

B.A.L.L. FORMULA



For Balance, Productivity, & Fulfillment in Work & Life...
Adopt the Juggler's Mindset. The strategies are simple, but not easy. Like physical juggling, they require focus, practice, perseverance, and patience to execute.

B - BREAK IT DOWN



Create a step by step action plan to achieve your purpose or goal:
Goals - Projects - Actions



Focus on one action at a time. Prioritize important tasks first.



Connect the dots in a creative way. Strengthen connections between the "balls" you juggle.

A - ASK FOR HELP



Connect with others. Build a support team & nurture relationships. Utilize each member's unique strengths. Get a mentor or advisor.



Communicate your vision. Understand how each member learns, works & communicates best. Then assign specific tasks.



Generate new ideas. Innovation happens in an environment of trust & respect where all feel comfortable contributing.

L - LEARN FROM THE DROPS



Take a risk. Mistakes are stepping stones to success and can lead to creative solutions.

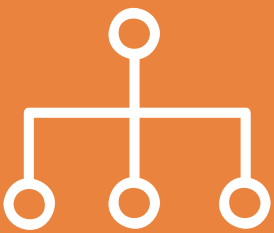


Figure out what went wrong and make an adjustment for the next attempt.



Build a library of typical situations for future reference - what worked, what didn't and why?

L - LET IT GO



Delegate to empower others and multiply your efforts. You don't have to do it all.

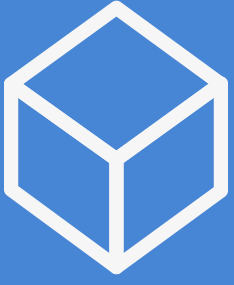


Move on. Done is better than perfect. Perfectionism is really about fear. Let it go.



Change your mindset. Challenges become opportunities. You can have it all, just not all at once.

C.U.B.E. FORMULA



For Creating Positive, Lasting Change & Getting "Unstuck" ...
Follow the steps to take a leap and do something you're not quite ready to do. Think outside the cube.

C - CONNECT THE DOTS IN A NEW WAY



Think creatively.
Don't do something just because it's the way you've always done it.



Innovate by exploring new directions. Find a new path. Ask "What If?" and "Why Not?"



Connect your interests, strengths & talents in a way that is uniquely you. Be authentic.

U - UNDERSTAND YOUR WHY



Focus on what excites and scares you every day. What are you doing to challenge yourself & benefit others?



Unlock the power to persevere when things get difficult. Tap into your passion.



Identify the bigger picture. What is your long term vision? What is your contribution?

B - BELIEVE IN YOURSELF



Be confident! You have something unique and special to share with the world. Get a mentor to help guide you.



Lead yourself as well as your team. Delegate to empower and inspire others.



Share your vision & message with everyone you connect with. Everyone is a potential collaborator.

E - EXPECT TO WORK HARD



Learn from mistakes and set backs along the way. They are part of the process.



Embrace the hustle. Change takes focus, perseverance, consistency and discipline. There's no fast forward button.



Move on when one idea doesn't work. Start fresh and keep going until you see success.

KEY STEPS TO BUILD AN EFFECTIVE TEAM

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Working together, we accomplish more, generate more creative solutions, & ultimately find our work more enjoyable & rewarding. We are stronger as one.

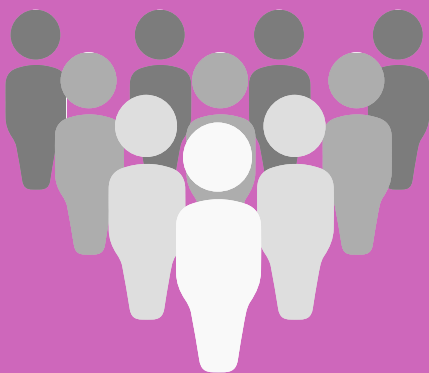
1 IDENTIFY THE GOAL

CLEAR PROCESS

Establish a step by step system for implementation of the group's purpose. Utilize the Power of Practice: analyze what works & what doesn't & modify system steps to achieve the goal.

COMMON PURPOSE

Define what the team is working to achieve. Each member must understand the team's purpose. Each step taken should be in alignment with the group's common vision.



PERSONALITY

Self-awareness and emotional intelligence are key. Each team member thinks, reacts, learns, works, & communicates differently. Be aware & adapt.

TALENT

We all have different natural abilities that can be nurtured. Get to know the members of your team and use those strengths to the group's advantage.

UTILIZE UNIQUE STRENGTHS 2

COMMUNICATE OPENLY & HONESTLY 3

RESPECT & TRUST

The team environment must be one in which all feel valued, appreciated, respected, and comfortable contributing ideas.

HOW WE INTERACT

Patterns of communication are the key indicator in determining a team's success. Focus on improving Energy, Engagement, & Exploration to maximize impact.

