

What happened

Experiment: write 1500 words/day

Since the start of my experiment I have been writing a lot, maybe even too much as I believe I feel I feel rather tired each day. However, this can also be because of the fact I started a new job at the same time as the experiment started. I feel I'm completely neglecting the community domain as I haven't done any volunteering in the past 2 weeks (usually, I volunteer at a weekly event). On the home front I notice I make less time available for my girlfriend, something I am not happy about. However, in the work domain things are going well: I just started a new job and I have some new clients (for my own company).

Update on four circles

Link: <http://bit.ly/1rJRTTT>

Update on four way attention and satisfaction

Domain	Importance	Focus of attention	Satisfaction
Home	25%	15%	5
Self	25%	15%	7
Work/Study	30%	65%	5
Community	20%	5%	8

Review your goals and skills to develop

I believe I reached the goals I wanted to achieve at the beginning of this course. Having said that, I am also aware about the fact I will still be able to improve on these points. I wanted to be seen as an expert in my field, which I am now. Secondly, I wanted to know more about leadership development, as I believed it is an important point of learning business (the reason why I take MOOCs). Having followed this course and the one on emotional intelligence by Case Western University, makes me believe I do understand the fundamentals of leadership development and being a leader.

With regard to the skills I wanted to improve on, I made some progress as well. I still don't know the direction I want to go on. However, I do not see that as a problem anymore (even though I graduated). To overcome this I started my own company to overcome this problem of choice. I now have the freedom to pursue what I think is right at this moment. The second skill has not improved at all. Instead of bringing people from different groups together my life is more fractioned than ever, I have different groups I am part of, yet I am better able to manage these groups and make them understand the importance of being part of these different groups.

Key lessons

Being real:

- Do not try to be perfect, because no one is. It is not wrong for me to sometimes not be the person I want myself to be as others do not mind if I cannot meet all their expectations all the time.

Being whole

- Make time for the ones you love, because if you don't you will regret it at some point. I learned to be fully present during my time with the ones I love. I now turn my phone off when I spend time with them so not to be interrupted. They will try to call back if it is important anyway.

Being innovative:

- Scheduling is not hard, it is a matter of priority. Mastering the concept of opportunity costs is something you have not done if you cannot make your schedule work because it does mean you do not know what you value most.

Continuing to growth

One thing I would like to do next year:

- Keep learning because you are never finished. I will keep on doing leadership courses through MOOCs in regular intervals. The main focus here will be on other courses than this one. This is not because I believe this MOOC is not valuable but due to the fact I believe in the value of diversity.

Things I would like to teach to others:

- I hope I can help others in the next year to find what they value because that is the start of a true leadership experience and helps to give focus to your development.