

Amplify Your Impact

INTRODUCTION

Scott Geddis, President and Founder of Inspired Engagement

- I have a positive impact on the world by being more of who I am and inspiring others to do the same.
 - scott@inspired-engagement.com
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WHAT IS YOUR PATH?

80% of the people in the world do not love what they do. It's the other 20% who are inspired to be difference makers, to do world changing work.

- Are you one of the 20% who will make a difference?

Ikigai (icky-guy) is a Japanese concept that means "a reason for being." The word "ikigai" is usually used to indicate the source of value in one's life or the things that make one's life worthwhile.

- What do you love to do?
- What are you good at?
- What does the world need?
- How can your purpose be sustained?

What is your Ikigai? Is it at work? Is it a social or community project?

What is something you simply can't not do?

DISCOVER YOUR SIGNATURE VOICE

Who Are You?

- If I followed you around for a day how would I know what you stand for, what is important to you? What your Ikigai is?
 - Are your behaviors consistent with your values?

Discover Your Talents

- Talents are your natural, instinctive, intuitive, reoccurring ways of thinking, believing and behaving
- Talents
 - Describe you

- Influence your choices
- Direct your actions
- Explain why you are better at some things
- Filters your view of the world
- Talents are your potential strengths
- CliftonStrengths Assessment
 - www.gallupstrengthscenter.com

Clarify Your Core Values

- What are your core values that serve you as a framework for making decisions?
- How do your behaviors show these are your core values? Are you authentic?
- Core Value Worksheet Attached

Fail Forward

- You learn more from your failures than your success
- What have you learned from your life experiences?

DO THE IMPOSSIBLE

Everything was Impossible Until Someone Did It.

- Roger Bannister ran the impossible sub 4-minute mile
- Record broken 46 days later, over 1000 times since

Create a Positive vVision

- Creating positive vision that leads to action.

Believing it is possible (Fearlessness)

- Jessica McDonald, US Women's World Cup Soccer Team
- Life told her no, she played in the World Cup anyway
 - <https://sports.yahoo.com/jessica-mcdonald-uswnt-world-cup-mom-courage-142048456.html>

SURROUND YOURSELF WITH THE RIGHT PEOPLE

Social Facilitation

- Norman Triplet Cyclist research on Social Facilitation.
 - An improvement in performance produced by the mere presence of others. co-action and audience effects.
 - <https://www.simplypsychology.org/Social-Facilitation.html>
- Gallup research on Social Wellbeing

- Heal faster when not in stress relationship
- <https://news.gallup.com/businessjournal/127043/Friends-Social-Wellbeing.aspx>

You are the average of the 5 people you spend the most time with

- Who are your Vital Friends?
 - Are you surrounded by **vital friends or accomplices**?
 - Builder
 - Champion
 - Collaborator
 - Companion
 - Connector
 - Energizer
 - Mind Opener
 - Navigator
 - Do you surround yourself with the 80% who are complacent or the 20% who are passionate about something and doing something about it?
- Vital Friends Worksheet Attached

Others don't always know the best

First, they IGNORE you,
then they LAUGH at you,
then they FIGHT you,
then you WIN

-Mahatma Gandhi

Impact of Social Media

- How can you use social media as a positive influence?
- Can you be a thought leader? An influencer?
 - What do you post?
 - Who do you follow?
 - Whose posts do you share, reply or comment on

NOW IT IS UP TO YOU!

Clarifying your Core Values

Create a list of your personal values, the deeply held beliefs that certain qualities are desirable. Values define what is right and fundamentally important to you.

Highlight any of the values you strongly connect with on the list found below.

- Abundance
- Acceptance
- Accessibility
- Accomplishment
- Accountability
- Accuracy
- Achievement
- Acknowledgement
- Activeness
- Adaptability
- Adoration
- Adroitness
- Advancement
- Adventure
- Affection
- Affluence
- Aggressiveness
- Agility
- Alertness
- Altruism
- Amazement
- Ambition
- Amusement
- Anticipation
- Appreciation
- Approachability
- Approval
- Art
- Articulacy
- Artistry
- Assertiveness
- Assurance
- Attentiveness
- Attractiveness
- Audacity
- Availability
- Awareness
- Awe
- Balance
- Beauty
- Being the best
- Belonging
- Benevolence
- Bliss
- Boldness
- Bravery
- Brilliance
- Buoyancy
- Calmness
- Camaraderie
- Candor
- Capability
- Care
- Carefulness
- Celebrity
- Certainty
- Challenge
- Change
- Charity
- Charm
- Chastity
- Cheerfulness
- Clarity
- Cleanliness
- Clear mindedness
- Cleverness
- Closeness
- Comfort
- Commitment
- Community
- Compassion
- Competence
- Competition
- Completion
- Composure
- Concentration
- Confidence
- Conformity
- Congruency
- Connection
- Consciousness
- Conservation
- Consistency
- Contentment
- Continuity
- Contribution
- Control
- Conviction
- Conviviality
- Coolness
- Cooperation
- Cordiality
- Correctness
- Country
- Courage
- Courtesy
- Craftiness
- Creativity
- Credibility
- Cunning
- Curiosity
- Daring
- Decisiveness
- Decorum
- Deference
- Delight
- Dependability
- Depth
- Desire
- Determination
- Devotion
- Devoutness
- Dexterity
- Dignity
- Diligence
- Direction
- Directness
- Discipline
- Discovery
- Discretion
- Diversity
- Dominance
- Dreaming
- Drive
- Duty
- Dynamism
- Eagerness
- Ease
- Economy
- Ecstasy
- Education
- Effectiveness
- Efficiency
- Elation
- Elegance
- Empathy
- Encouragement
- Endurance



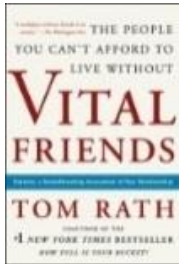
- Energy
- Enjoyment
- Entertainment
- Enthusiasm
- Environmentalism
- Ethics
- Euphoria
- Excellence
- Excitement
- Exhilaration
- Expectancy
- Expediency
- Experience
- Expertise
- Exploration
- Expressiveness
- Extravagance
- Extroversion
- Exuberance
- Fairness
- Faith
- Fame
- Family
- Fascination
- Fashion
- Fearlessness
- Ferocity
- Fidelity
- Fierceness
- Financial independence
- Firmness
- Fitness
- Flexibility
- Flow
- Fluency
- Focus
- Fortitude
- Frankness
- Freedom
- Friendliness
- Friendship
- Frugality
- Fun
- Gallantry
- Generosity
- Gentility
- Giving
- Grace
- Gratitude
- Gregariousness
- Growth
- Guidance
- Happiness
- Harmony
- Health
- Heart
- Helpfulness
- Heroism
- Holiness
- Honesty
- Honor
- Hopefulness
- Hospitality
- Humility
- Humor
- Hygiene
- Imagination
- Impact
- Impartiality
- Independence
- Individuality
- Industry
- Influence
- Ingenuity
- Inquisitiveness
- Insightfulness
- Inspiration
- Integrity
- Intellect
- Intelligence
- Intensity
- Intimacy
- Intrepidness
- Introspection
- Introversion
- Intuition
- Intuitiveness
- Inventiveness
- Investing
- Involvement
- Joy
- Judiciousness
- Justice
- Keeness
- Kindness
- Knowledge
- Leadership
- Learning
- Liberation
- Liberty
- Lightness
- Liveliness
- Logic
- Longevity
- Love
- Loyalty
- Majesty
- Making a difference
- Marriage
- Mastery
- Maturity
- Meaning
- Meekness
- Mellowness
- Meticulousness
- Mindfulness
- Modesty
- Motivation
- Mysteriousness
- Nature
- Neatness
- Nerve
- Nonconformity
- Obedience
- Open-mindedness
- Openness
- Optimism
- Order
- Organization
- Originality
- Outdoors
- Outlandishness
- Outrageousness
- Partnership
- Patience
- Passion
- Peace
- Perceptiveness
- Perfection
- Perkiness
- Perseverance
- Persistence
- Persuasiveness
- Philanthropy
- Piety
- Playfulness
- Pleasantness
- Pleasure
- Poise
- Polish
- Popularity
- Potency

- Power
- Practicality
- Pragmatism
- Precision
- Preparedness
- Presence
- Pride
- Privacy
- Proactivity
- Professionalism
- Prosperity
- Prudence
- Punctuality
- Purity
- Rationality
- Realism
- Reason
- Reasonableness
- Recognition
- Recreation
- Refinement
- Reflection
- Relaxation
- Reliability
- Relief
- Religiousness
- Reputation
- Resilience
- Resolution
- Resolve
- Resourcefulness
- Respect
- Responsibility
- Rest
- Restraint
- Reverence
- Richness
- Rigor
- Sacredness
- Sacrifice
- Sagacity
- Saintliness
- Sanguinity
- Satisfaction
- Science
- Security
- Self-control
- Selflessness
- Self-reliance
- Self-respect
- Sensitivity
- Sensuality
- Serenity
- Service
- Sexiness
- Sexuality
- Sharing
- Shrewdness
- Significance
- Silence
- Silliness
- Simplicity
- Sincerity
- Skillfulness
- Solidarity
- Solitude
- Sophistication
- Soundness
- Speed
- Spirit
- Spirituality
- Spontaneity
- Spunk
- Stability
- Status
- Stealth
- Stillness
- Strength
- Structure
- Success
- Support
- Supremacy
- Surprise
- Sympathy
- Synergy
- Teaching
- Teamwork
- Temperance
- Thankfulness
- Thoroughness
- Thoughtfulness
- Thrift
- Tidiness
- Timeliness
- Traditionalism
- Tranquility
- Transcendence
- Trust
- Trustworthiness
- Truth
- Understanding
- Unflappability
- Uniqueness
- Unity
- Usefulness
- Utility
- Valor
- Variety
- Victory
- Vigor
- Virtue
- Vision
- Vitality
- Vivacity
- Volunteering
- Warm-heartedness
- Warmth
- Watchfulness
- Wealth
- Willfulness
- Willingness
- Winning
- Wisdom
- Wittiness
- Wonder
- Worthiness
- Youthfulness
- Zeal

- As you read the values you highlighted place them in one of three categories:
 - Extremely Important Value in my Life
 - Moderately Important Value in my Life
 - Less Importance as a Value in my Life
- Focusing only on those you identified as Extremely Important rank them from most important to least important.
- Select the top 6 and list them in order on the chart below.
- For each the 6 values you selected describe the behaviors that demonstrate what the value looks like when you live it and how you would react or feel if this value was not honored by others.
- A value that you don't regularly act on is only a good intention. A couple of examples:
 - Family – I schedule 1 night a week to have dinner together with my family.
 - Adventure – I spend 2 weeks a year participating in new adventure activities.
 - Knowledge – I read one book a week and take a class or training session three times a year.
- Keep in mind these are behaviors you actually live not wish you lived. Be as specific as possible. Do you value honesty? Or is what you really value is others being honest to you? Do you believe in confidentiality or do you only want others to keep your confidence?
- Personal values don't need to be exactly the same as those of your place of work or school, but they do need to be aligned for you to experience personal fulfillment and build trust in others around you.

My Core Values	Why is this value important to you?	Recall a moment when you really lived this value. What behaviors did you exhibit that supported this value?	How would you react if this value was not being honored by others? Describe your feelings, thoughts or actions.
1.			
2.			
3.			
4.			
5.			

WHO ARE YOUR VITAL FRIENDS?



In his book *Vital Friends*, Tom Rath, asks us to look at the relationships in our lives and ask which of them measurably improve our lives or could we not live without. These are our Vital Friends. Rath identifies 8 categories of vital friends. Take a moment to look through the list below and identify someone in your life that fills each of these vital categories. It is possible that one person may fill more than one category and it is possible that you have not yet found someone to fill a category.

One of the six influences necessary to change personal behavior is Social Motivation and relies on us building social connections that will support our efforts. Our vital friends are just that friends and not accomplices.

Builder

Builders are great motivators, always pushing you toward the finish line. They continually invest in your development and genuinely want you and the team to succeed. Builders are generous with their time as they help you see your strengths and use them productively.

Champion

Champions stand up for you and what you believe in. They are the friends who sing your praises and praise the team. Champions are loyal friends with whom you can share things in confidence. When you need someone to promote your cause or the cause of the team, look to a champion.

Collaborator

A Collaborator is a friend with similar interests—the basis for many great friendships. You might share a passion for sports, hobbies, religion, work, politics, food, music, movies, or books. In many cases, you belong to the same group or share affiliations. When you talk with a Collaborator, you're on familiar ground, and this can serve as the foundation for a lasting relationship. Indeed, in those conversations, you often find that you have similar ambitions in work and life.

Companion

A Companion is always there for you, whatever the circumstances. You share a bond that is virtually unbreakable. When something big happens in your life—good or bad—this is one of the first people you call. At times, a true Companion will even sense where you are headed—your thoughts, feelings, and actions—before you know it yourself.



Connector

A Connector is a bridge builder who helps you get what you want. Friends who play the role of a Connector are always inviting you to lunch, dinner, drinks, and other gatherings where you can meet new people. This extends your network dramatically and gives you access to newfound resources.

Energizer

Energizers are quick to pick you up when you're down—and can make a good day great. They are always saying and doing things that make you feel better. Energizers have a remarkable ability to figure out what gets you going. When you are around these friends,

Mind Opener

Mind Openers are the friends who expand your horizons and encourage you to embrace new ideas, opportunities, cultures, and people. They challenge you to think in innovative ways and help you create positive change. Mind Openers know how to ask good questions, and this makes you more receptive to ideas. When you are around a Mind Opener, you are unguarded and express opinions aloud, especially controversial ones that you might not be comfortable sharing with other friends.

Navigator

Navigators are the friends who give you advice and keep you headed in the right direction. You go to them when you need guidance, and they talk through the pros and cons with you until you find an answer. In a difficult situation, you need a Navigator by your side. They help you see a positive future while keeping things grounded in reality. Any time you're at a crossroads and need help making a decision, you can look to a Navigator. They help you know who you are—and who you are not.

1. For each of the 8 categories try to identify at least one person who serves you as a vital friend. It is possible that one person may fill more than one category and possible that you have not yet found someone to fill a category.

- Builder - Pushes you to the finish line_____
- Champion - Stands up for you_____
- Collaborator – Has similar interests_____
- Companion – Is always there for you_____
- Connector – Is a bridge builder_____
- Energizer – A “Fun Friend” give you a boost_____
- Mind Opener – Expands your horizons_____
- Navigator – Gives advice_____

2. Write and send a handwritten thank-you note to each person sharing with them how important their influence is to you.

- Be specific in what they do for you in your life.
- Mention a specific time they have fulfilled their Vital Role.
- Written notes are much more powerful than emails and text messages. This activity helps builds a commitment to your social network and sets the foundation for you to seek out their help and support in the future. People respond strongly to recognition and thanks. By taking the time to write a simple thank you note these friends will be even more likely to provide the vital role that impacts your life.