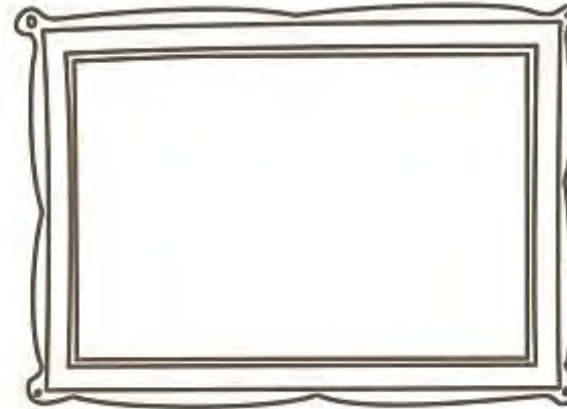


REFRAME

Underneath the resilience of today is often a framework of challenges and obstacles of the past.

This session will provide structure and ideas to reframe barriers into goals.



Disclosure and Disclaimer

- I speak for myself and do not intend to represent the thoughts or opinions of any others. Any opinions expressed in this presentation or on the following slides are solely those of the presenter and not those of the State of Kansas, its elected officials, or employees.
- The information provided herein is general information and should not be construed as legal advice.

Change Your Angle

If the goal seems/feels/is insurmountable, shorten the distance to the goal

Mini Goals

Perspective Matters





Change Your Lens

- Equipment
- Tools
- Resources
- Support System



Change Your Mindset

- Mental Conditioning
- Positivity reorientation
- Write it down
- Limitations inspire creativity
- Anticipate the Unexpected





Change Your Subject

- Locus of control
- Actual Control
- Pick the battle
- Stagnant goals
- SMART: Specific, Measurable, Achievable, Relevant, and Time-bound

Reframing Example: Time Management

- https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time?language=en

[reframe]

CAREER

RELATIONSHIP

SELF

Write down your...

1. SMART Goal
2. At least 3 mini goals (benchmarks)
3. Tools/Resources Needed
4. Barriers or Limitations
5. Current position



Example:

1. SMART Goal: Read 6 Books in 12 Months
2. At least 3 mini goals:
 - Download E-Reader on my Phone
 - Get up 30 min early M-F for reading
 - Host Book Discussion in 8 weeks
 - Status check May 1
3. Tools/Resources Needed
 - 6 Books I want to read
 - Reading buddy
 - Audio book back-up
4. Barriers or Limitations
 - I don't have time to read
 - Reading is a luxury
 - I get interrupted when I read after work
5. Current position: Read 1 Book in 2022

