STANDING TALL THROUGH IT ALL
80 years of FRPA
2022

Welcome to the 2022 FRPA Conference!

August 29 - September 1, 2022 | Orlando, FL

Step Into Your Thriving Life

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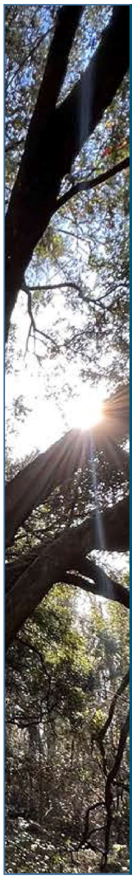

RCM Financial Coaching

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LEARNING OBJECTIVES

1. Define what a thriving life looks like for YOU specifically based on all areas of well being.
2. Recognize and challenge limiting beliefs about yourself, your fears, and describe what you really need to make these changes.
3. Understand the importance of setting boundaries, finding balance, planning for obstacles and other daily habits that will help you step into AND sustain a better, more fulfilling work and home life.

Defining “Thriving”

“grow or develop well or vigorously”

“prosper; flourish”

Thriving: “It’s Personal”

Cast your life vision:

Physically
Emotionally
Financially
Spiritually
Socially (relationships)
Professionally (career)
Intellectually
Environmentally

Where am I currently?

Evaluate:

Physically
Emotionally
Financially
Spiritually
Socially (relationships)
Professionally (career)
Intellectually
Environmentally

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Connect the Dots

Where do I want to be?

Where am I currently?

How do I get there?

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Finding Solutions

What must be true for me to grow & flourish in this area of my life?

What is standing in my way?

How can I overcome those barriers?

Goals & action

What must be true?

To get from point A to point B, I need to……

Example: Retirement

Example: Promotion

Example: 10K race

Common Excuse #1: Time

“It’s not the right time”

“I’m too busy”

“I’ll get there one day”

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Stephen Covey’s Quadrant of Time

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	Urgent	**Not Urgent**
Important	Quadrant 1: Urgent & Important (immediate attention)	Quadrant 2: Not Urgent & Important (long term strategy)
Not Important	Quadrant 3: Urgent & Not Important (typically distractions; good place to minimize)	Quadrant 4: Not Urgent & Not Important (typically time wasters to eliminate)

Common Excuse #2: Disbelief & Fear

“I don’t think I have what it takes”

“I’m not worthy”

“Change is scary. What if….”

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Common Excuse #3: Too Hard/Don’t Know Where to Start

“I don’t even know where to start”

“That seems really hard”

“It’s going to take SOOOO long!”

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Common Excuse #4: Past Experiences & Identity

“I tried that before”

“I’ve failed in that past. What makes me think I can do it now?”

“People like me can’t/don’t……”

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Mindset determines Behavior

Mindset: beliefs, thoughts, perceptions, attitudes, experiences

Limiting or growth promoting?

Unclog the blocks

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Goals & Actions

Values & Vision lead goals
Goals are a roadmap of focus
Goals are personal, specific, measurable, time based, written down

How to reach goal:
Action plan
Tactical processes
Frequent check ins
Able to adjust

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Personal & Professional Growth: Lens of Clarity

What do I enjoy?

What energizes me?

What do I find easy compared to others?

What feels effortless to me?

What do others encourage in me?

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Keys to Success

Knowledge vs. behavior

Focus on your life

Support

Boundaries

Reality of balance

Identify triggers & plan for obstacles

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Balance

“Doing the right things at the right time”
Christy Wright, author of *Take Back Your Time*

1. Decide what matters
2. Stop doing what doesn’t matter
3. Create a schedule around what does matter
4. Protect what matters
5. Be present for what matters

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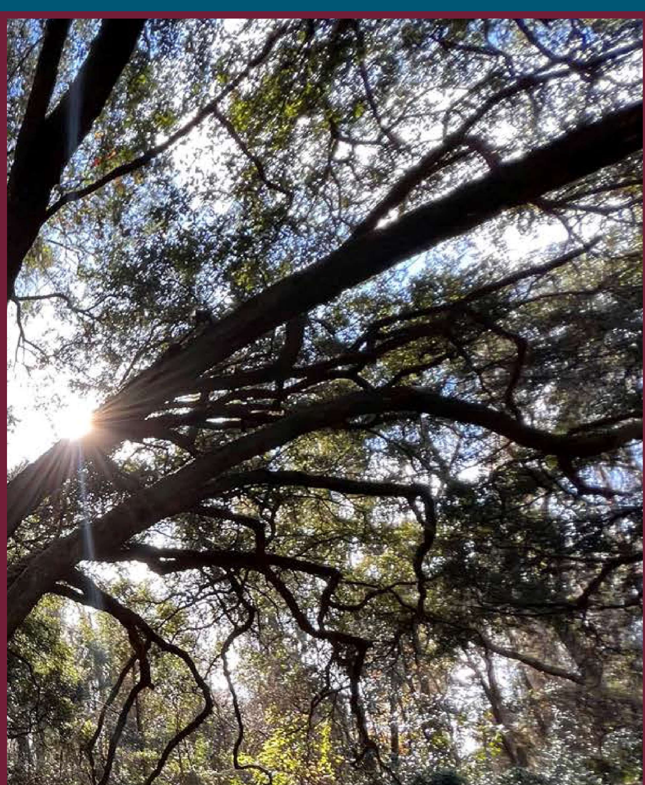

Thank You!

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