

# DREAMING YOUR 2012

**A WORKSHOP BY LOCOMOTIVE PARTNERS**

01/21/2012

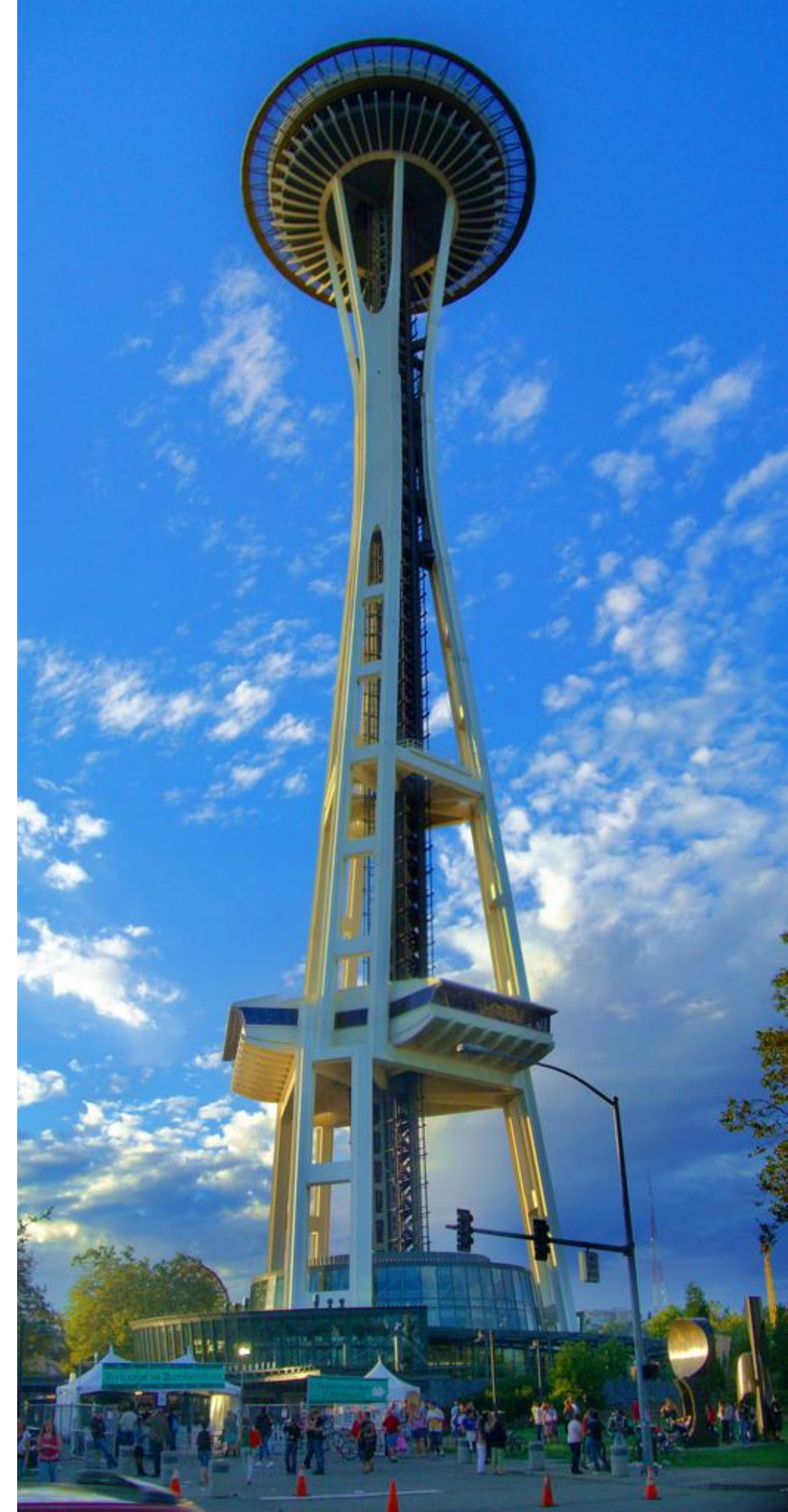


# Schedule

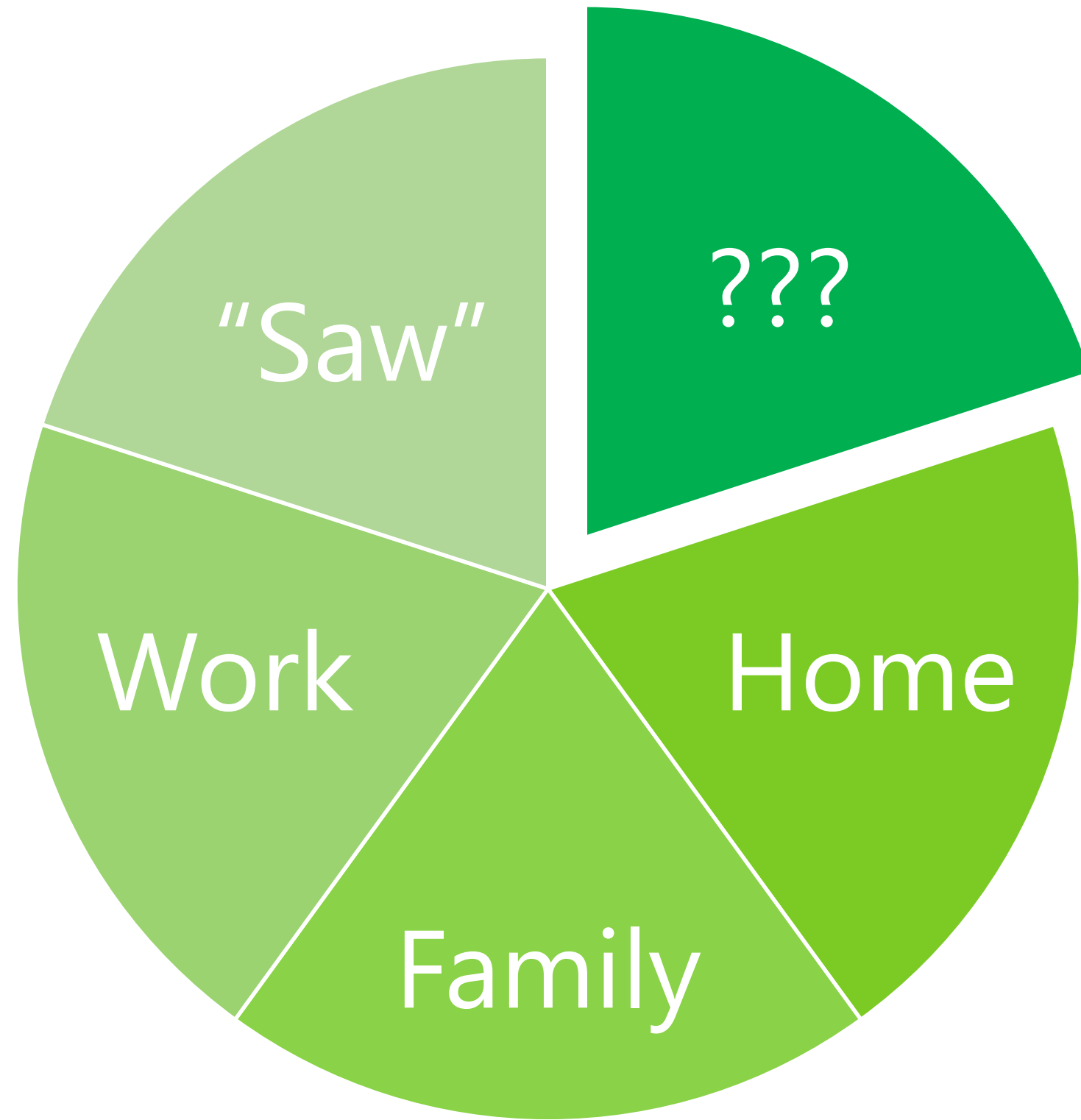
## 4 KEY EXERCISES & SOMETHING EXTRA

- |   |                        |         |
|---|------------------------|---------|
| 1 | Reflecting on 2011     | 10:00am |
| 2 | Dreaming Your 2012     | 11:30am |
| 3 | Focusing Your Dreams   | 1:15pm  |
| 4 | Planning Your 2012     | 2:30pm  |
| * | Sustaining Your Dreams | 3:30pm  |

*We'll work through lunch & end by 4:00pm*



# How BIG Will You Dream?



# 1<sup>st</sup> Mental Shift

"... a **persistent effort to examine ... to recognize problems**, to find workable means for meeting those problems, to recognize unstated assumptions and values..."

Valuable for technical, professional, competitive & planning work

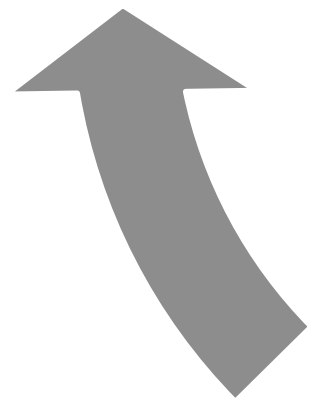
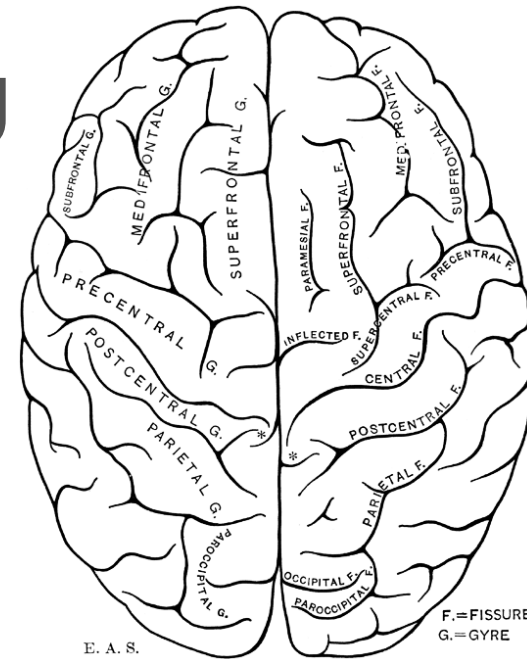
## Critical Thinking



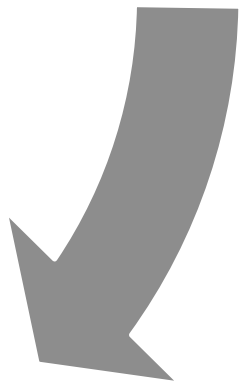
## Contemplative Thinking

"... an act of **considering with attention**, a **form of leisure** ... to **reconcile the heart and the mind** into one thing ..."

Valuable when seeking meaning



## Appreciative Inquiry



"... the discovery of **what gives 'life'** ... the art and practice of inquiry ... through the **crafting the 'unconditional positive question'** ... there is **discovery, dream, and design** ..."

Ask "What enlivens me?" and find change in that direction.

# 1. Reflecting on 2011

- What dreams did I hold for the year?
- What significant experiences marked my year?
- How do I feel now about my 2011 journey?
- What new wisdom will I carry into 2012?
- What larger journey am I on, for which 2011 may have been the start, middle, or end?

## 2. Dreaming Your 2012

- What enlivens me?
- What dreams do I hold for the new year?
- What significant experiences & changes do I wish?
- How will I apply the wisdom learned in 2011?
- How do I want to feel about 2012 come 2013?

# Ways of Being

Reflection-oriented



Action-oriented

Self-oriented



Other-oriented

Process-oriented



Outcome-oriented

Stasis



Flow

Knowing



Learning

Novice



Expert

Defending



Risking

Hunting



Gathering

# 3. Focusing

- Does each idea enliven me?
- Do any ideas feel like I 'ought to' or 'should' do it?
- Are 'being' and 'doing' ideas distinct & specific?
- What outcomes & practices might each idea require?
- How would I feel if I manifested all of these?







# 4. Planning

- What steps shall I take towards each outcome?
- What practices shall I adopt to sustain me?
- How might I best track my progress & quality?
- How might I enlist others to realize my dreams?

# Sustaining Your Dreams

- Complete by next weekend
- Post a rolling 2 – 3 month calendar
- Make personalized dashboards
- Plan bi-weekly/monthly milestones events
- Take Quarterly Retreats
- Make a Cumulative Photo Screensaver
- One Inbox (& One Notebook)

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# THANK YOU

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