

STRATEGIC SYNERGY



**Synchronizing Your
Life For Success**

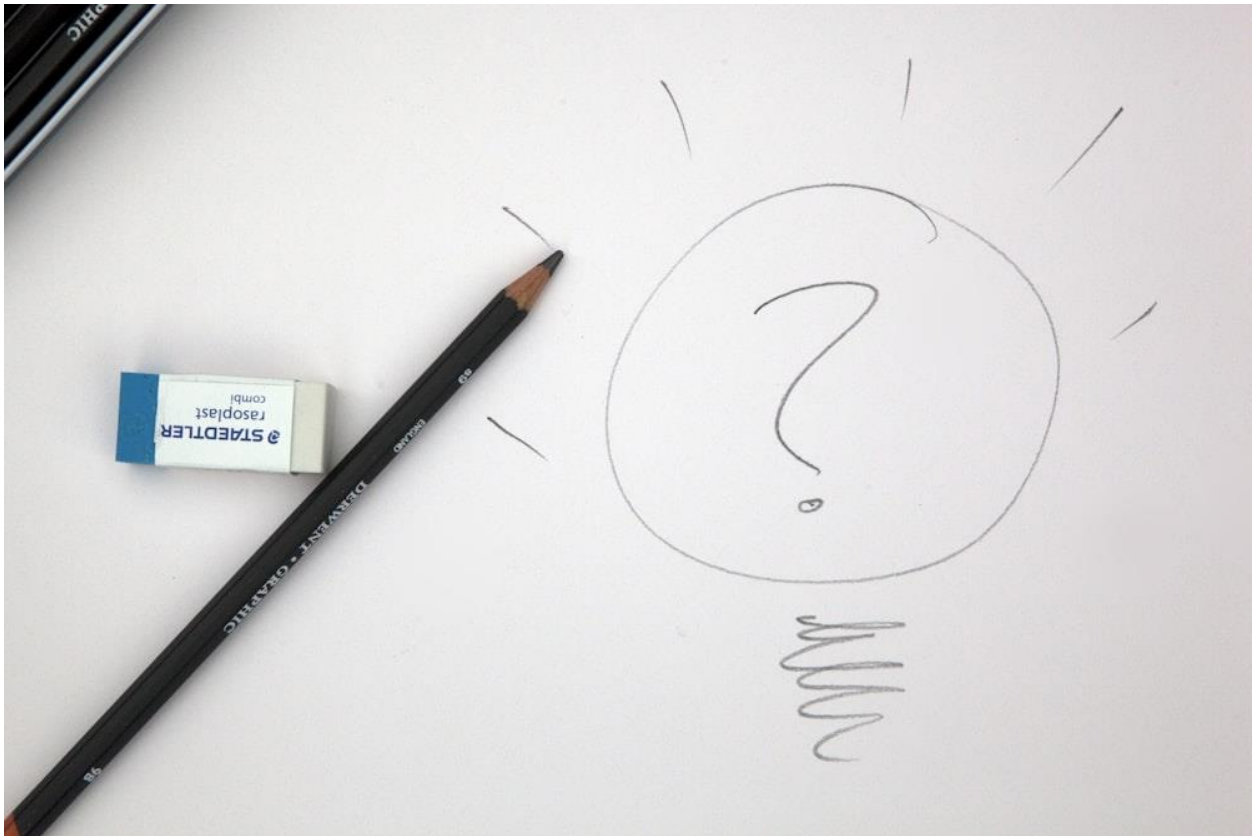
Strategic Synergy ©

Modekurti Oliver

Table of Contents

INTRODUCTION	4
MODULE 1: UNCOVERING YOUR CORE VALUES	7
DEFINING THE VALUES THAT WILL GUIDE YOUR LIFE DECISIONS	7
HOW YOUR VALUES INFLUENCE YOUR CHOICES AND YOUR LIFE EXPERIENCE	11
WHAT IS A PERSONAL VALUE STATEMENT?	12
MODULE 01 IMPORTANT TAKEAWAYS	16
MODULE 01 EXERCISES	17
MODULE 2: GOAL SETTING FOR STRATEGIC LIVING	23
ALIGNING YOUR GOALS WITH YOUR CORE VALUES AND LIFE VISION	23
ARE YOUR GOALS WISE?	25
PRIORITIZING YOUR MOST IMPORTANT GOALS	27
TAKING ACTION TO ACHIEVE YOUR GOALS	29
MODULE 02 IMPORTANT TAKEAWAYS	32
MODULE 02 EXERCISES	33
MODULE 3: NAVIGATING YOUR PATH WITH PRECISION	40
GOAL ACHIEVEMENT RELIES ON SELF-ASSESSMENT	40
MAKING VALUES-BASED DECISIONS	42
EMBRACING YOUR VALUES REQUIRES FLEXIBILITY	44
MODULE 03 IMPORTANT TAKEAWAYS	47
MODULE 03 EXERCISES	48
MODULE 4: SUSTAINING SUCCESS AND FULFILLMENT	58
DEVELOPING VALUES-BASED HABITS	58
REVIEWING YOUR PROGRESS	60
LEARNING LESSONS AND CELEBRATING SUCCESSES	62
MODULE 04 IMPORTANT TAKEAWAYS	64
MODULE 04 EXERCISES	65
FINAL REMARKS	73

INTRODUCTION



You have daily responsibilities. Getting to work on time. Performing your job duties. Laundry, feeding and walking the dog, housework, yard work and more. Chances are you have yet to make it through today, and tomorrow's responsibilities are already on your mind.

You can probably identify with that scenario, if not specifically, at least in general. You "have to do" so many things that living with intent and purpose is difficult. While all those things must be completed, they don't give your life meaning.

Strategic living lets you address your responsibilities, but you look at them differently. Everything you do involves the consideration of your values and your most important belief systems. Your choices are informed and values-based rather than arbitrary actions that don't mean anything to you.

You still need to get to work on time and perform your duties, but strategically approaching these tasks can align them with your values. For instance, if early retirement and financial independence are important to you, viewing your job performance and punctuality as steps towards those goals can make them more meaningful. Instead of going to work mindlessly, you will have a plan that ties your daily responsibilities to your overall life strategy.

Apply this strategic approach to your big goals and daily and weekly obligations. Aligning your goals and action plans with your values gives you a sense of purpose every day. Instead of feeling obligated, you choose to tackle your personal and professional responsibilities while chasing your dreams because your actions have meaning, leading to fulfillment and true happiness.

That's the purpose of this course: to give you the tools and strategies to live with intention. Your days will be filled with purpose and direction, making every day meaningful. When your goals matter to you, the plans you develop for achieving those goals will also matter.

Let's look at your course.

Strategic Synergy: Synchronizing Your Life for Success is divided into four modules. Each module ends with a summary of the important points covered and a few exercises that maximize the value you get from the course.

Module One: Uncovering Your Core Values is self-explanatory. We share some practices for getting to know your important values, not just the service level motivations driving your actions. You will discover the power of a personal value statement and how to create one that forms the basis for your overall life strategy.

In Module Two: Goal Setting for Strategic Living, you use the WISE goal-setting platform to align your goals with your values. Then, you develop a strategy that

prioritizes taking action on your goals while creating a viable plan for achieving them.

Module Three, Navigating Your Path with Precision, begins with some soul-searching. You take some time to uncover habits or behaviors that don't align with your values and goals. You learn to make value-based decisions while staying flexible and adapting to change and challenges.

In Module Four: Sustaining Success and Fulfillment, you think long-term. You create habits that support your values and life strategy for your daily needs and future experiences. This involves regularly reviewing your plan and learning to continuously use setbacks and victories to move towards purposeful success and fulfillment.

To synchronize your actions with your important beliefs, let's start by giving tips for identifying and giving details about the values that drive you.

MODULE 1 : UNCOVERING YOUR CORE VALUES



DEFINING THE VALUES THAT WILL GUIDE YOUR LIFE DECISIONS

Imagine that you are in the middle of a busy day. Whether at work or home, handling a social responsibility or some other obligation, your experience is hectic, distracting, and fast-moving. Amid this whirlwind of activity, a stranger asks you a straightforward question. "What do you value the most?"

You are told you have 30 seconds to respond, and your answer is rushed because you are busy. You will no doubt list a few emotions, ideals, or objectives that are at the front of your mind. The stranger nods, thank you for your response, and walks away.