



A C.I.E.A.R. Path Forward™

Welcome to the September 2017 edition of A C.I.E.A.R. Path Forward™. This newsletter is written for the friends and clients of Kathy Hart who are navigating transformative changes in their lives. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommended book.

Are You Goal-Oriented, Journey-Oriented or Both?

Set aside all the personal assessments you've ever taken and seriously consider, are you goal or journey-oriented? Early on in our courtship my husband and I decided I was the goal-oriented partner in our relationship, and he was the journey-oriented one. Years of project planning, unwavering focus, and dogged determination to never give up has left its indelible mark on those who know me. It took me a long time to realize that being journey-oriented, the ability to enjoy the path along which you are traveling, is also critical to happiness. After several months of planning, packing, moving household furnishings, and traveling across the Atlantic, our family is ensconced and living in Ireland for the next several months. It took all my goal-oriented capabilities to get us here. We've been here less than a week and I asked, "So what's the next hurdle?" My husband lovingly looked at me and said, "You got us here. Now let's enjoy this journey." He's right of course; both are needed to live a life that is joy-filled, purpose-oriented, and abundant.

ACTION: Share with me at kathy@clearvisionconsult.com whether you are more goal-oriented or journey-oriented. And who in your life - family, friends, or perhaps colleagues - offers you the balance to experience both?

Clearing the Fog - Personal Actions for Living a Life That is Both Goal and Journey-Oriented:

- *Understand Your Inclination:* Are you more focused on setting and achieving the goals in your life (personal or professional) or do you have the ability to enjoy what comes along, living in the present and taking time to just experience the moment? Instead of taking the easy answer and saying you're a mixture of both, really examine what drives your actions and how you've approached significant events in your life. Reflect on times when you were either overly stressed or working at your maximum effectiveness. Where were your energies more focused, planning and directing towards the future or being in the present and focused in the moment?
- *Actions if you are more goal-oriented:* Carve out space in your life to

experience unplanned for moments. Give yourself longer periods of time to accomplish tasks than it would normally take. Grab a friend and spend the day exploring, just for the fun of it. Seek out people you consider more journey-focused. Take time to just sit and ponder. My coach calls these "daily sabbaticals" that you take to re-energize yourself during the day.

- *Actions if you are more journey-oriented:* Identify the three most important tasks you need to accomplish during the day, week and month. Break a project down into discrete tasks, identifying the time each will take. Be relentless in sticking to your planned timeline. Assess what is preventing you from achieving your goal and take action to eliminate distractions. Ask a friend or colleague to act as a check-in buddy to hold you to tasks you need to accomplish.

Recommended reading - Living Forward: A Proven Plan to Stop Drifting and Get the Life You Want by Michael Hyatt and Daniel Harkavy. A quick read that is very practical and offers some easy-to-implement ideas for living a full and abundant life. The authors offer many examples from their experiences and clients they've coached on how to implement the tools provided. The book starts off with developing the legacy you want to leave behind. It's an opportunity to put into words exactly how you want to be remembered, and for discerning what you want to be the focus in your life. It goes on to have you list family and friends that are important to you, along with determining what priorities you want to be guiding your life. From a process perspective, I enjoyed reading about their nine basic life accounts and how they came up with these categories. Their life assessment profile, intersecting quadrants of passion vs progress, is an interesting take on how to examine whether your life plan is in balance or not.

Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in transition with the support and resources needed to re-imagine and lead an even more abundant, joy-filled and purpose-driven life. If you are a woman wanting to re-claim your voice and live your life to the fullest, take concrete action by contacting Kathy at kathy@clearvisionconsult.com. The choice is yours!

Services that Kathy offers:

- 1:1 coaching to support your transition into a next life phase, whether work or personal
- Small group work and team development to boost the group's performance
- Trusted advisor for leaders navigating work changes and searching for an expert guide
- Speaking and workshops on human change and women in transition

BLOG posts:

- [Gap Years are for the Young at Heart](#)
- [A Gap Year Spent Traveling Abroad](#)

