

Who Am I? What Is My Role?



MICHAEL ANDRESS

MICHAE

Granting TRUST



4

WHO ARE WE?

Please Tell Us Your Name And ...

One Thing You Believe ...
A Long-Held Value, A Personal Mantra,
Something You're Mom Always Said?

How Do You Know That It's True? Be Specific. Share From Your Heart.



5

VALUES

"Living with integrity means: Not settling for less than what you know you deserve in your relationships. Asking for what you want and need from others. Speaking your truth, even though it might create conflict or tension. Behaving in ways that are in harmony with your personal values. Making choices based on what you believe, and not what others believe."

- Barbara de Angelis



VALUES

"When your values are clear to you, making decisions becomes easier."

Roy Disney

"More than anything else, I believe it's our decisions, not the conditions of our lives, that determine our destiny."

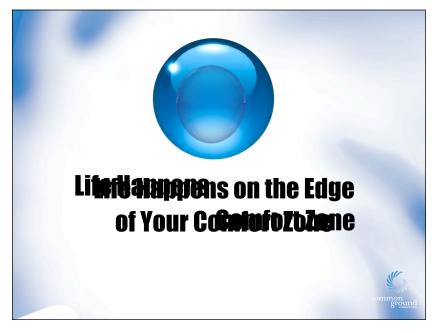
- Anthony Robbins



7

PARADIGM CHANGE YOUR





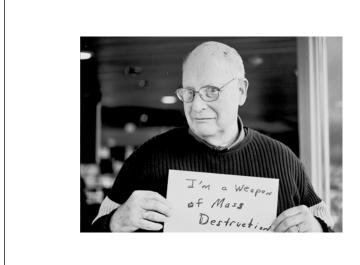












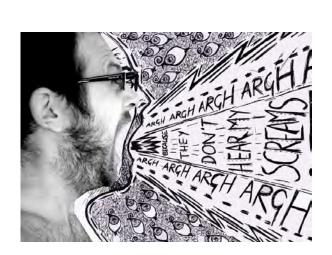














Why Do You and a solution of the solution of t



23

Free Writing

Write without stopping to edit yourself—whatever comes out.

This is just for you.

Nobody will collect it or ask you to read it.

What motivates you and where does it come from?
What is the hardest personal choice you've made? What drove the decision?
For what things are you willing to sacrifice and why?
What do you try hard to prevent or avoid?
What do you want more than anything else and why?



One-on-Ones

Pair up with someone you don't know well.

Take THREE minutes in one role.

When I tell you, please switch roles.

Role 1

Describe why you do what you do. Tell a story that explains the why.

Role 2:

Mostly let the other person talk.

Occasionally ask for the whys behind the whys (questions that move to the source).



25

This I Believe . . .

Creating a Statement of Personal Belief

- ★ TELL A STORY: Be specific. Take your belief out of the ether and ground it in the events of your life. Consider moments when belief was formed or tested or changed. Think of your own experience, work, and family, and tell of the things you know that no one else does. Your story need not be heart-warming or gut-wrenching—it can even be funny—but it should be real. Make sure your story ties to the essence of your daily life philosophy and the shaping of your beliefs.
- ★ BE BRIEF: Your statement should be between 350 and 500 words. That's about three minutes when read aloud at your natural pace.
- * NAME YOUR BELIEF: If you can't name it in a sentence or two, your essay might not be about belief. Also, rather than writing a list, consider focusing on one core belief, because three minutes is a very short time.
- ★ BE POSITIVE: Please avoid preaching or editorializing. Tell us what you do believe, not what you don't believe. Avoid speaking in the editorial "we." Make your essay about you; speak in the first person.
- ★ BE PERSONAL: Write in words and phrases that are comfortable for you to speak. We recommend you read your essay aloud to yourself several times, and each time edit it and simplify it until you find the words, tone, and story that truly echo your belief and the way you speak.



26

Taking A Stand*

* And Remembering to Breathe



AFFIRM ...



28

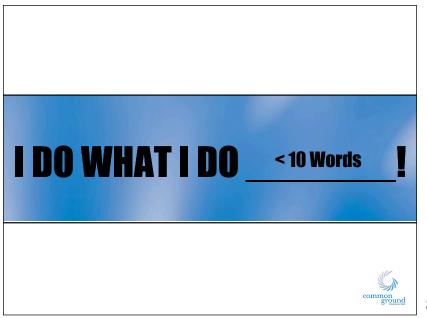
YOUR PERSONAL MISSION

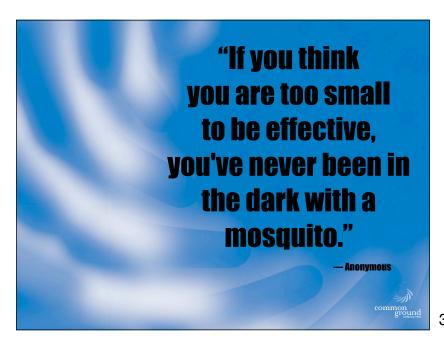


29

REFLECT KELLECT









COMMUNITY

"We are all longing to go home to some place we have never been.

A place half-remembered and half-envisioned that we can only catch glimpses of from time to time.

Somewhere there are people to whom we can speak with passion
without having the words catch in our throats.

Somewhere a circle of friends will open to receive us,
eyes will light up as we enter, voices will celebrate with us whenever we come into our own power.

Community means strength that joins our strength to do the work that needs to be done.

Arms to hold us when we falter.

A circle of healing. Someplace where we can be free."

— Starhawk

ommon ground

34



