



Visioning for Results The Practice of Personal Mastery

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Introduction

- Vision
 - A picture of the future you seek to create, described in the present tense, as if it were happening now
- Result
 - An effect, consequence, or outcome
- Visioning for Results
 - A process for getting more of the results you want with less effort



Personal Mastery



Personal Mastery

- Personal Mastery
- The Path of Least Resistance
- Orientation
 - Reactive
 - Creative
- Creative Tension
 - Vision
 - Current Reality



Personal Mastery

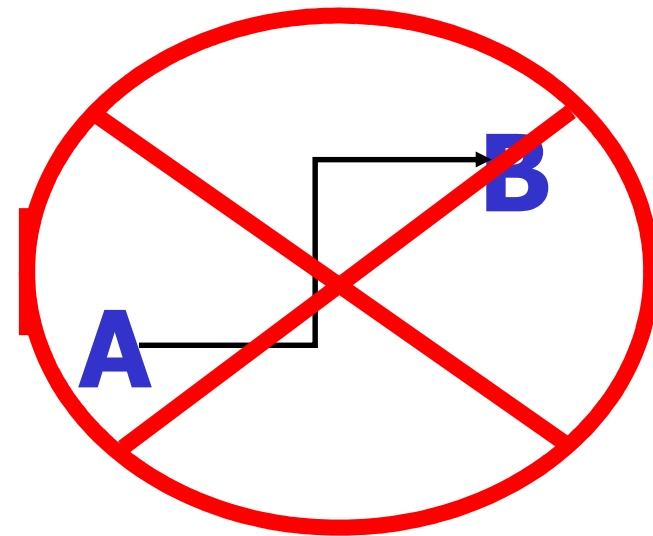
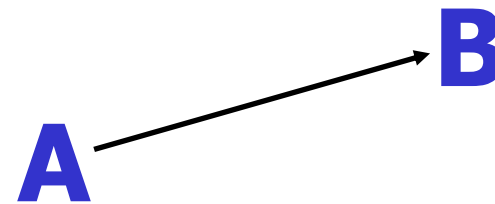
- The discipline of personal growth and mastery
- People with high levels of personal mastery are continually expanding their ability to create the results in life they truly seek.





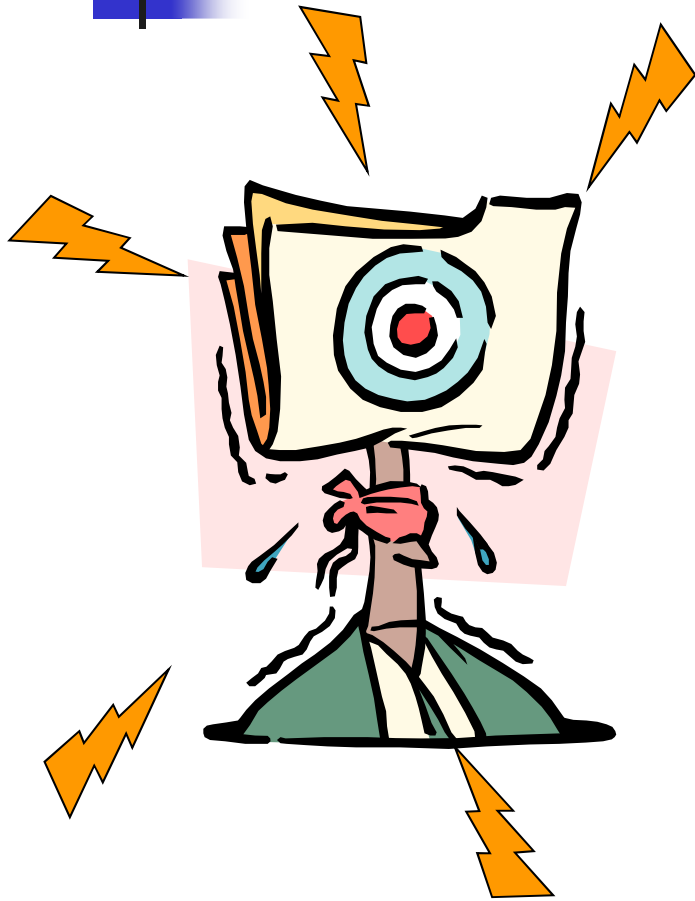
The Path of Least Resistance

- “Energy moves where it is easiest for it to go”
 - Getting what you want with an economy of means
 - Getting what you want with less effort





Reactive Orientation



- What It Is
 - "Things happen to me!"
 - The world from this viewpoint is full of forces which exist outside you and act upon you. You play the cards you are dealt with and consider yourself smart if you can figure out ahead of time what cards are coming your way.
- Why We Become "REACTORS"
- Outcomes of Reactive Orientation



Creative Orientation

- What It Is
 - "I make things happen!"
 - From this viewpoint, you move through life asking, "What do I want to create?"
- The Natural Way
- How to Maintain a Creative Orientation

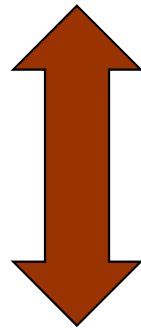




Creative Tension

- The central practice of personal mastery involves learning to keep both a personal vision and a clear picture of current reality.

Vision
(What you want to create)

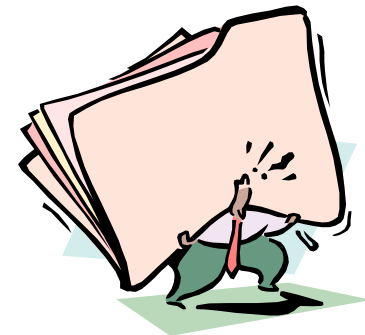


Current Reality
(What you have)



Emotional Tension

- Emotional Tension
 - Basic beliefs that we are unworthy or powerless to obtain our deepest aspirations and the emotions associated with these beliefs
- The Results of Emotional Tension
 - "I will never accomplish my vision because of the way I was raised – I *know* I can never have what I want."
 - "I can only force myself toward my vision if things get bad enough."
- Why We Don't Hold our Visions





Exercise – Creating a Personal Vision



Personal Vision

- Categories
 - Self Image
 - Health
 - Living Environment
 - Relationships
 - Work Environment
 - Community
 - Special Interest
 - Purpose



Your Personal Vision



Source Material

- The Artist's Way by Julia Cameron
- The Path of Least Resistance by Robert Fritz
- The Fifth Discipline by Peter Senge
- The Fifth Discipline Fieldbook by Peter Senge, et.al.
- Co-Active Coaching by Laura Whitworth, Henry Kimsey-House, Phil Sandahl