

Preparation:

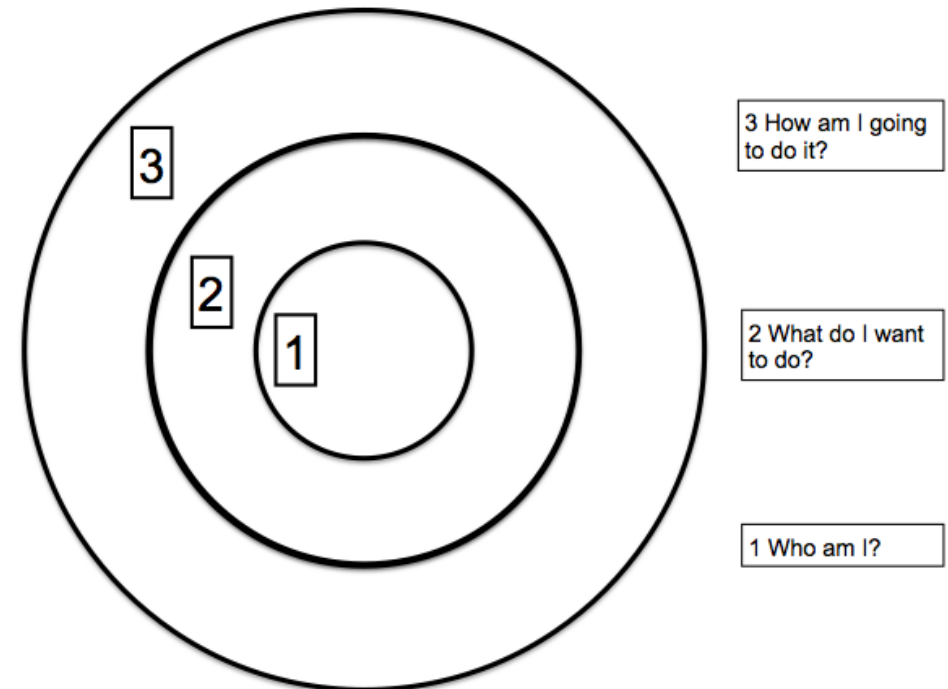
To design your action plan, focus on one specific time frame: five years from now. Start thinking about your future by making active changes in your present context: open the window, put on some music, rearrange the room, look at images.

During the Exercise:

Fill in the concentric circle chart below, answering the questions in order.

- Remember one time you should have done something and didn't – how you felt, what happened – now think of your wishes for the future, and what you have to do to achieve your dreams. Think big, be ambitious – for your personal and professional development.
- Remove obstacles: put yourself in your place five years from now, having achieved your goals: How did you do it? What did you learn? With whom? How does it feel to be with friends, in places you like, doing things you like to do?
- List your goals, then list the events that need to happen to get there in five years. Design your action plan, step by step.

Re-programming Oneself: Who Do I Want to Be?



Structure Your Plans From the Inside Out

Key words: *Leadership, Planning, Mind control, Re-programing oneself, Motivation, Self-motivation, Mindfulness*

For More Information:

Eccles, J. S., & Wigfield, A., Motivational beliefs, values, and goals. *Annual Review of Psychology*, 53, 109–132, (2002).

Further reflection:

- How much can we plan in advance in an effective manner? Is it wise to plan without leaving time to emerging and unpredictable events? How should we do it?

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