

Your **CLEAR** Calling

Module 8

Live in Alignment with Your Clear Calling



Discovery questions

1. Look at your goals again with your declarations. What is different about your experience of your goals with the declarations in hand?

2. What legacy are you most excited about creating next through your vision and your goals?

3. What obstacles and challenges come up for you when you look at your goals and start to look at putting them into action?



Cycles of Success

The metaphor of the Eagle and the Mouse will support you as you take a look at creating a project out of your goals and putting it into action. The Eagle is your vision, the big picture of what you are moving toward. The Mouse is the details, required to accomplish your goals. Begin to move easily between the two to complete a cycle.

When you first set your vision and goals, it can be eye-opening. It might even have been a game-changer, showing you a pathway you didn't know you even wanted. It may have disrupted all the ideas you had about your life, or given you a firm reminder that it is time for you to make a change you have put on the backburner.

Seeing your new vision and life is the gateway to execute into this powerful new future. You are now in the work of putting your new vision into the world. It takes discipline, practice and much kindness to yourself to execute your goals with grace.

Goals have their own timing. Let me say that again – goals have their own timing. But wait. You told me to put a “by when” on my goals. Isn't that the timing? Goals have their own life and timing. They may appear far sooner than you expect. They may require you to adjust by years! The work is not to be attached to the time, and in fact, to become friends with time.

For this next month, you will identify a project and practice the early steps to put the foundation in place to start to execute on your goal.



Cycle 1: Connect and Align

The first cycle is Connect and Align. You will return to this cycle throughout the lifetime of your project. It is essential that you are clear on this cycle. If you skip it, you may find that your project will boot you back here!

All goals require connection with other humans, even if it is a goal that is for you. Learning to navigate with other people is an essential part of putting our goals out there. How can you start to connect with the people who will help move your project forward? Does it require you to reach out to someone you don't know well? Does it require you to ask something new of someone you love? Does it require you to step up in the way you speak to your boss?

Alignment starts with you. Once you are clear that this goal and project is in alignment with your vision, based on clarity and your intuition, your next step is to align with others around you on the project. Are the people essential for your project aligned that this is the correct project to work together on? Alignment is an ongoing process for any project, and getting it in place early on will help you stay on track for the life of your goal.

1. *Who do you need to connect with for your project?*



2. Who do you need to align with for your project?

3. Does alignment come naturally to you, or is it something you tend to skip?

4. Do you like to connect with others or do you like to do things on your own?

5. What can you shift to create clear connection and alignment with people involved in your project?



Cycle 2: Depth and Imagination

The first Cycle of Success, Connect and Align, will be present through your entire project, as it is whenever you are working with other people. The next step is Depth and Imagination, a moment for you to deepen your understanding of your own inherent creativity, while also taking a moment to check yourself on wanting to get an answer.

Once you allow your brain to fully access every idea tucked away, you may be surprised by how much is in there. The most essential part of this cycle is to let ALL ideas get written down. Do you tend to jump on the first couple ideas, or scoff at ones that sound silly or out of the budget of this project? The goal here is no constraints, not money, not reality, not even practicality. Even if the weirdest ones you have ever heard come out of your mouth or someone else in your project, write them down. All ideas are gold!

Allow your mind free rein to roam, especially if you never do. It's time to deepen the way you look at the options and how to build in a deeper sense of hope and possibility into a project. Don't let reality slow you down. You are here to move your mind to a higher plane.



Depth and Imagination

Set a timer for 8 minutes. Write down every idea,
no matter whether they seem like a good one or not!

1...2...3....GO!



Cycle 3: Options and Impacts

Mouse mode time! Now is the time to get into action. In options and impacts, you lay your top 3 choices from Cycle 2 out. This is the time to bring in the choices, the impacts of resources (money, time, etc.) out to see what is possible.

Choose your top three from Cycle 2. Map out time and resources, and look at what choice makes the most sense.

Opposing Force: The God of Or, aka only choosing two options, A or B. Remember that two is not a choice. Make sure you have a third option.

	Time	Resources	Additional
Option A			
Option B			
Option C			



Cycle 4: Fulfillment

If you love being in action, you will get to do so to your heart's content in this cycle. This cycle is all about turning your dreams into reality through action. You do this through precision and clear, committed speaking by using a request and promise system. This cycle depends on your ability to use language to lead. The timeframe is critical for accountability and working with other people in a clear and impactful way.

Request: I request X by time Y

Promise: I promise X by time Y.

This cycle is also the one where you will encounter more opposing forces than any yet that like to block your ability to move a project forward.

Opposing Force

Manage Conversations, Not People

When it comes to managing a project, you may have a tendency to try to manage the human, and how they work, rather than the conversation. For example, if you are trying to work with a spouse on a project, you might try to manage how they do something, rather than the topic at hand. For example, you want your spouse to do the dishes after dinner. Instead of making a request, you complain about how they



never do the dishes. You might even make them into someone who doesn't care about the household or managing responsibilities and duties! It's time to bring it back to a request and promise-based system.

1. Are you managing people instead of conversations? How many?

2. What is the conversation? How can you turn your interaction back to the conversation rather than managing the person?



Catch and Release

Also known as games. Consider how if a fisherman hooks a fish, the fisherman might think they have hooked the fish. But the truth is, both fisherman and fish are hooked. When you get into a game with someone, you are both caught on the line. Are you in a game with someone? The only way to win is to not play the game.

Step 1. Identify how many people are you in games with.

Step 2. Identify the games.



Cycle 5: Appreciation and Learning

Once you have completed a project, wait!
It's not time to move on. Now is the moment to pause, to appreciate yourself and others, and to dig into your learnings. Appreciation is more powerful and effective when it is clear and specific. Take the time to list out exactly what contribution others made to the project and to you, how you grew, and how they were part of your growth. Also take the time to take what didn't work as learning. This is the way you grow as leaders is to see what you did well, and also what you can do to grow.

1. What did you learn from this project? What was different than you expected?



2. What can you appreciate about yourself from executing this project? What contributions did you make to the project and to other people on the team with you?

3. What can you appreciate about others who participated in this project with you? What kind of contribution did they make to you and your growth?

