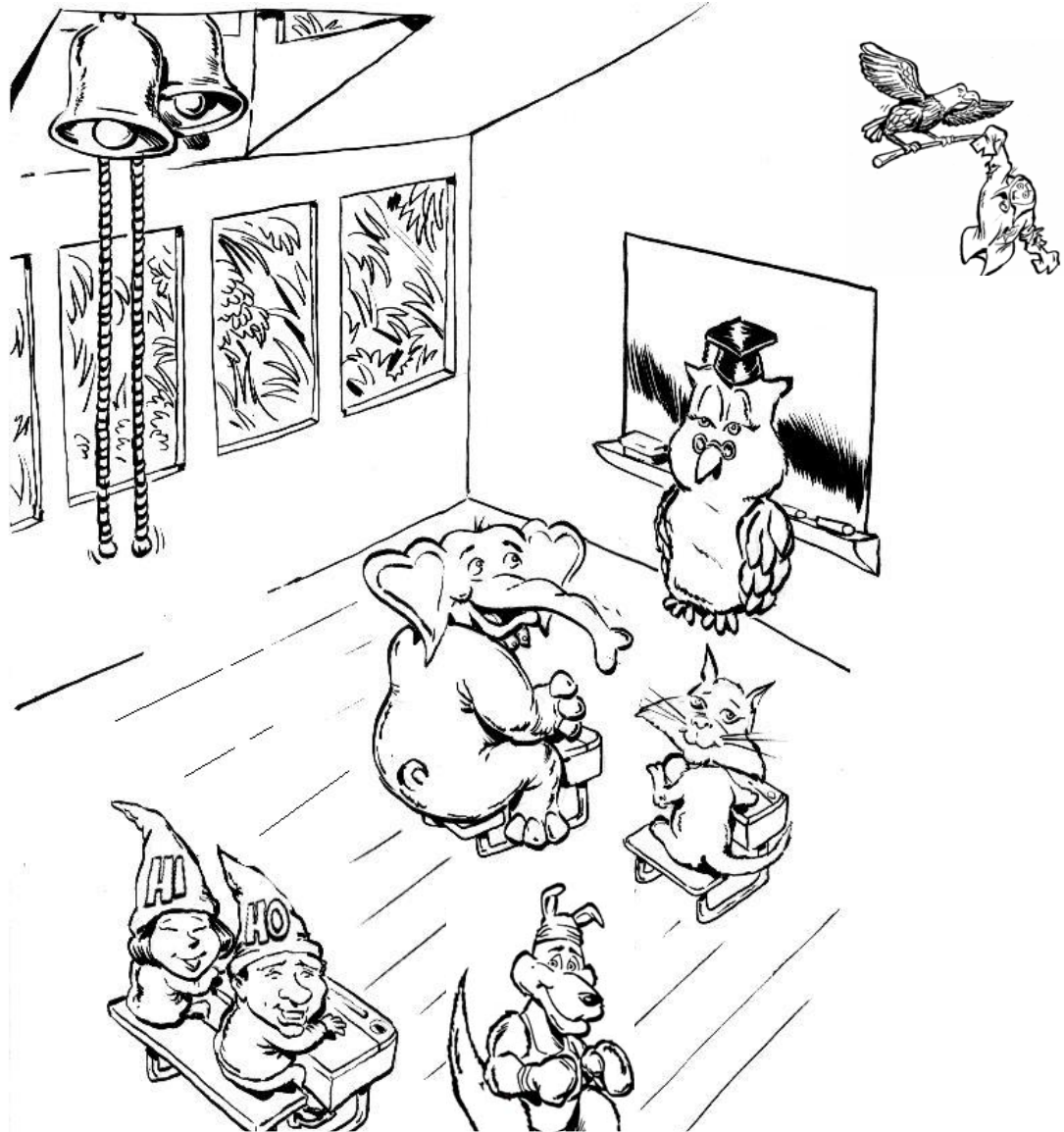


Making the Right Choices in a Jungle of Competing Priorities

Session 2

(Josh 24:15 2 Nephi 32:3-5)



The Pathway of Mastery©

Level 1 Openness requiring Humility

Level 2 Awareness requiring Knowledge to:

- Understanding who we really are & what we are truly capable of
- Clarify Desired Outcome Targets
- Design well-thought-out plans of action

“Builds the foundation for informed choices”

Level 3 Commitment requiring Courage

Level 4 Implementation requiring Self-Discipline

Level 5 Monitoring requiring Flexibility

Level 6 Persistence requiring Strength of Character

Level 7 Mastery producing Integrity



1. **W _ _ _ (the owl)** (Romans 8:16-18 Genesis 1:26-27)

Know **W _ _** I *really* am by developing Self Mastery habits around personal purpose and vision.
This leads me to know **WHAT** I am capable of, **WHERE** I am going and **HOW** I am going to get there.
Places me in a position of personal Control. **Strengthens** and maintains self identity.
Clarifies and maintains personal purpose. **Note:** The same applies to business entities.

“Focus Through Self Identity”

2. **P _ _ (the cat)** P _ _ _ _ _ _ E _ _ _ _ _ _ T _ _ _ (D&C 88:124)

- Minimum 4 times a week 20 minutes per session.
- Peaceful environment at a time best suited to you. (Preferably Early Morning)

Time for Me: To Re-energise, Relax, Prepare. **Improves** Creativity and Spirituality.

“Spiritual Sensitivity”

3. **L _ _ _ w _ _ (the elephant)** L _ _ _ en (hear) T _ _ _ e (double). (D&C 88:122)

- 1. Listen with my ears – two ears, one mouth, use in that proportion.
- 2. Listen with my heart and thus with empathy.

(Empathy = sincerity, compassion, feeling, concern)

If I am truly listening, I am truly feeling. **Builds** trust and respect. **Encourages** open and honest communication.

“Effective Communication For Positive Results Through Sincere Listening”

4. **H _ - H _ (the dwarfs) Mind Control** (D&C 84:85 2 Nephi 9:39)

H _ _ _ _ I _ - H _ _ _ _ O _ _ or H _ _ _ _ I _ - H _ _ _ _ O _ _

- *The choice whether to control my mind or not is mine.*
- *Constructive thoughts /self-talk lead to constructive actions.*
- *Destructive thoughts /self-talk lead to destructive actions.*

Conscious is the gateway to the Sub-conscious. **Sub-conscious** can't tell fact from fantasy.

Sub-conscious acts on information it receives. **Sub-conscious** steers us towards given goals or targets.

Choose to replace negative thought patterns with positive patterns.

“Maintaining A Positive Attitude / Culture Through Constructive Thought Patterning”

5. **D _ e _ _ _ (the kangaroo)** Maintain a good D _ _ t and E _ _ _ cise Program. (D&C 89:14-21)

- *A healthy diet and regular exercise are essential for maintaining balance.*

Exercise is one of the most effective methods of preventing and releasing stress.

Healthy diet strengthens the immune system. **Controls** weight.

Improves energy. **Develops** a feeling of well-being. **Increases** creativity.

“Organizational Well Being Through Personal Well Being”