

# An Outlook of Self-Renewal for Personal Success

*A ROYTEC Programme*

***Facilitated by:  
L. Anthony Watkins  
April 2010***

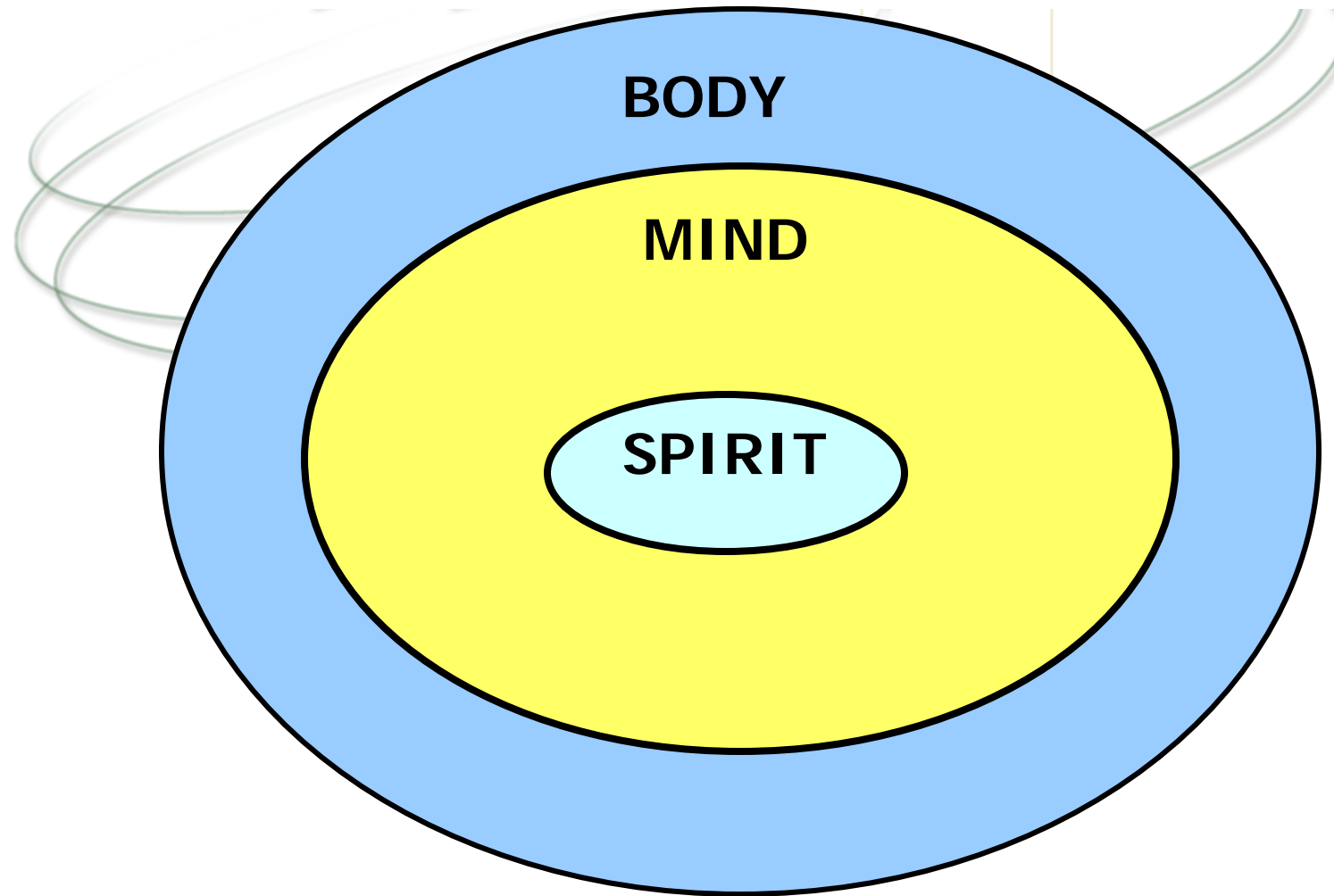
*...Beyond Business...*

# What Self-Renewal Requires

---

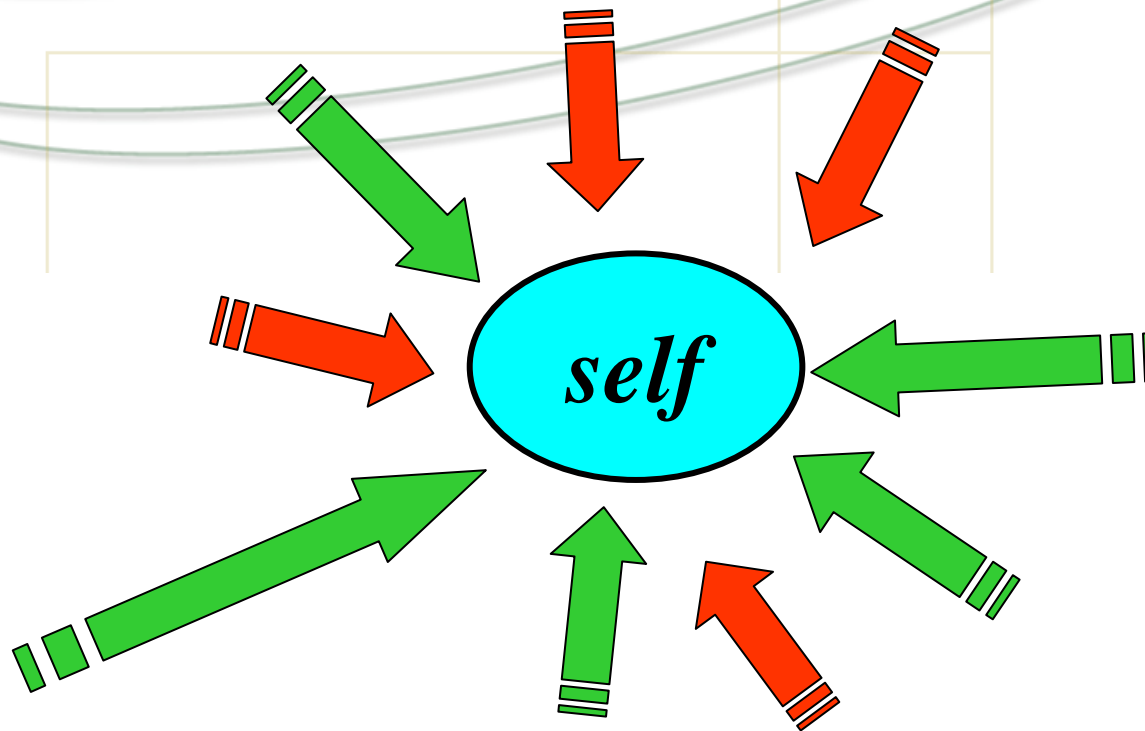
- An Understanding of the Self
- An Understanding of the World
- Acknowledgement of the Concept of “Fit”
- Visioning and Purposefulness
- Active Engagement in Change

# A Model of the Self

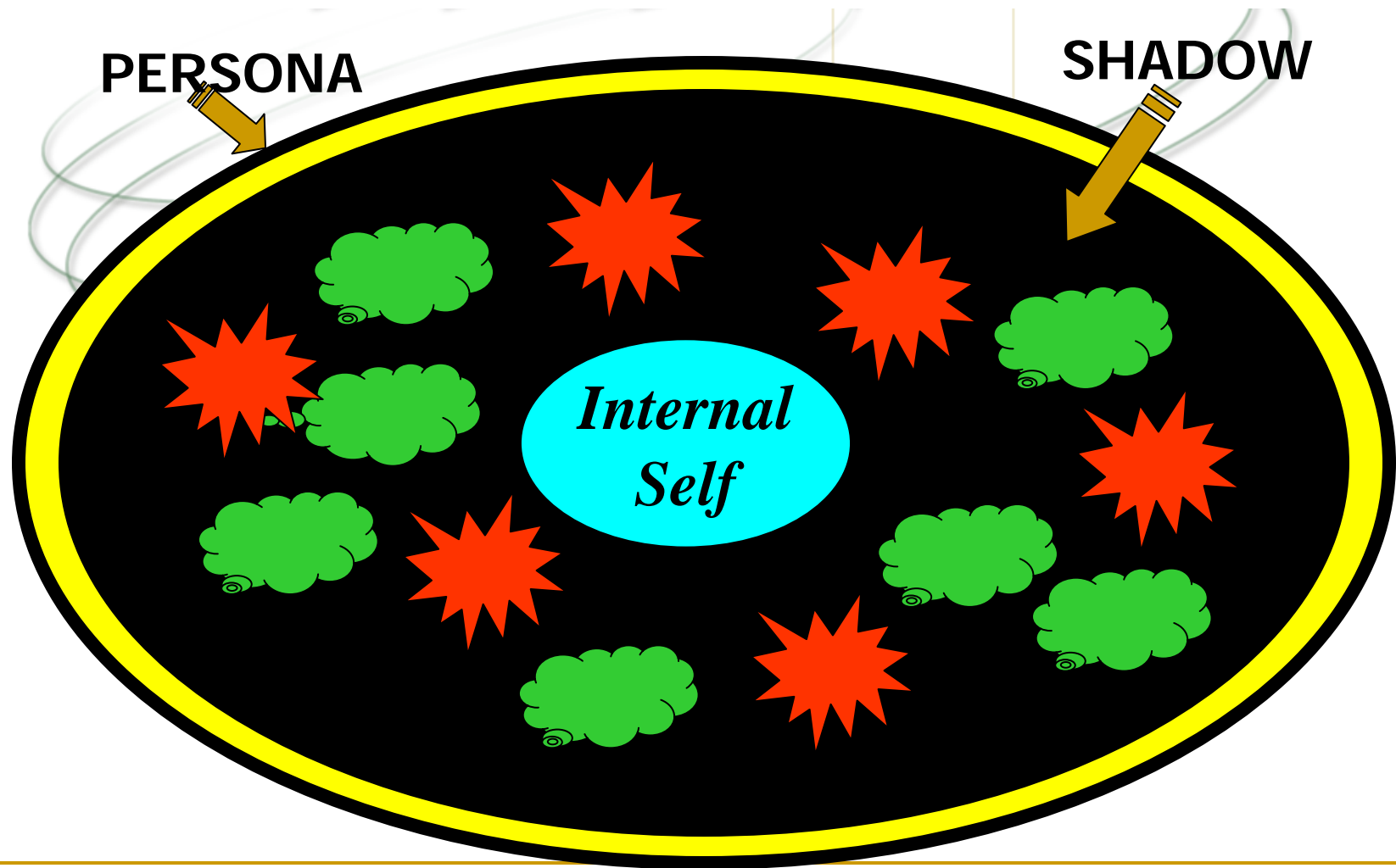


# Who Am I?

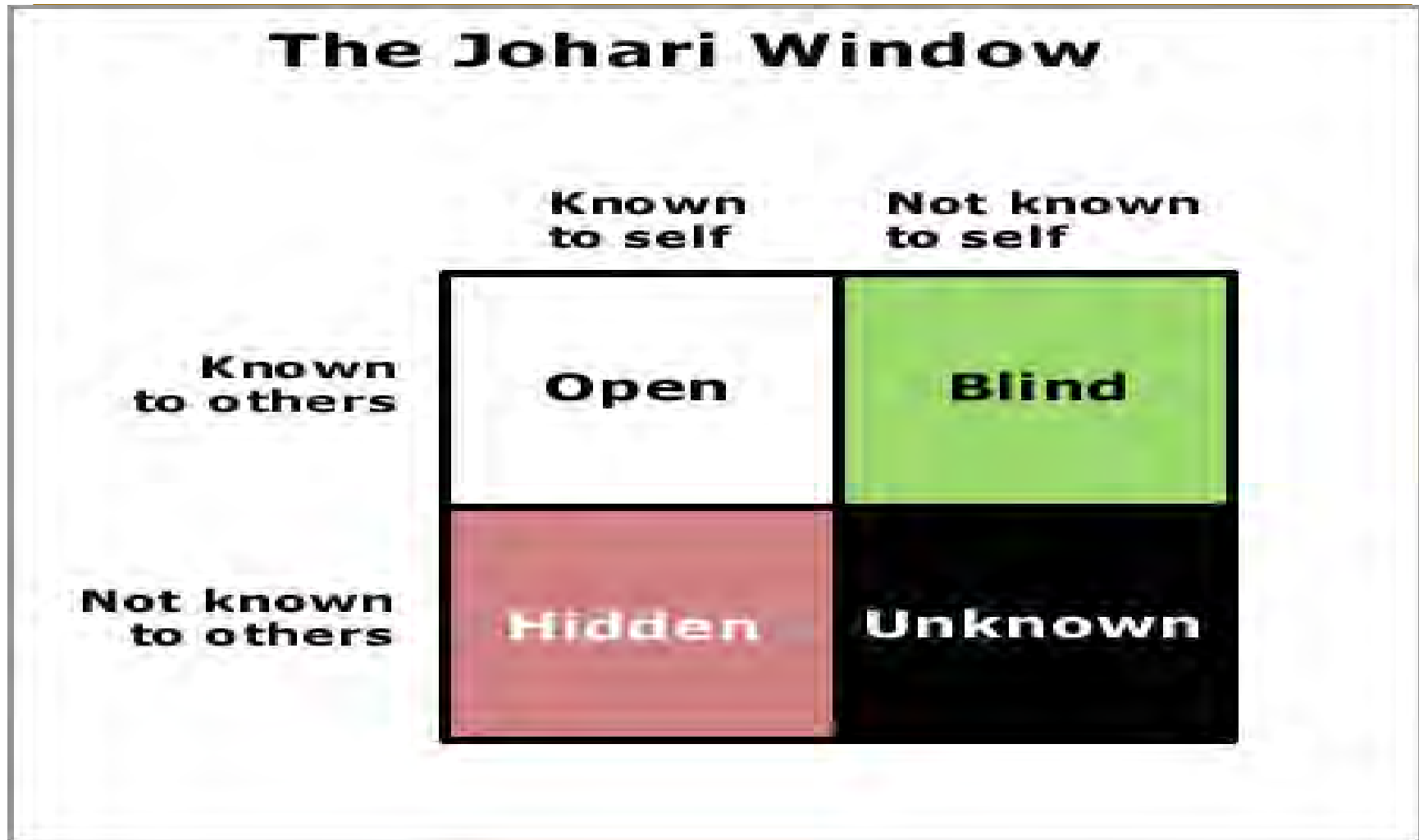
*... the total of my life experiences*



# Who Am I Today?



# Knowing the Self



---

# The “Traces” in the TODAY Self

---

- The strengths and abilities that I have developed:
- The qualities that I have today:
- The “baggage” I am still carrying:
- The habits I have formed:

---

***The World***

***and***

***The Fit***

---

# Tomorrow ... The Facts of the Case

- **Change or Die!**



- It is not survival of the fittest but ***survival of the most adaptable!!***

---

Self-Renewal

to What ???

# Creating the Future!!

- Vision = Future State

- ❑ *I see myself ...*
- ❑ *A picture of my future ...*
- ❑ *My dream for my life ...*



- Life Purpose = Something that gives meaning

- ❑ *Generates passion*
- ❑ *Defines my intended legacy ... the mark I leave*
- ❑ *It defines the difference I am called to make*
- ❑ *A framework for decision-making*

# Crafting a Statement of Life Purpose!

- Think of your three Key Qualities, Attributes or Characteristics
- How do they manifest themselves in your life?
- What is the evidence that this is really you?
- Combine them into a statement that gives some meaning to your life!!

---

***The Journey***

***to***

***Self-Renewal***

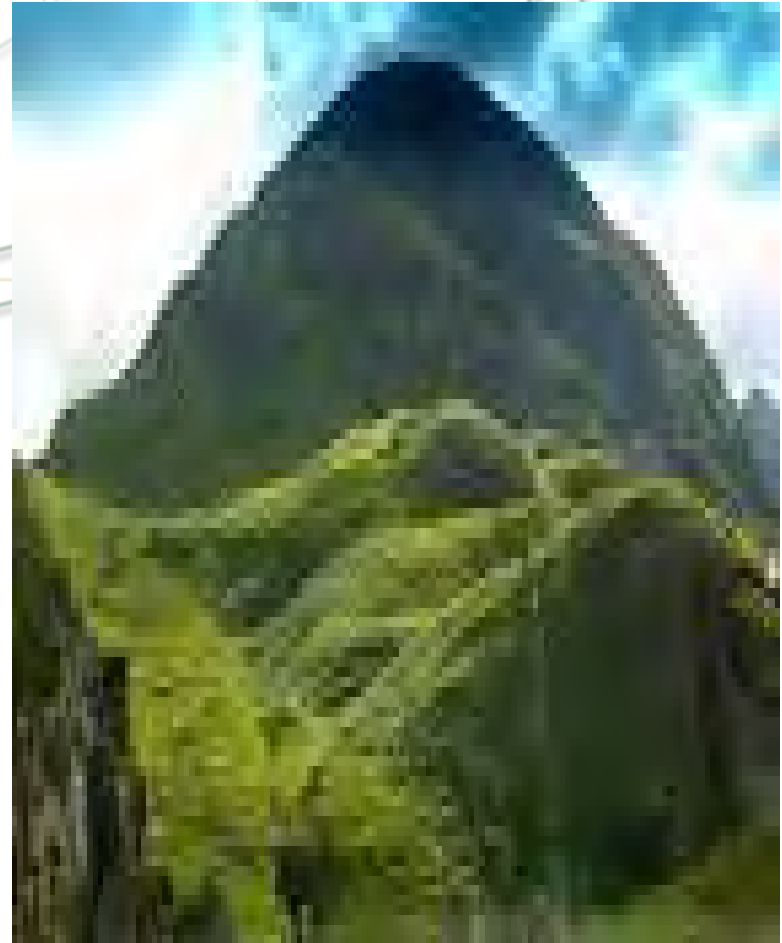
---



# Self-Renewal ... the Change ...

## Climbing a Mountain

- *Easy & exciting at first as we think about the view from the top*
- *Then the slopes get steeper, the air gets thinner and our lungs scream out for oxygen*



# Self-Renewal ... the Change ...

Living in a house  
while you renovate

- *The end keeps you focused but you barely endure the dust, the noise, the inconvenience and the escalating cost*



# Self-Renewal ... the Change ...

Sailing towards the horizon

- *It looks close ... but the closer we get to it, the more it seems to move away from us.*



# Self-Renewal ... the Change ...

## A Lego Set

- *Lots of pieces*
- *Lots of possibilities*
- *New pieces being added*
- *New ideas developing as we build*



# Reflections

---

- ***Most times, what we want is progress, provided we can have it without change.***

*Author Unknown*

- ***The crisis consists precisely in the fact that the old is dying and the new cannot yet be born.***

*Antonio Gramsci*

# What Steals Our Success!!



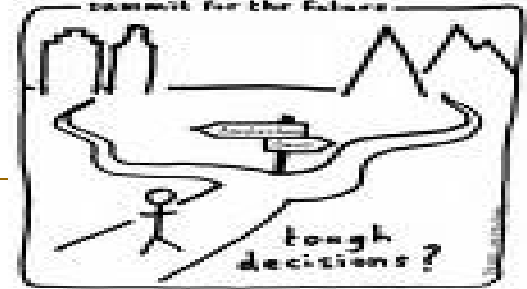
- An External Locus of Control
  - ❑ ***Thinking that you are controlled from the outside by external “forces”***
  - ❑ ***Thinking that you have no control or influence on your life***
- Living with a Victim Mentality
  - ❑ ***Seeing yourself as a victim of other forces***
  - ❑ ***Having a “poor me” attitude***
  - ❑ ***Moaning and groaning about your past***

# What Steals Our Success!!



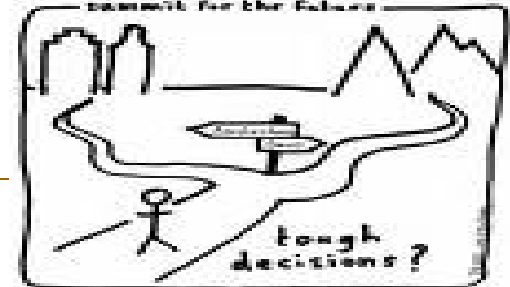
- Self-Doubt
  - ❑ *Thinking that you are not good enough*
  - ❑ *Underselling yourself, your strengths and abilities, your possibilities*
  - ❑ *Believing that you will never “make it”*
- Ignorance
  - ❑ *Not having enough information about the way things are and can be*
  - ❑ *Not really knowing about yourself*

# The Route to Renewal!!



- Acknowledge Responsibility
  - ❑ ***Get to the place where you understand that you are responsible for your life and your future***
  - ❑ ***Things may have been done to you by others. Your actions from here on are your responsibility***
- Take Charge
  - ❑ ***Take control of yourself and your actions***
  - ❑ ***Do what has to be done ... Faith not Fear***

# The Route to Renewal!!



- See Life as a Plot of Land
  - ❑ *What you put in is what you will get out*
  - ❑ *Regardless of the current state of your life (plot of land), take action to get your harvest*
  - ❑ *Assume a “possibility-potential perspective”*
  
- We Shape Our Future
  - ❑ *Every action, decision or omission creates an impact on your future*
  - ❑ *When you take action today, you touch your tomorrow*

# Reflection

---



***Life is a series of  
collisions with the future***

**Jose Ortega y Gasset**

---

# A Renewed You ... A New Life



---

Presented by:

L. Anthony Watkins

CEO / Principal Consultant

*Odyssey Consultinc Limited*

*Organisational Development Consultants*

*9 Borde Street, Port of Spain*

[law@odysseyconsultinc.com](mailto:law@odysseyconsultinc.com)

[www.odysseyconsultinc.com](http://www.odysseyconsultinc.com)

627-4166    627-4964

---

