

Chasing Our Dreams & Finding Ourselves

A Fireside Chat

Presented by the Family Business
Association of Vancouver Island

January 17, 2019



Story:

let's build that.



Lesson #1... Make choices, not excuses

Insights:

1. Believe in yourself
2. Start today
3. Refocus your priorities
4. Anything is possible
5. Progress not perfection

Going a little deeper...

1. What choices are you making now that aren't supporting your health? List all of them.

2. What choice could you make tomorrow to start moving towards better health? Why will you?

3. What excuses could you use tomorrow to not do it? List them.

*"Be brave. Be yourself."
- Philip McKernan*

Lesson #2... Redefine failure

Insights:

1. Take risks and allow yourself the freedom to fail
2. Let the fear of failure help you succeed
3. Embrace failure as a gift, it is the best teacher
4. It's not growth if failure isn't possible
5. Progress not perfection

... And a little deeper

1. What is a recent failure that you have grown from? What did you learn?

2. What is your biggest failure? How did it positively change your life?

3. Name the fear that is holding you back from chasing your dreams. Why are you letting it?

The fear of:

"Success is not final, failure is not fatal: it is the courage to continue that counts."
- Winston Churchill

Lesson #3... Perseverance through consistency

Insights:

1. Enjoy every step of the journey
2. Embrace empowering habits
3. Release disempowering expectations
4. Use consistency to extend your limits
5. Progress not perfection

... And still deeper

1. What habit are you most proud of? Why?

2. What new habit will make your life better? How will it help you progress?

3. What disempowering habit should you release? How will that help you?

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”
- Thomas Edison

Lesson #4... It's better together

Insights:

1. Inspiring others is inspiring
2. The "we" creates accountability
3. Shared experiences are sweeter
4. Every effort is a team effort
5. Progress not perfection

We're out of the shallows now...

1. Who is your biggest champion? _____

2. How are they supporting your dreams?

3. How are you supporting their dreams? What more could you do?

4. Who is holding you back from your dreams? Why do you let them?

*"Stay focused, go after your dreams, and keep moving toward your goals."
- LL Cool J*

Experience nature with us!



Stew ... 250.858.3166
Andy ... 250.704.9456

*“Study nature, love nature, stay close to nature. It will never fail you.”
- Frank Lloyd Wright*



**Thank you, thank you,
thank you!**

*“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”
- Marcel Proust*