

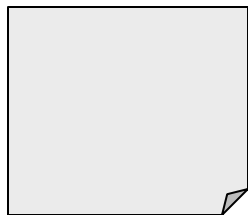
Review my inner soul goals daily to keep goals in my face and top of mind

Decide to pay the price

Communicate my goals to others and ask for support

Allocate necessary resources to achieve my goals

Review daily the benefits I will realize from achieving my goals



Group Interventions and Eliminate Duplicates

Goals

Converse with soul to examine what I want in life

Life Experience

Review daily the benefits I will realize from achieving my goals

Other

Communicate my goals to others and ask for support

Commitments

Determine commitments to sustain life's work

Life Pathways

Review my Inner soul goals daily to keep goals in my face and top of mind

Identify activities to achieve my goals

Resources

Allocate necessary resources to achieve my goals

Scorecard

Establish scorecard measures to track achievement

Duplicates

~~Decide to pursue the goal~~

~~Reevaluate my goals to ensure they represent inner soul goals~~

Obstacle/Root Cause

**I did not place high enough priority
on achieving my goals**

List of Interventions

1. Converse with soul to examine what I want in life
2. Review daily the benefits I will realize from achieving my goals
3. Identify activities to achieve my goals
4. Determine commitments to sustain life's work
5. Allocate necessary resources to achieve my goals
6. Establish scorecard measures to track achievement
7. Review my inner soul goals daily to keep goals top-of-mind and in my face
8. Communicate my goals to others and ask for support

The Process of Overcoming Stumbling Blocks to Personal Strategy

Brainstorm for Causes

Acknowledge Stumbling Block

Brainstorm for Causes

Obstacle: **Belief I won't achieve my goals even with a personal strategy**

I have not been successful in the past	I don't have the time to devote to my goals	My life is too busy to devote time to my goals	I lack the resources to achieve my goals	I cannot define a strategy to achieve my goals
I have never achieved any of my life's goals	Defeating personal obstacles requires too much effort	There are too many distractions in my personal life to devote time to my goals	I have a tendency to give things up prematurely	My life is too busy
Every goal I set for myself has failed	I get discouraged easily and give up on my goals	Meeting a personal challenge requires too much effort	None of my personal strategies have worked	I am not confident about my ability to achieve my goals

Organize Causes

Eliminate Duplicates

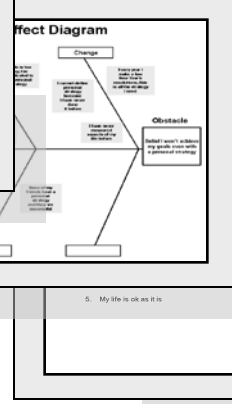
Time

Defeating Tendency

Duplicates

Other

Create a C&E Map



Identify Likely Causes

Obstacle

Likely Causes

Obstacle: **Belief I won't achieve my goals even with a personal strategy**

Likely Causes:

- I have never done it before
- I have never done it in the past
- My efforts will not produce results
- It requires too much effort

Determine Root Cause

Determine Root Cause (Technique)

Obstacle: **Belief I won't achieve my goals even with a personal strategy**

Why? **I don't see any progress despite my efforts**

Why? **I've lacked commitment needed to achieve my goals**

Why? **I did not place a high enough priority on achieving my goals**

Root-Cause: **I did not place a high enough priority on achieving my goals**

From problem statement to...

...a targeted solution

Assumption Busting

Obstacle: **I have not been successful**

Assumption: **I am incapable of achieving my goals**

Busting: **With a plan, I can achieve my goals**

Assumption: **I cannot define a good strategy to achieve my goals**

Busting: **With guidance, I can define a strategy to achieve my goals**

Assumption: **My past is the only indicator of my future**

Busting: **My past does not dictate my future; I dictate my future**

Assumption: **I cannot be successful in life**

Busting: **With a personal strategy, I can maximize the personal, professional, and financial potential that life offers**

Challenge Assumptions

Brainstorm for Interventions

Root Cause: **I did not place a high enough priority on achieving my goals**

Reevaluate my goals to ensure they are realistic and achievable	Commit to my goals and create a plan of action	Establish a support system to help me stay motivated	Break down my goals into smaller, more manageable tasks	Track my progress and celebrate small wins
Identify my strengths and weaknesses	Seek out mentors or role models who have achieved similar goals	Stay positive and resilient in the face of setbacks	Use visualization techniques to stay motivated	Regularly review and adjust my strategy

Brainstorm for Interventions

Group Interventions

Goals

Commitments

Resources

Scorecard

Duplicates

Organize Interventions

Intervene

List Interventions

Obstacle

I did not place high on achieving

List of Interventions

1. Converse with soul to examine what I want in life
2. Review daily the benefits I will realize from achieving my goals
3. Identify activities to achieve my goals
4. Determine commitments to sustain life's work
5. Allocate necessary resources to achieve my goals
6. Establish scorecard measures to track achievement
7. Review my inner soul goals daily to keep goals top-of-mind and in my face
8. Communicate my goals to others and ask for support