

efficiency & effectiveness



- ❖ efficiency involves getting lots of things done - travelling fast and far
 - ❖ effectiveness involves getting the right things done - travelling in the right direction
 - ❖ values & priorities decide the direction
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roots & respected figures

- ❖ write down several people who you deeply respect
 - ❖ what specific qualities or characteristics do you respect in each of them?
 - ❖ look for “clusters” or individual qualities that particularly stand out
 - ❖ the qualities that stand out suggest values that are very important for you
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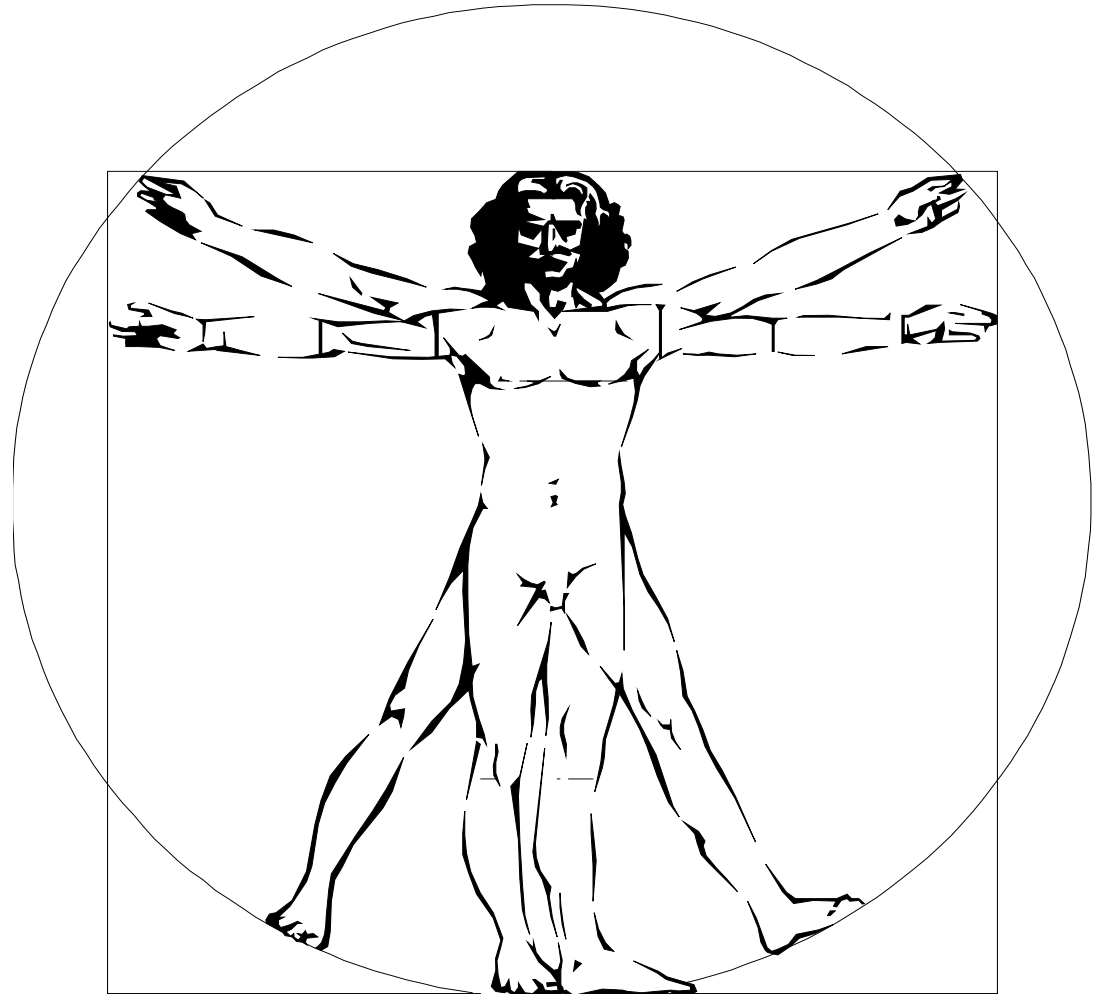
what are your values?

- ❖ *what we have seen in our work is that most people don't give themselves permission to live until they've been given a terminal diagnosis*
Stephen Levine
 - ❖ *when I get to heaven they will not ask me, "why were you not Moses?" instead they will ask "why were you not Susya? why did you not become what only you could become?"*
Susya, a Hasidic rabbi
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roles help avoid imbalance

for example:

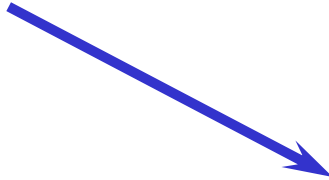
- ✧ husband
- ✧ father
- ✧ friend & relative
- ✧ self-care
- ✧ educator
- ✧ clinician
- ✧ admin e.g. house,
car, accountant, etc



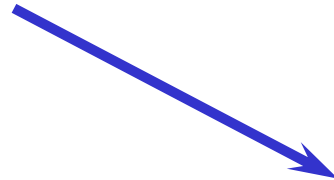


taking control/making time

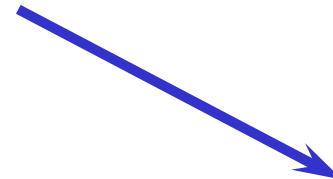
roots



roles



goals



diary



intentions for this coming week

- ✧ time for personal reflection and writing
 - ✧ autogenics – the forehead focus, reminder dots, walking & thirteen breath exercises
 - ✧ exercise, diet, weight, alcohol, & sleep
 - ✧ personal community chart & intentions
 - ✧ values/roots – roles – goals – diary
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