



Year
of Intention

START WHERE YOU ARE, USE WHAT YOU
HAVE, DO WHAT YOU CAN [ARTHUR ASHE]

April
Whole
Group Call

Agenda

12:00-12:10 - Welcome & Group Check-In

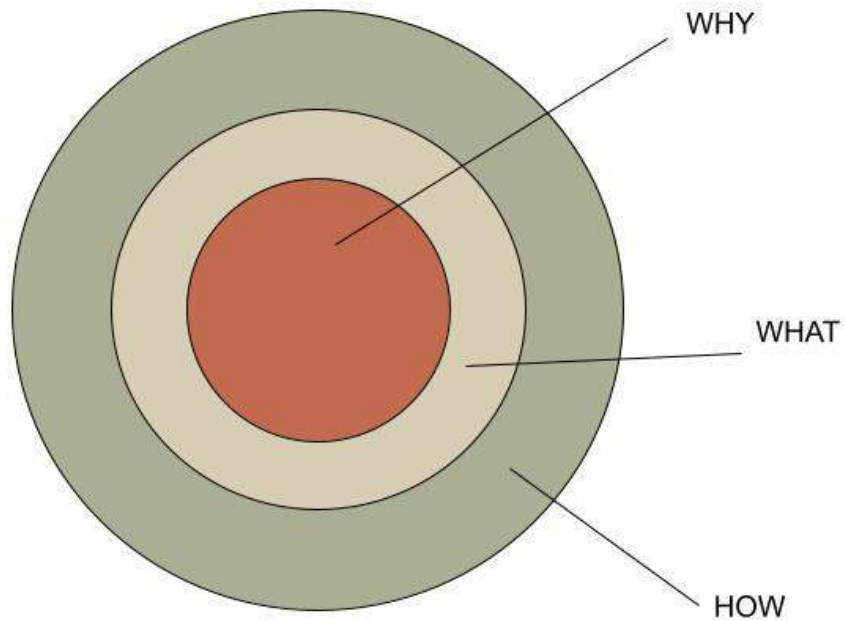
12:10-12:40 - From the WHY to the WHAT(s) - A deep dive into the components of the Human Needs Ecosystem

12:40-12:50 - A Bit about Recalibration

12:50-1:00 - Wrap-Up / Q & A

**Welcome
&
Group Check-In**

From the WHY to the WHAT



Process vs Outcome

Outcome: the larger goal or hope – the WHY

Process: the small steps that move us toward the outcome; cumulative effect of small actions over time – the WHAT & HOW

Start with the WHAT, then determine the HOW

Human Needs Ecosystem

an organic ever-changing system in which all components are necessary and require ongoing recalibration

Physical

Mental

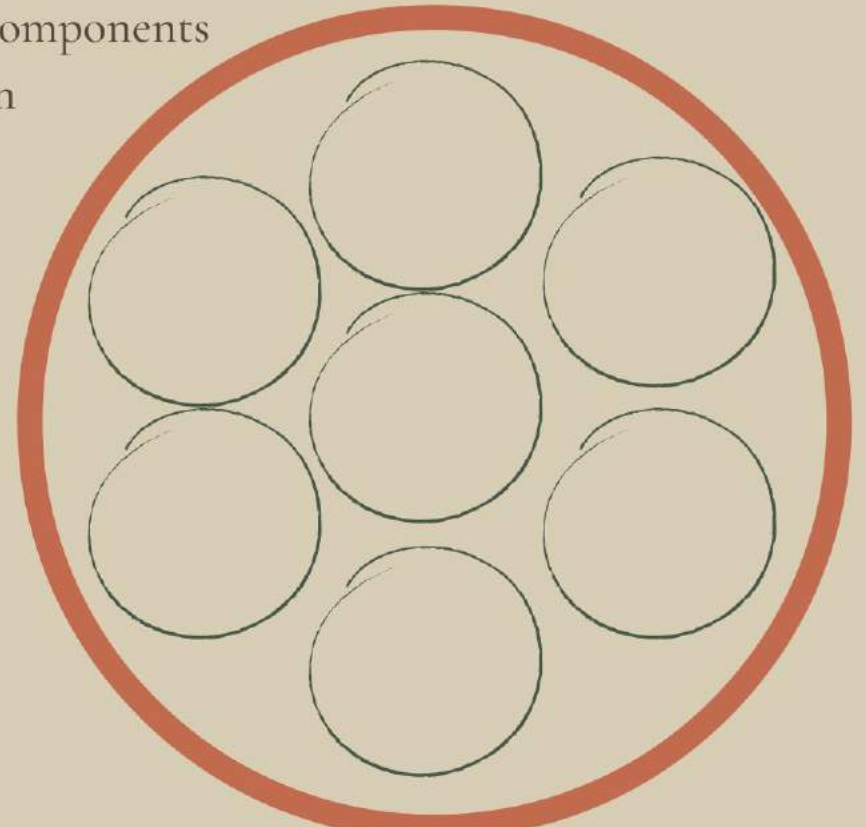
Emotional

Social

Sensory

Creative

Spiritual



The Human Needs Ecosystem

Deficient (I need more)	Component	Excessive (I need less)
	Physical	
	Mental	
	Emotional	
	Social	
	Sensory	
	Creative	
	Spiritual	

Recalibration

Things to Remember:

- You are right on time
- The process is not linear
- You can and *should* begin again
- What you wanted then might not be what you want now
- We evolve and so should our “ecosystem”
- Try & Information vs Trial & Error

Bonus Call!
Working with Your “Lizard”

When: Friday 5/6 @ 12pm

Next Steps

&

Q & A