

# Live Your Dreams

## Week 5 – Plan Your Route

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*Where the Road Meets Spirit*



# Visioning Exercise



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# Week 5 – Plan Your Route

Step 1 – Get your Bearings (Weeks 1-3)

Step 2 – Commit & Prepare

Step 3 – **Plan your Route**

Step 4 – Get Started

Step 5 - Plan for Sustainability & Growth



# Week 5 – Plan Your Route

## Objectives:

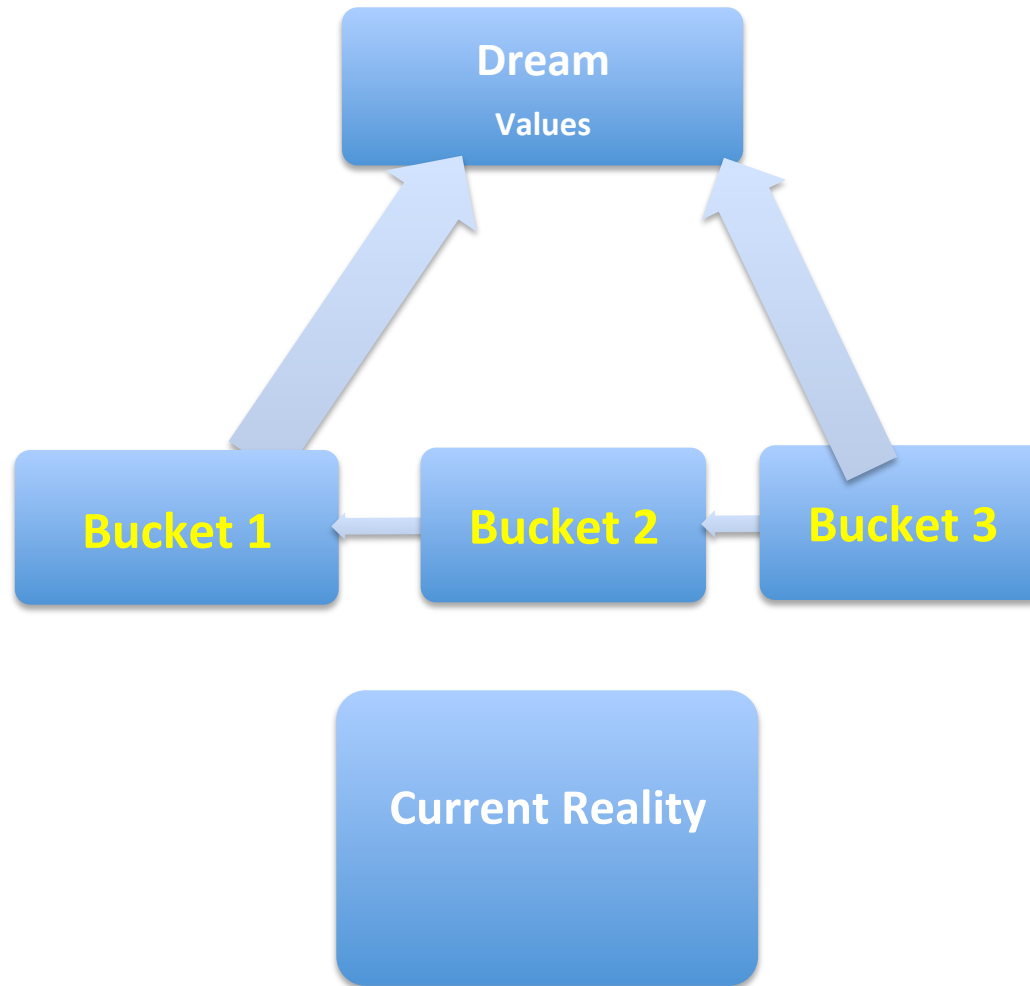
- Plan from a place of empowerment
- Identify 3 alternative routes (just like Google Maps)
- Communicate your ideas effectively



# Creative Structure



# Creative Structure



# Plan from a Place of Empowerment

- What is my motivation for my dream?



# Plan from a Place of Empowerment

- Who am I?
- How do I think of myself?
- What are my strengths and weaknesses?



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# Plan from a Place of Empowerment

- Why am I here?
- Why am I important?
- What is my mission?



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# Plan from a Place of Empowerment

- Am I afraid of making changes or taking a risk? Why?
- What has stopped me from keeping resolutions in the past?
- How will I steer around obstacles?



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# Identify Alternatives

- Planning a route:
  - Fastest
  - Shortest
  - Avoid tolls
  - Interstates



# Identify Alternatives

Transport mode icons: Car, Bus, Pedestrian, Bicycle

**A** Toronto, ON

**B** Atlanta, GA, United States

Add Destination - Hide options

Avoid highways miles / km

Avoid tolls

**GET DIRECTIONS**

**Suggested routes**

<b>I-75 S</b>	<b>1,530 km, 14 hours 18 mins</b>
	● In current traffic: 14 hours 45 mins
<b>I-71 S</b>	<b>1,600 km, 14 hours 52 mins</b>
	● In current traffic: 15 hours 15 mins
<b>I-79 S</b>	<b>1,600 km, 15 hours 4 mins</b>
	● In current traffic: 15 hours 22 mins



# Identify Alternatives

**A** Toronto, ON

**B** Atlanta, GA, United States

[Add Destination - Hide options](#)

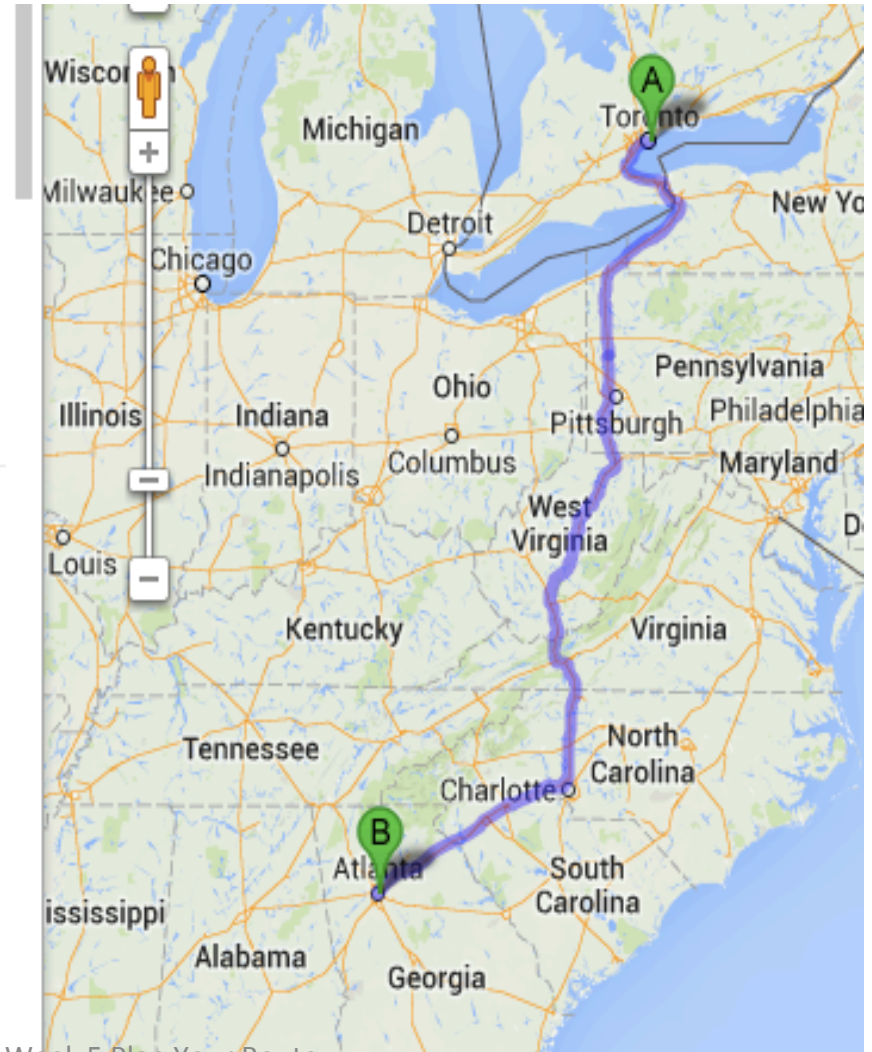
Avoid highways miles / km

Avoid tolls

**GET DIRECTIONS**

## ▼ Suggested routes

I-75 S	1,530 km, 14 hours 18 mins
	● In current traffic: 14 hours 45 mins
I-71 S	1,600 km, 14 hours 52 mins
	● In current traffic: 15 hours 15 mins
<b>I-79 S</b>	<b>1,600 km, 15 hours 4 mins</b>
	● In current traffic: 15 hours 22 mins





# Identify Alternatives

**A**

**B**

[Add Destination - Hide options](#)

Avoid highways miles / km

Avoid tolls

**GET DIRECTIONS**

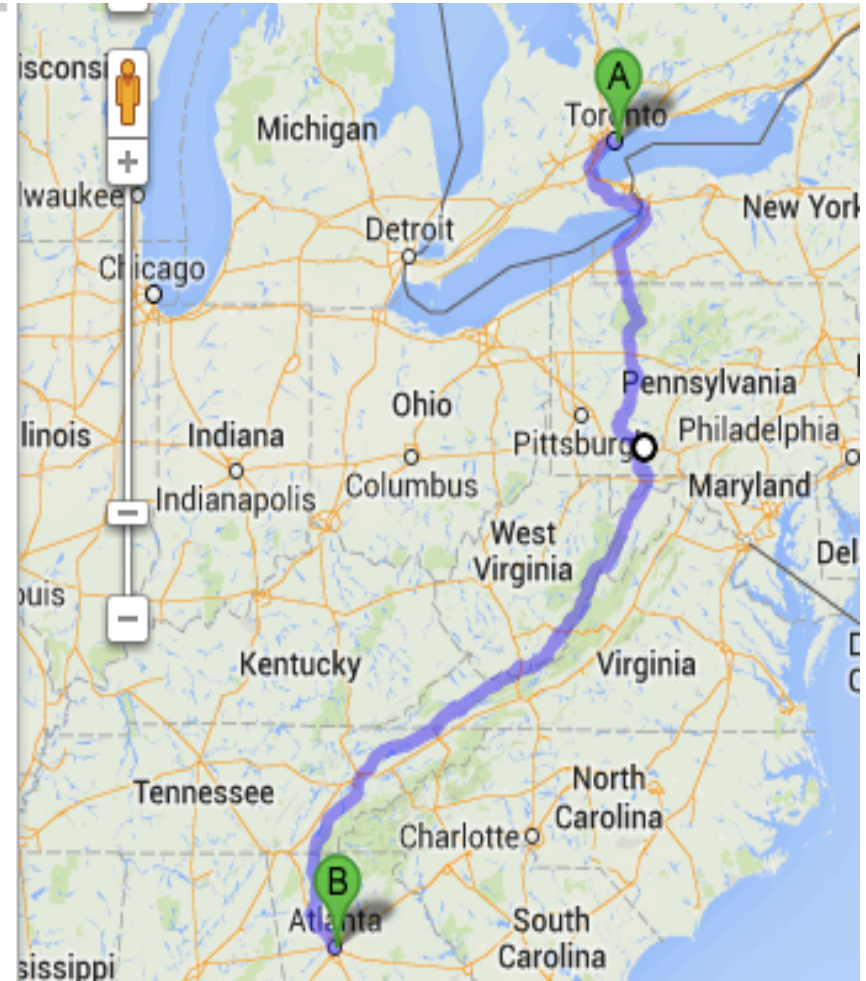
▼ **Suggested routes**

**US-411 S**      1,680 km, 22 hours 31 mins

**Driving directions to Atlanta, GA, USA**

Via U.S. 30 E/Lincoln Hwy - [remove](#)

**This route has tolls.**



# Identify Alternatives

- Current reality
  - Timing
  - Pre-requisites
  - Skills
  - Personal preferences
  - Interests



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# Identify Alternatives

- Keep your eyes on your goal/dream
- Narrow down the choices
  - Prioritize



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# Communicate Effectively

- Change effects the dynamics of ALL your relationships
- Effective communication eases the transition

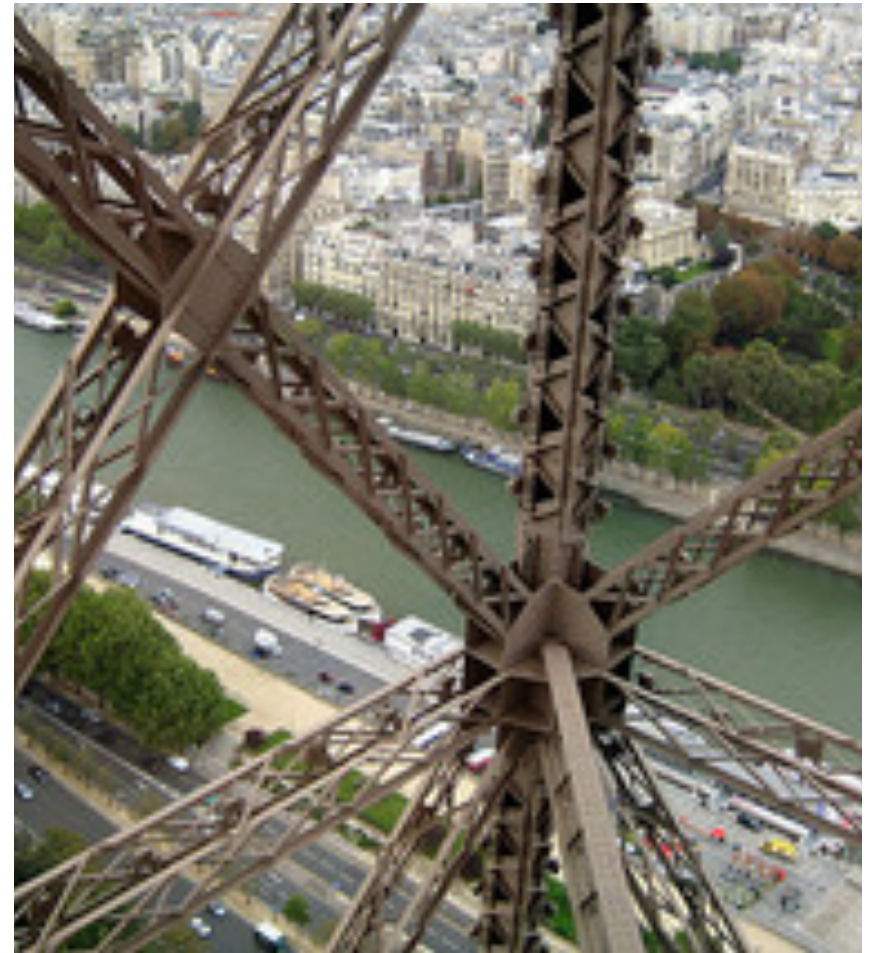


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# Communicate Effectively

- Be open & honest
- Be timely – the sooner the better
- Allow time for others to process



photo credit: [The hills are alive\\*](#) via photopin cc



# Homework

- Revisit your strengths and shadows
- Identify your communications strategy
  - Assets
  - Challenges
- Route criteria, choices
- Get to me by Monday evening at 8:00 pm ET and I'll have it back to you before next class

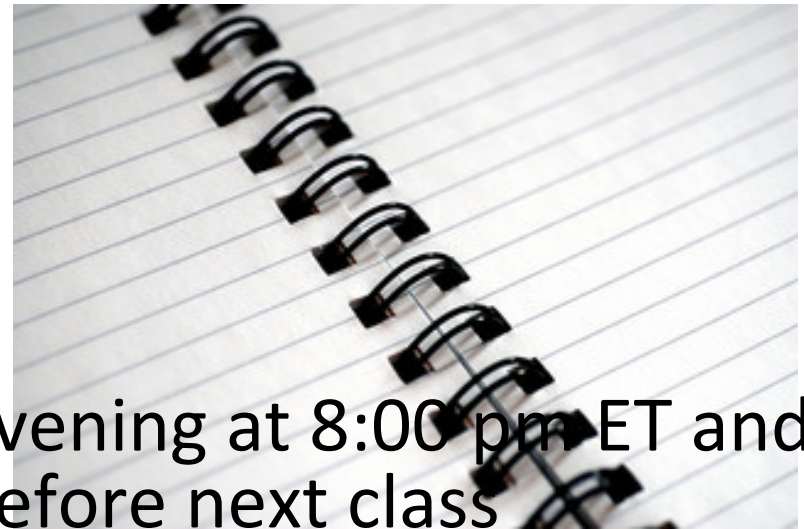


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