



Victory by Design

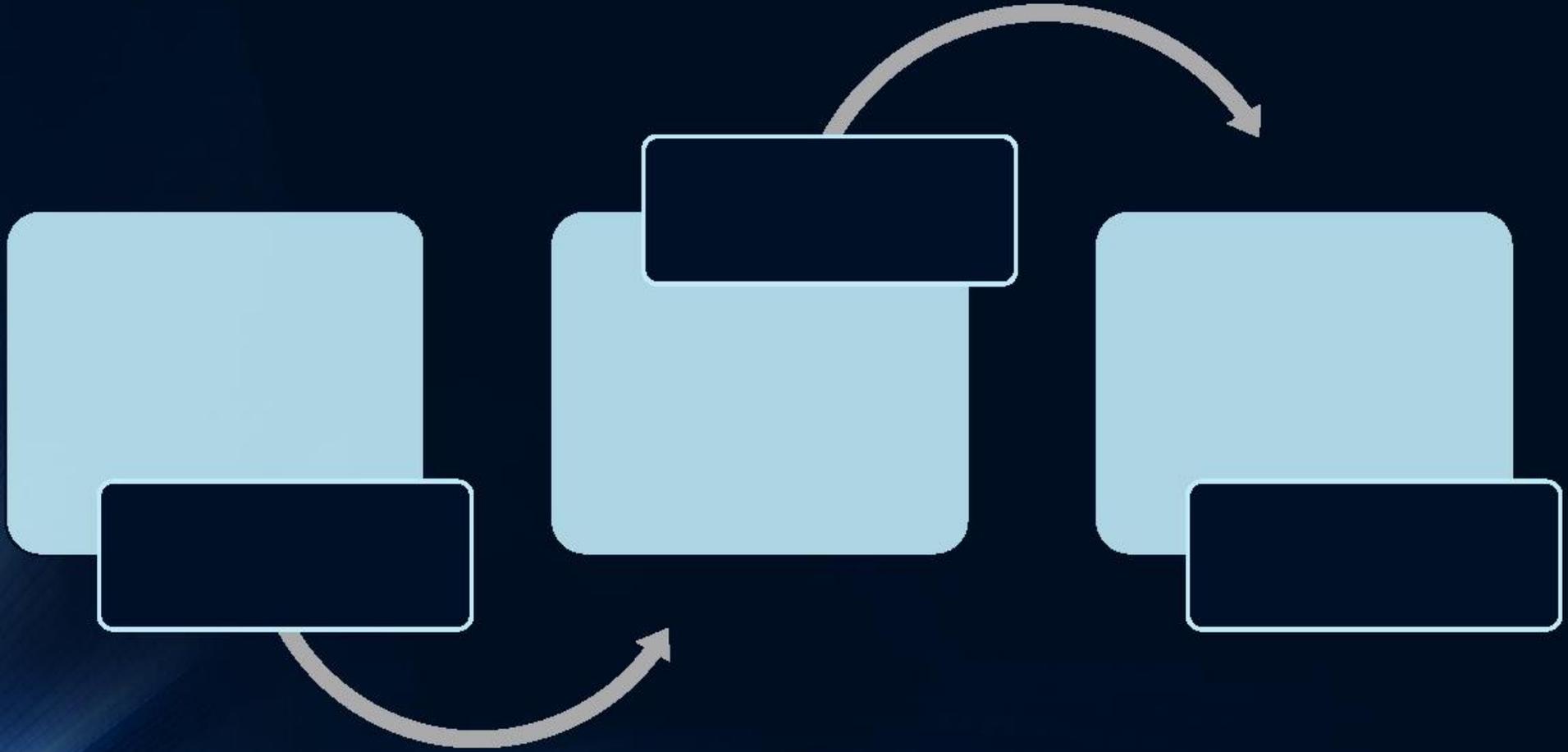
BY D.J. VANAS

WWW.NATIVEDISCOVERY.COM

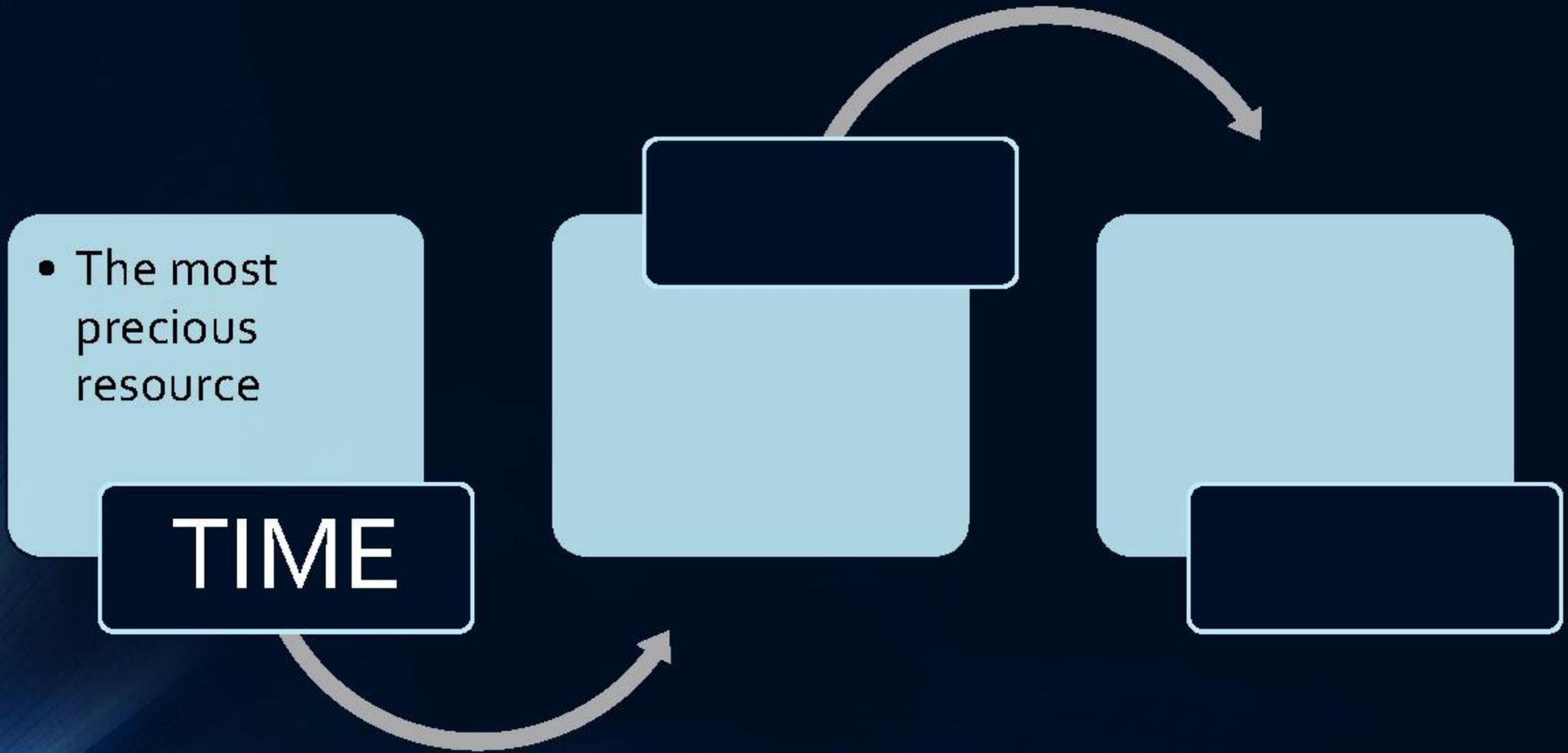
Let's Get Started

- My tribe and the tribal-centric way of thought
- Why “Victory by Design”?
- Example from the fashion world
- Step 1 – can be the hardest, but most necessary
- The (painful) truth can set us free

Know Your Resources



Know Your Resources



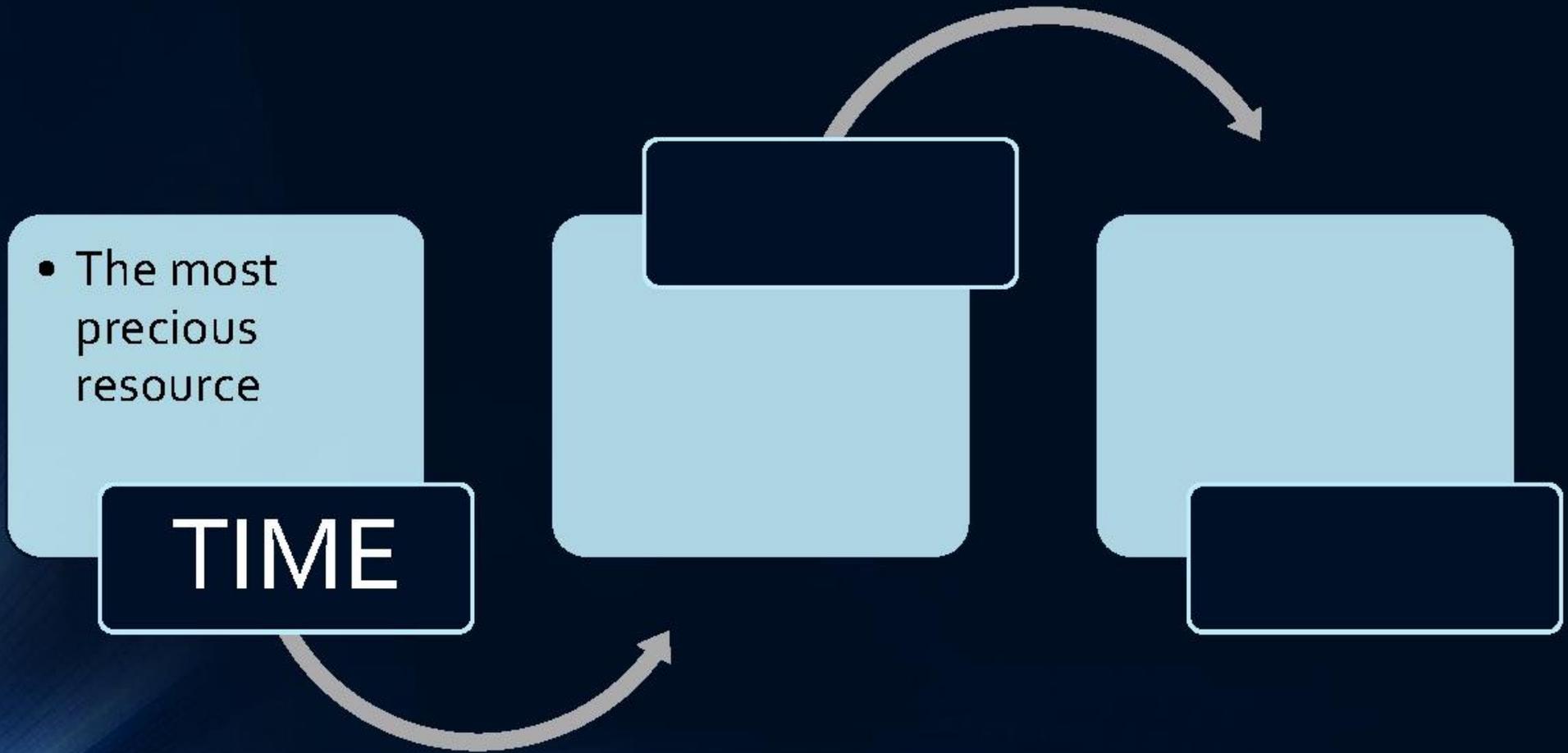
Time – the ultimate resource

- Why? It's non-renewable
- What we do with it each day, defines everything!
- Critical we put it towards the right things, not everything
- Bad News
- Good News

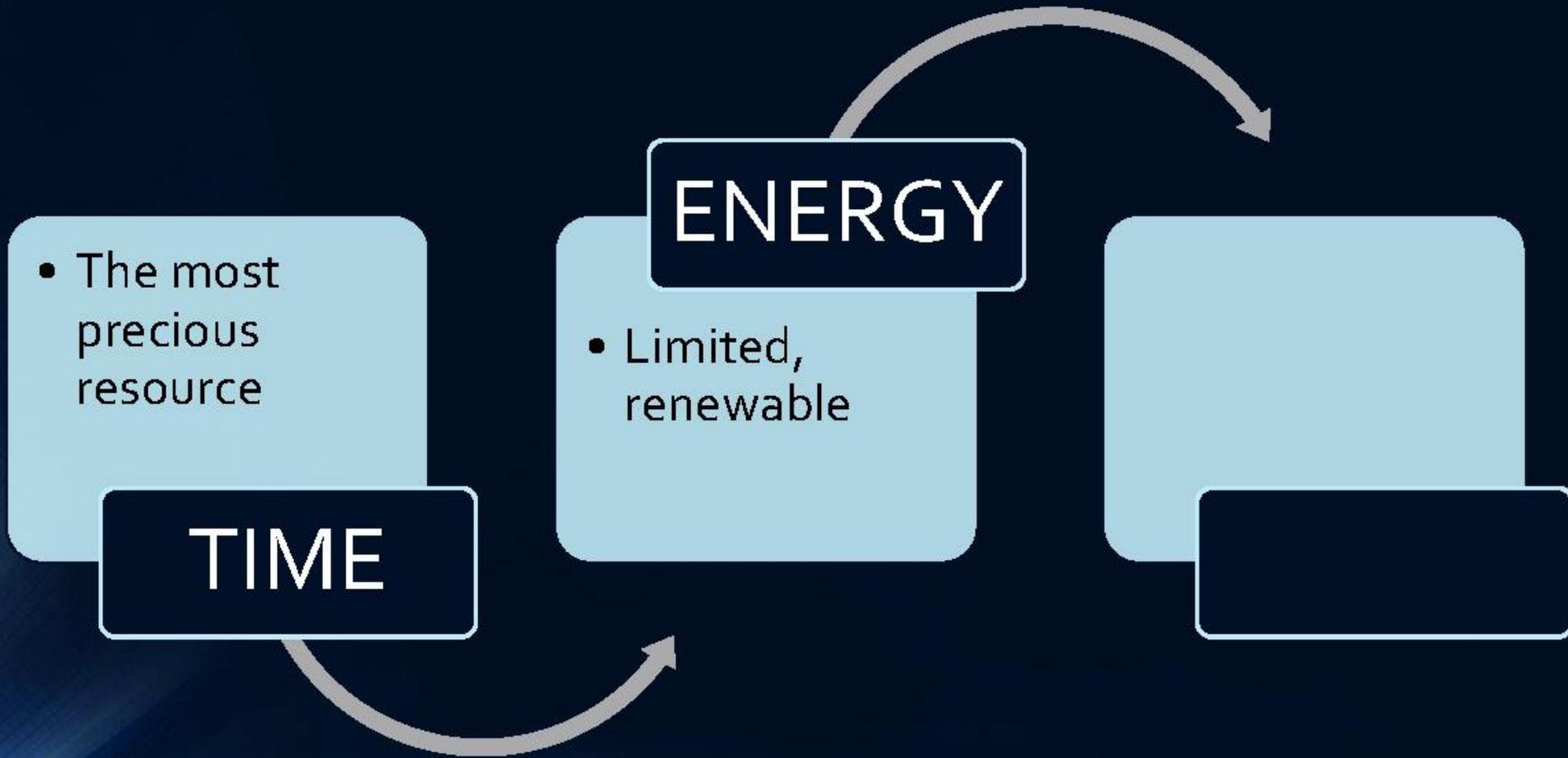
Making time count

- Has to be given:
 - While we are fully present
 - Willingly
- We must be aware of how we use our time
- Where could you carve 30 minutes from your day?
- What would you do with it?
- Good trade

Know Your Resources



Know Your Resources



Energy – the power source

- Are we limited? Can we do it all?
- Yet, we do stuff like...
- It is limited, but rebootable. How?
- What is the BEST way?

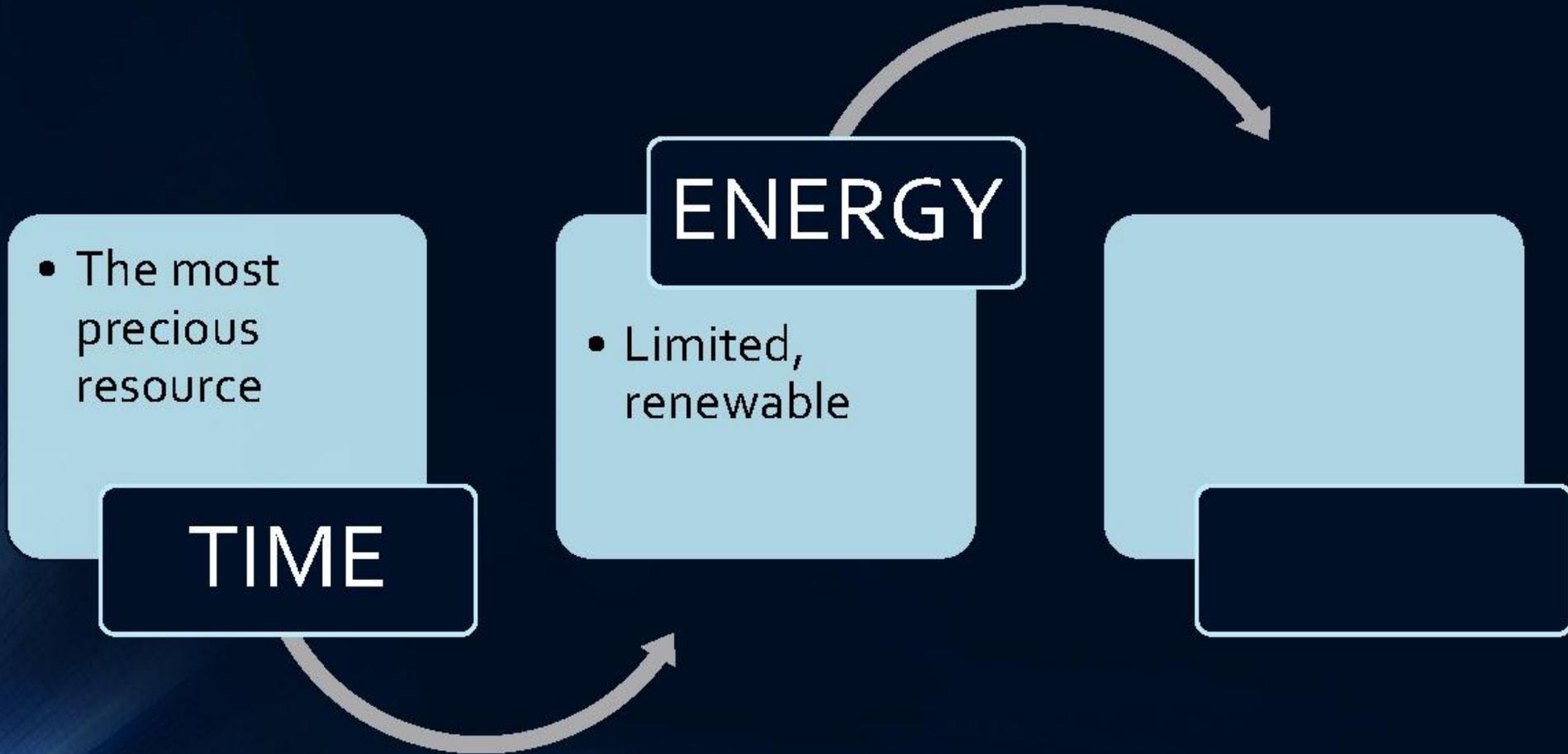
Energy – the power source

- SLEEP
- How many hours are we supposed to get? How many do we get?
- The most common reason for this dynamic
- Two things you need to remember
- Over the millennia, the #1 way to torture a human being
- I wish for...
- Our elders advice and what nature teaches us

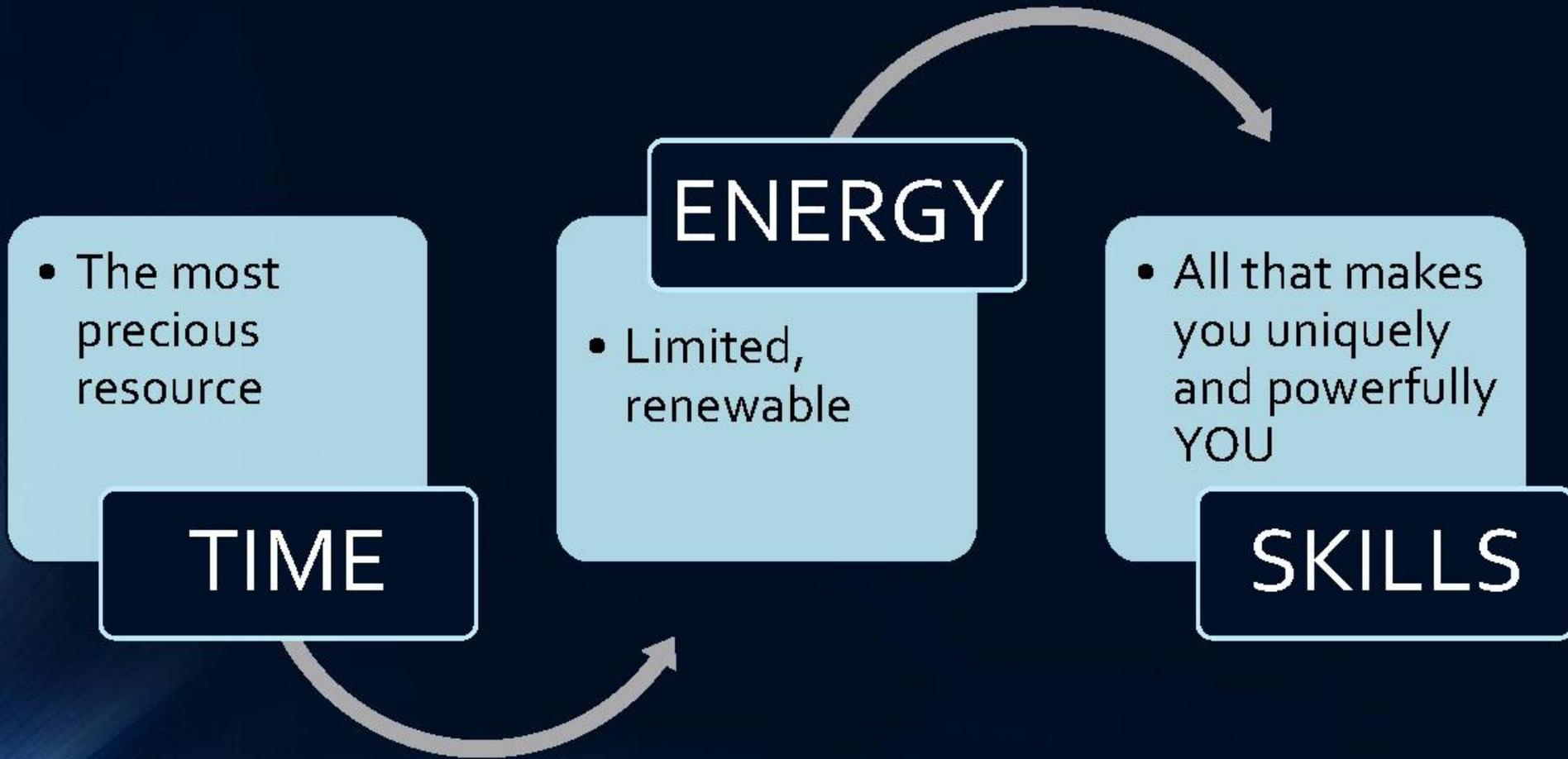
Energy – the power source

- In your group, list four + and four – of multi-tasking
- The myths and truths of the “M” word
- The Pixar movie you must watch
- The way our brain works / the Bella-effect
- We process in series NOT parallel
- When we’re able to harness our energy/action on the right things, we get the right results [magnifying glass]

Know Your Resources



Know Your Resources



Skill Set

- You have a toolkit at your side...forever
- Know yourself and what you bring to the table – or what good is it?
- We focus on our weaknesses – but need to focus on strengths
- What's in your toolkit?

Skill Set

- Attitude, Faith, Experience, Education, Compassion, etc.
- What's more important than WHAT you have is HOW you use it!
- List 10 things you've earned, contribute, skills developed, etc.
- Now...

Skill Set

- Know yourself and GROW yourself
 - How do we that and why does it matter?
- This becomes the difference between...
- Don't fall prey to the experience myth

Now what do we do with this stuff?

- The power of choice
- **We change our circumstances and results by changing our choices**
– D.J. Vanas
- What do we control in this crazy world?
- Put your resources toward the right things and you get the right results, it's up to YOU