



SOME THING FUNNY



Robert De Niro at AFI Life Achievement Award

www.youtube.com/watch?v=hgT707uizYI

Williams, R.(2009)



DEFENSE LOGISTICS AGENCY

THE NATION'S COMBAT LOGISTICS SUPPORT AGENCY



**DLA HQ Security and
Emergency Services
(DM-S)
Professional Development
Life Skills, Motivation and Goal Setting
February 5, 2020**



WARFIGHTER FIRST



OBJECTIVES



- To Explore your Values
- What is Important to You
- To Generate an Acute Awareness of the Responsible Action Model (RAM)
- Explore Values Conflicts with Others
- Motivational Enlightenment
- Measure Your Personal Fitness Inventory
- To Equip you with a “Road-Map” for Further Self Development Personally and Professionally



WHAT'S IN IT FOR YOU



- **Why you should pay attention?**
- **“Self Matters” Dr. Phil**
- Improve relations personally and professionally.
- Reduce stress at home, work or school.
- Reduce actions leading to burnout.
- Action Plan for success.
- Possibly a new perspective.
- Enlightenment and empower you!



PERSONAL FITNESS



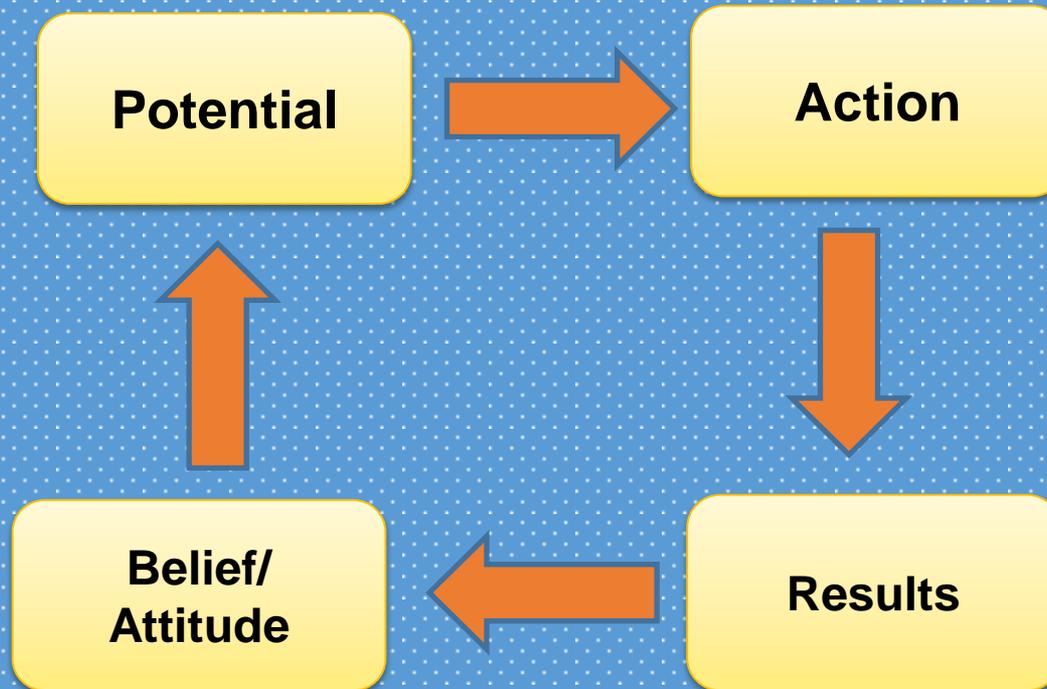
- Measure Your Present Condition
- Your Resting Heart Rate
 - How often your heart beats when you are at rest indicates how much your heart has to work simply to maintain your basic body functions. This rate is an indicator of the fitness of your heart, lungs, blood and blood vessels.
 - To determine your heart rate, place your second and third fingers on a pulse spot (either wrist or neck). Count the pulse for **one minute**. Your resting heart rate is to be measured after sitting quietly for one minute.



LIFE SKILLS AND MOTIVATION



THE SUCCESS CYCLE





MOTIVATION



This Can Change Your Life!

<https://www.youtube.com/watch?v=NSMfeaRvy6Q>

Robbins, A. and Brown, L. (2017)



PERSONAL VALUES



What is Important to me?

A value is something you think is important. It is something on which you spend time, energy, and money. There are countless examples of values, some of which are listed below:

looking good family having money taking risk going slow
Being serious honesty being right self-respect independence
Altered states free choice humor friendships being fair going fast
being educated being smart going slow being popular winning
being cool spirituality material possessions self-discipline
Security relationships creativity attracting attention status getting by
fitting in standing out spending money
staying young questioning authority trust achievement



VALUES CONFLICTS



- Situation: _____

- The Value of : _____ VS The Value of: _____

What I usually do is _____

Strategies to manage values in conflicts

PROS & CONS

- Choose one value over another
- Ignore values and go along with what others are doing
- Find a compromise for both values
- Live with (tolerate the conflict)
- Accept the conflict
- Wait for the situation to change
- What I would like to do is _____
- The outcome I would like to see is _____



PUT FIRST THINGS FIRST



- Developing a priority system - saying yes to something means saying *no* to something else.
- Different from time management.
 - To-do lists which focus on things and time.
- Personal Management
 - Manage ourselves focusing on relationships and results.
- Useful tool is Covey's Time Management Grid.



Covey, S. (1989)



TIME MANAGEMENT GRID



Important

**URGENT
IMPORTANT**

deadlines
exams
"real" crises / emergencies
last-minute preparations
meaningful appointments

MANAGE

**NOT URGENT
IMPORTANT**

planning
problem prevention
self-development
healthy, quality relaxation
relationship building

FOCUS

**URGENT
NOT IMPORTANT**

some calls, emails
reporting
somebody else's problems and needs
shallow relationships
some meetings

AVOID

**NOT URGENT
NOT IMPORTANT**

social media
watching tv
nonsense movies
gossiping
shopping

LIMIT



MOTIVATION AND VALUES



After This You'll Change How You Do Everything!

https://www.youtube.com/watch?v=CVP1CwEBz_Y



Anthony, R. (2007)



ACHIEVEMENT OF PERSONAL MANAGEMENT



Define success for yourself

- It isn't always easy to distinguish between the aspects of a job that are truly necessary and those that are not.
- Don't forget our many roles, both personally and professionally, and the importance of making time for each.
- Performance is measured by effectiveness not efficiency.



Covey, S. (1989)



ACHIEVEMENT OF PERSONAL MANAGEMENT CONT.



When negative thoughts come the key is to avoid verbalizing them.
(Proverbs 6:2) We are sneered by our words.



THE FIVE LOVE LANGUAGES



**** Enlightenment and Food for Thought****

- **Words of Affirmation**
- **Quality Time**
- **Receiving Gifts**
- **Acts of Service**
- **Physical Touch**



Chapman, G. (1992)



PERSONAL ACTION PLAN



Action Plan

I will plan to _____

What I will do:

- Step 1:
- Step 2:
- Step 3:
- When I complete my Action Plan I will achieve the following benefits:
- Three barriers that I will need to consider when starting and/or completing my Action Plan are:





ENLIGHTENMENT



Don't Be Afraid to fail Big, To Dream Big!

www.youtube.com/watch?v=tIY0PkWxCW8

Washington, D. (2017)



QUESTIONS or COMMENTS?

