



Intentional 2024

A Thoughtful Approach to Goals and Resolutions

What do you want in 2024? _____

My Top Core Values: _____



My DISC Style Key Words: _____



Capacity/Energy: _____



My Intentions / Goals: _____

I'll set myself up for success: _____

Core Values

Core Values
Exercise



Core Values
Course



Definition

The principles and priorities that guide an individual's actions. They represent the foundational convictions that allow a person to navigate complex situations while keeping their identity and authority at the forefront.

NOT

- Morals or ethics** - subjective ideas based on your values
- Beliefs** - can be inherited, developed, and are changeable
- External** - anything outside you is "something you value"

ARE

- Intangible** - but have documentable effects
- Inherent** - your internal compass
- Inspirational** - they bring you joy

What would the 5 people closest to you say about you?

- What things do **YOU consider to be non-negotiable?**
- What makes them **non-negotiable?**
- Pull out the **3-5** that most resonate and transfer them to page 1.



Communication: DISC

The MAXWELL METHOD DISC STYLES OF COMMUNICATION

If you are communicating with someone who demonstrates these CHARACTERISTICS	THEY MAY BE A	Consider using this COMMUNICATION APPROACH
<ul style="list-style-type: none"> » Confident » Assertive or aggressive » Challenges the status quo » Seems to like control » Dislikes routine 	D	<ul style="list-style-type: none"> • Be direct and brief. • Stay in the big picture. • Don't try and share all of the details. • For a decision, provide them with options. • Maintain your focus on results, not process.
<ul style="list-style-type: none"> » Talkative » Optimistic » Encourages others » Fun to be around » Very social 	I	<ul style="list-style-type: none"> • Allow them the opportunity to share their ideas. • Keep the conversation fun. • Don't overwhelm them with too much data. • Expect to follow up with them. • Provide short, concise information in a friendly way.
<ul style="list-style-type: none"> » Loyal » Reliable » Good listener » Avoids confrontation » Mediator 	S	<ul style="list-style-type: none"> • Keep the conversational tone pleasant and friendly. • Steer clear of confrontational words or attitude. • Express your appreciation for their dedication and loyalty. • Focus on maintaining a supportive tone. • Provide them with time to adjust to changes.
<ul style="list-style-type: none"> » Analytical » Organized and structured » Works well with a schedule » Prefers to work alone » Quiet and reserved 	C	<ul style="list-style-type: none"> • Focus on facts. • Keep the tone professional. • Give them all of the details. • Provide them with time to analyze options for decisions. • Remember they may ask many questions because they process by gathering more facts.

Capacity & Energy



- Sprinter** - Quick start, recovery, start over
- Marathoner** - Methodical and in it for the long haul

Use the life wheel to determine what takes the most energy.

