Create a Life That Totally Rocks

Michelle Chappel, PhD
May 28, 2020
Goals of Talk

Part I

🌟 Uncover hidden superpowers and use them to distinguish yourself at work.

Part 2

🌟 Make goals that matter by examining your life from a broader perspective.

🌟 Divide your intentions into positive, specific, and measurable subgoals.

🌟 Create space for inspiration, community, and activities that bring you joy.
A Bit About Me

UCSC Psychology Professor Michelle Milis lectures on psychophysics hours before her debut at Live Soup.
A Bit About Me
See the Bigger Picture
Envision Method

Endgame — Where do you want to be 5 years from now?

Networking —

Values —

Inspiration —

Superpowers —

Intimates —

Openness —

Nourishment —
Envision Method

**Endgame** — Where do you want to be 5 years from now?

**Nesting** — How can you create effective subgoals?

**Values** —

**Inspiration** —

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O penness — How can you be more honest about your feelings?

N ourishment — How can you nurture activities that bring joy?
Start With The End in Mind

- Where would you like to be five years from now?
- Where would you like to be in one year?
- Where would you like to be in three months?
- One month?
- One week?
- What one small action can you take today?
Aim High

“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.”

Michelangelo
Currently, 37 women lead Fortune 500 firms, an increase from last year’s 33 women, which at the time, was a record high.
80% of people give up on their New Year’s resolutions by February.
Create Nested Goals

• Be specific — when, where, how?
• Make your intentions positive
• Create measurable subgoals
• Celebrate your victories
• Come up with alternative pathways

A goal without a plan is just a wish.
Your Professional Goals

Think about how can you build goals that truly matter to YOU.

• Where would you like to be five years from now?

• Where you would like to be in one year?

• Three months?

• One month?

• One week?

What small action can you take today to kick off this plan?
Importance of Sharing Your Goals

Think about goals
Write down goals
Share with friend
Weekly progress report to friend

Success Rate
43% 56% 64% 76%

Jack Canfield, “The Success Principles”

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Share Your Goals

Where would you like to be in 5 years?
What small action can kick off this plan?
Create Space for Balance

“Beware the barrenness of a busy life.”

Socrates
Focus on Your Superpowers

* Gallup’s CliftonStrengths
* Seligman’s Character Strengths
* Superpower Questions
Lessons From the Dying
The number one regret of people on their deathbed is that they did not live their dreams.
The second regret of the dying is that they worked so hard.
Open Up Emotionally

The third regret of the dying is they wish they’d expressed their true feelings.
The fourth regret of the dying is they wish they’d stayed in touch with their friends.
Nurture Happiness

The fifth regret of the dying is they wished they’d let themselves be happier.
Your Personal Goals

Which regrets stand out as most important for you?

1. You are not living your dream.
2. You work too hard.
3. You do not express your true feelings.
4. You don’t spend enough time with friends.
5. You feel stuck and don’t let yourself be happy.

What small goal can you make to follow through this week?
Share Your Goals

Which regret would you like to tackle?
What small step can you take this week?
Your Total Rock Star Plan

Professional Plan

1. Where would you like to be five years?
2. Where you would like to be in one year?
3. Three months?
4. One month?
5. One week?

What small goal can kick this off?

Personal Plan

1. How can you follow your true purpose?
2. How can you make time for hobbies?
3. How can you be more open & honest?
4. How can you prioritize time with friends?
5. How can you bring more joy in your life?

What small goal can kick this off?
Make a Mission Statement

I would like to be known as an intelligent woman, a courageous woman, a loving woman, a woman who teaches by being.

MAYA ANGELOU
What Next?

Free Superpower Session

michellechappel.com

Free PDF
Find Your Superpowers

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Share Your Story
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