

HULINGS AND ASSOCIATES, L.L.C

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The Power of Collective PACE
(Dealing with the Impact of COVID 19)

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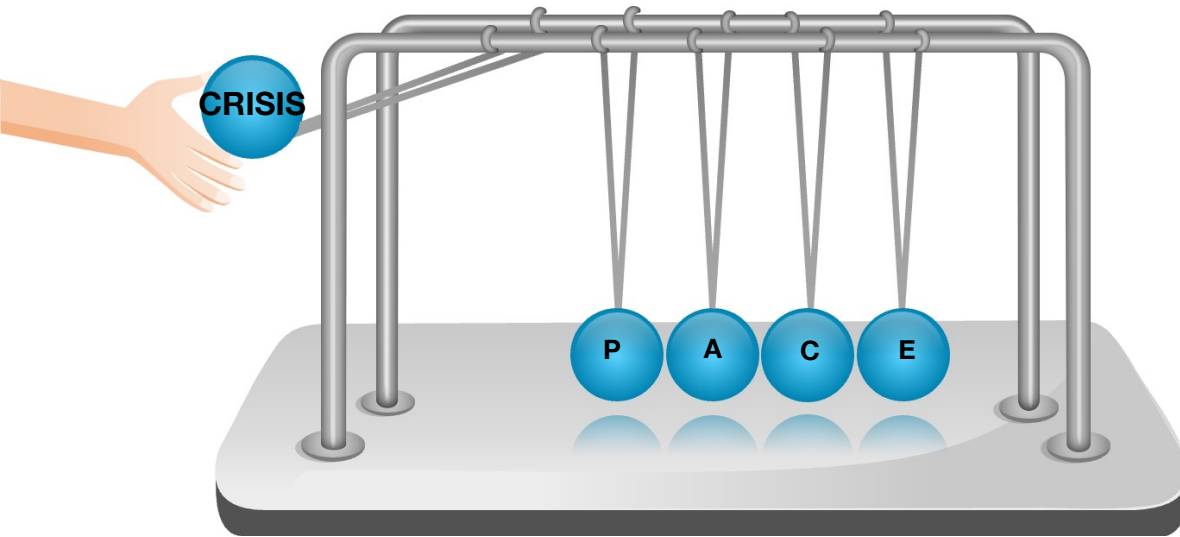
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Covid and Collective PACE



PURPOSE

(your why, the *rudder* of your life)

*Don't let a crisis, the real enemy, knock you off your purpose ... **name it!***

What is your purpose?

Identify your LEGO Blocks

(Life's Experiences & Growth Opportunities)

Naming and defining your strategic purpose:

KNOW: Identifying your strategic purpose is not a destination, it is an ever-evolving journey. It grows and morphs and develops as you do.



DO: Each morning over the next 21 days, set aside 10-15 minutes for quiet reflection in which you will intentionally look over your calendar and review scheduled tasks and events. Put a 10 next to the item you think will be the most exciting, and a 1 next to the one which will likely drain you.

Then, in the evening, set aside 10-15 minutes for additional reflection, considering the one thing which brought you the most joy and satisfaction.

Review your "numbers" with your "statement!"

ADD: If you are really serious about this, ask a significant other, family member, friend, or trusted colleague to watch you for the same time period, having them remember and record when you are the most excited and joy-filled. At the end of the time period, ask them to report to you what they saw, and then compare this with the work you did in your 21-day journey. At the end of this process, you will have a good sense of what gives you enjoyment and what produces energy.

Identify your:

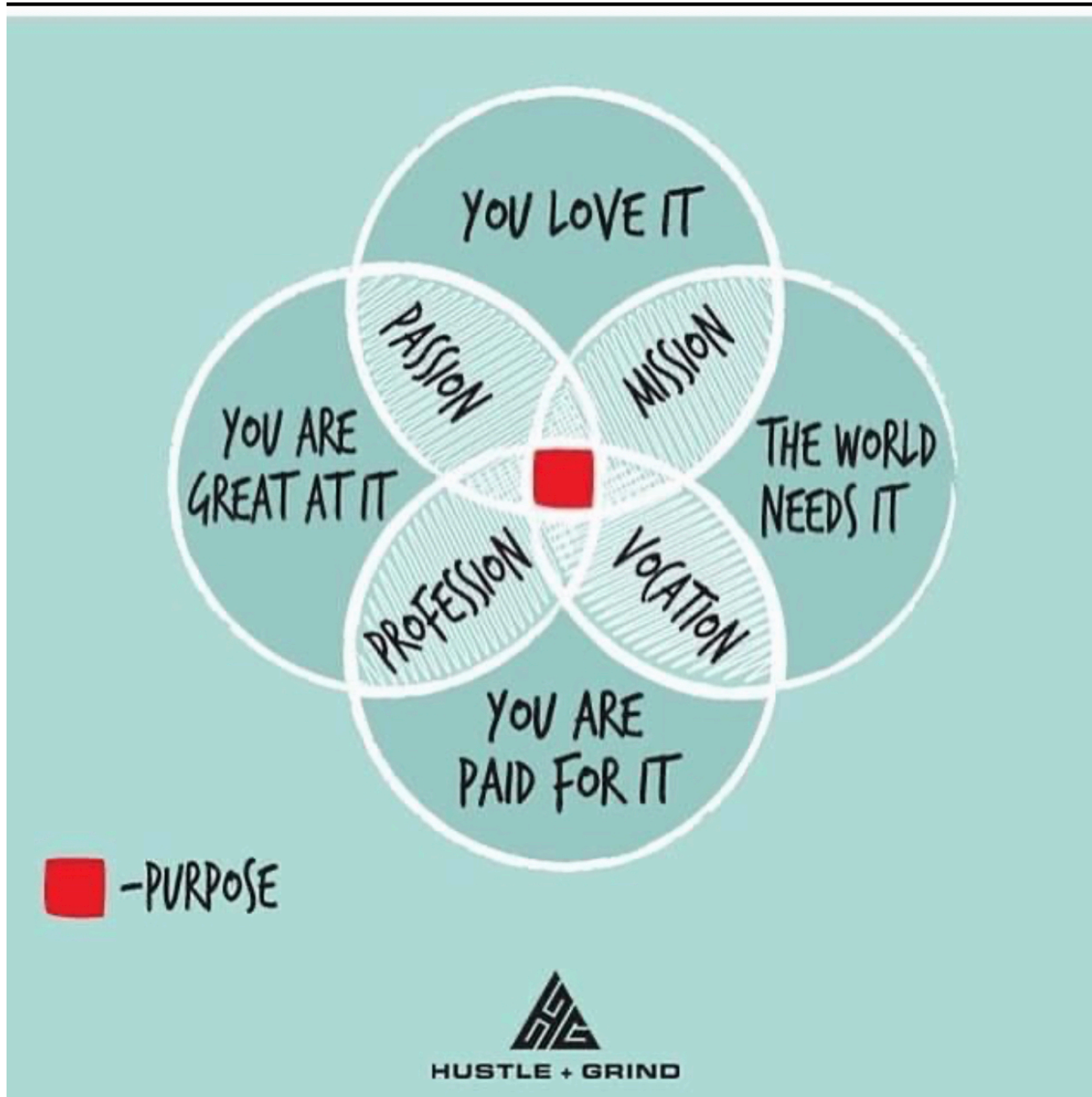
Passion:

Mission:

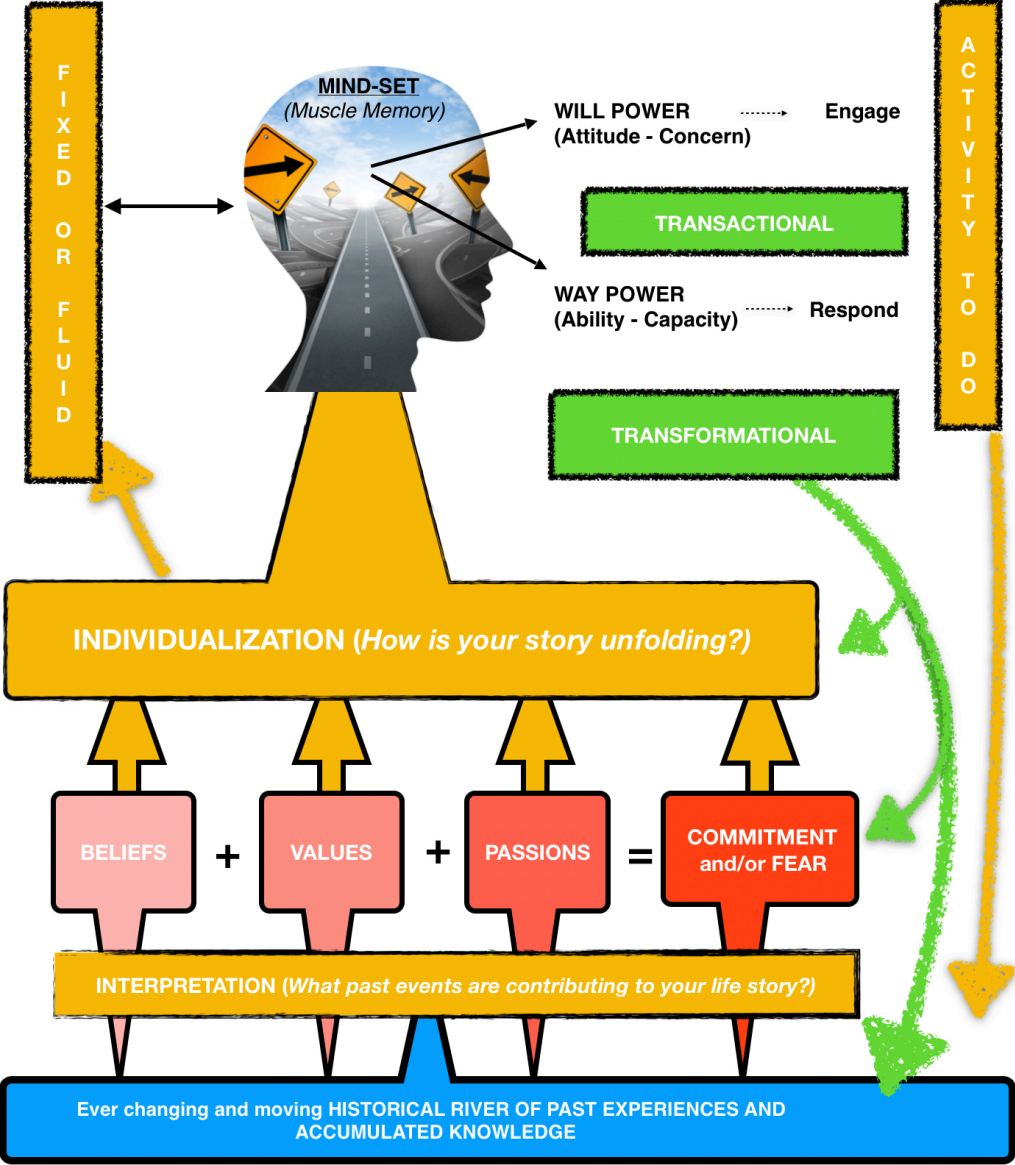
Profession:

Vocation:

*How do these merge to form
your purpose:*



Using the diagram to the left, identify your key beliefs, values and passions that produce a purpose of what you are committed to above anything else:



Identity:	What do we mean:	Write it down:
Belief	What is the core truth you hold to be true that motivates you?	
Value	Value is the weight of importance you put on one thing over the other. Based upon your belief, how do you express it in value?	
Passion	Passion is demonstrated by what shows up in energy. Add you belief and value, state it as a passion:	
PURPOSE (Commitment)	Our Purpose (Commitment) is what we “do” based upon our passion. Others see it. What do you show others is your commitment?	
Fear	We “fear” whatever prevents us from reaching our commitment. What do you fear?	