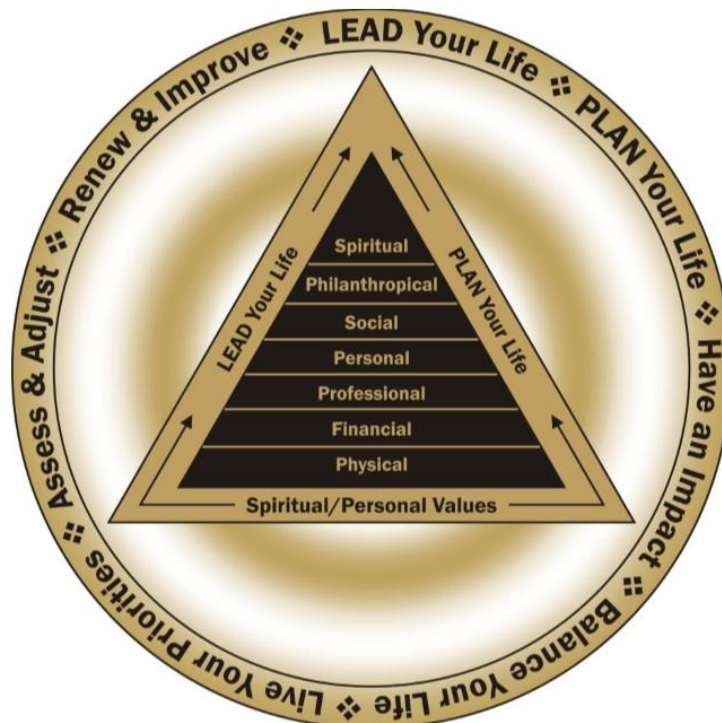


BEST-SELF STRATEGY PLAN BOOK

**7 BEST PRACTICES TO PLAN AND LEAD YOUR LIFE
AND COACH OTHERS TO DO THEIR BEST**



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DR. DAVID DYSON

FOUNDER AND DIRECTOR, LIFE LEADERS INSTITUTE

PUBLISHING AND ORDERING

Edition

Best-Self Strategy to Plan and Lead My Life and Coach Others.

September 2016.

Author

Dr. David Dyson, founder of Life Leaders Institute; co-author, *Professionalism Under Stress and Patriotism in Action* (with Col. Stretch Dunn, USA Ret); author, *Suggestions for Successful Living, The Career Planner*.

Uses

The plan book content and templates are provided for use by individuals, teams, and organizations to boost personal leadership and performance as well as to coach others, such as students or advisees asking the question, "How do I do my best?"

Ordering

For the latest edition and suggested donation to Life Leaders:

Info@LifeLeadersInstitute.org

Booking

This plan book can be provided as a handout in seminars and workshops led by Dr. David Dyson or other faculty trained in its use. Training can be provided for instructors and coaches in your organization. For plan books, training, courses, lectures, workshops, radio, tv, or information:

David@LifeLeadersInstitute.org



Life Leaders

Life Leaders America is a 501 (c)(3) charitable education and public service organization that helps people develop *plans for life and best-self leadership*.

Working in Alabama, Serving America, Influencing the World.

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Title page

Publishing and Ordering

Motivation for Why Best-Self Leadership is a Calling

Freedom to Flourish—Why you can flourish and what will you do?

*We are what we repeatedly do.
Excellence, then, is not an act, but a habit.
— Aristotle —*

My Best-Self Strategy

My process to do my best
and to coach others on how to do their best
(prepared when they ask: You encouraged me to “do my best”--“How do I do that?)

“When the student is ready, the teacher will appear.”

[if we are prepared to assist them]

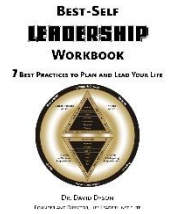
Ancient Proverb

Best-Self Strategy

Personal Leadership

7 Best Practices to Plan and Lead Your Life

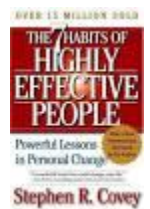
Dr. David Dyson, founder, Life Leaders, and co-author, Professionalism Under Stress (Dunn & Dyson)



1. Lead your Life
2. Plan for Life
3. Have an Impact
4. Balance your Life
5. Live your Priorities
6. Assess and Adjust
7. Renew and Improve

7 Habits of Highly Effective People

Dr. Stephen Covey (1932-2012), author, 7 Habits of Highly Effective People



1. Be Proactive
2. Begin with the End in Mind
3. First Things First
4. Seek First to Understand then to be Understood
5. Think Win/Win
6. Synergize
7. Sharpen the Saw

12 Principles to Flourish

Mr. John Hornsby, chair, Welch Hornsby and Freedom Lives, including helping students learn why they have *freedom to flourish* and how to take action



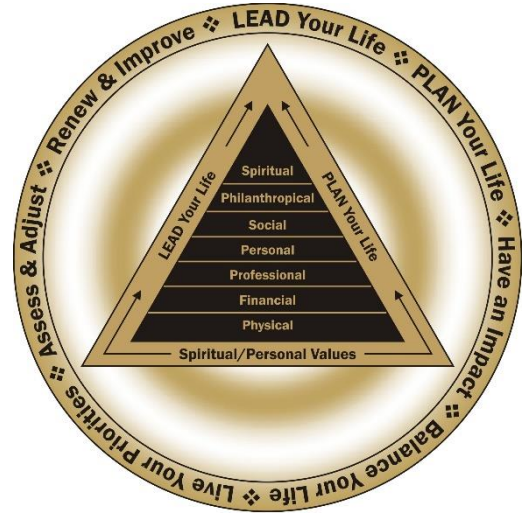
1. Man's chief end is to glorify God, and to enjoy Him forever.
2. Pray.
3. Live! Regardless of your calling, give God glory through your works.
4. Be a Giver.
5. Embrace Failure and Trials to gain Wisdom.
6. Do not wait on Perfection, do your best now.
7. Unilateral Forgiveness is a Necessary Part of Moving Forward.
8. Best Friends and Best Customers Tell You the Truth—Listen for Both the Good and the Bad.
9. Be Flexible—you can change your strategy without changing your vision.
10. Let Love Overcome Fear—be motivated by love, not fear.
11. No Pride of Authorship—Do Not Let Your Pride Stand in the Way of Results.
12. No Right of Entitlement—significant service and success require great effort and sacrifice.

Best-Self Leadership Model

Personal Leadership / 7 Best Practices to Lead Your Life

These actions provide a core strategy for thinking, planning, preparing, and persisting as your *best-self*:

1. **LEAD your LIFE.** Choose to identify and fulfill your callings, gifts, and talents – seeking to “be, know, and do” as your *best-self* – earning empowerment as a strong, resilient, prepared citizen focused on areas of purpose, passion, and priority.
2. **PLAN for LIFE.** *Pray. Listen. Act. Now.* (PLAN). Answer life’s important questions: mission and vision, values and beliefs, and how to be and do as your *best-self*. Discern your callings and write your choices for the life you feel called to lead in your constitution, legacy, and lifestyle vision.
3. **Have an IMPACT.** Identify IMPortant ACTIONS to fulfill your purpose and priorities synergistically with people, outlining your roles and goals in the 7 *Areas of Life*. Write resolutions to contribute or change for critical priorities – to keep promises and *Master Goliaths* that hold you back with accountability to self and others.
4. **Balance your Life.** Choose time priorities for your 168 hours per week to focus on roles and goals for the 7 *Areas of Life*. Plan to invest needed *quantity T.I.M.E.* (time, inspiration, money, and energy) to create *quality* results.
5. **Live your Priorities.** Design your calendar and checkbook to reflect your priorities. Target blocks of time for whom and what matters most, maximizing your *prime times*, and synergies with other, to create habits and instincts to inspire and guide you, *even under stress*.
6. **Act and Adjust.** As you take action, compare desired and actual *Plans, Actions, and Results* (PAR) to adapt thinking and adjust behavior in the flow, persisting positively, optimistically choosing to make the best of circumstances.
7. **Renew and Improve.** Spend a foundation of 5-20% of time planning and developing *mind, body, and spirit*, plus *service capacity* and *stewardship of callings, gifts, and talents* so you can *succeed with significance and your purpose and giving to others*. Invest in periodic assessment and development to transform or change *attitude and ability* needed to fulfill your *callings* with *commitment, courage, and confidence*.



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7 Areas of Life

Everything we do falls into 7 *Areas of Life*. Activities listed cover most actions in our 168 hours weekly:

1. **Physical:** breathe, eat, sleep, bathe, groom, and exercise to survive and care for physiological needs, providing a platform of health and energy.
2. **Financial:** budget, purchase, and save/invest to satisfy needs for survival and security as well as goals for freedom to pursue callings.
3. **Professional:** plan, learn, prepare, and work for distinctive, ethical service to meet financial needs, enjoy personal success, and provide value to society.
4. **Personal:** *plan for life*, develop yourself for mental health, intellectual development, and independence; nurture your home, read, play, listen to music, enjoy hobbies – activities primarily for you.
5. **Social:** share and do, with and for others – through recreation and responsibility, for fun and fulfillment – to belong, care for, love and serve interdependently.
6. **Philanthropical:** contribute time and resources to serve and support communities, charities, and causes that match your mission synergistically and improve society.
7. **Spiritual:** pray, study, serve, and give to fulfill your callings, gifts and talents – to fulfill the purpose of life – *to live a spiritual journey faithfully, love and serve others meaningfully, and do my best joyously.*

Best-Self Strategy Professionalism

7 Best Practices for True Professionals

1. Prepare character and competence to develop disciplined habits and instincts so you can do the right things well, even under stress, thus earning trust in self and from others.
2. Earn empowerment rather than wait for it.
3. Practice “no excuses” accountability.
4. Develop ethical fitness and decision-making from the start.
5. Decide to think with positive expectancy and make the best of situations.
6. Fulfill your calling and live a legacy to find meaning.
7. Be a champion for your calling, your profession, people you serve, and your organization.



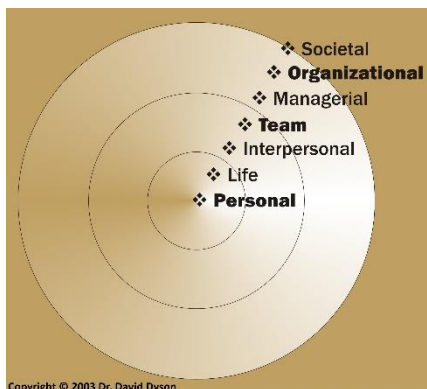
Source: *Professionalism Under Stress*, Dunn and Dyson

Best-Self Strategy Team and Organizational Leadership

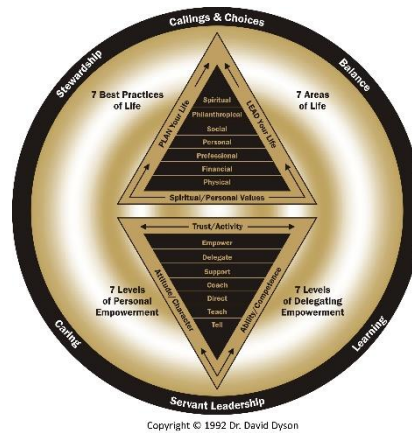
7 Best Practices for Best-Self Servant Leaders

1. Be a true professional preparing character and competence.
2. Design and develop a *7-Diamond Organization* planning, assessing, and rewarding around desired results in the seven key performance areas: 1) *opportunity* 2) *service* 3) *rewards* 4) *professional development* 5) *people development* 6) *organizational development* 7) *societal development*.
3. Provide or guide written plans, systems, and best practices to attract stakeholders who match and encourage desired actions and results automatically.
4. State intent, expectations, and parameters directly and positively to encourage initiative.
5. Encourage, teach, and show people how to earn empowerment.
6. Prepare for increasing complexities and conflicts as you develop for the 7 Levels of Leadership and increase responsibility and influence—decide what level you are wired for and want.
7. Stand strong to do “the harder right” even before embraced by the masses.

Source: Book draft by Dr. Dyson with suggestions from Col. Dunn



7 Levels of Leadership



Leadership & Empowerment

Motivation to Act on Best-Self Leadership

Why We Should Plan and Act on Best Practices to Be our Best-Selves

Scripture

Write your vision, and make it plain upon tablets, that a runner may read it.
(Habakkuk 2:2)

Freedom to Flourish Given by Others

Others provided your *Freedom of Liberty*.

Others provided your *Freedom of Rights*.

Now, you have *Freedom to Flourish*, what will you do?

Will you plan and state intent to earn empowerment to flourish at your callings?

From the Declaration of Independence to D-Day and since,
patriots at war and at home have served, fought if necessary, and sacrificed for
Freedom of Liberty and of Human Rights
at home and around the world.

Many have marched for war, peace, and rights so they and you have more freedom.

*What will you do
to honor sacrifices of those before you and opportunities in front of you?*

The more you internalize how and why to earn empowerment
the more you will seek to prepare and to serve in addition to receive.

You are the one who must choose if you want to honor the sacrifices that provided your freedoms and if you
want to prepare for opportunities to earn empowerment.

Most people say they “know” that plans with goals help us do our best. Yet, only an estimated 2-5% of people
have written a plan for life of the length of a high school paper.

If you consider the WWII veteran who faced machine guns on “D Day” to provide freedom of liberty and
human rights, are you willing to state you are not willing to assess your attitude and ability needed to earn
empowerment and outline a plan to develop self?

Earning empowerment is part preparation for trust to get opportunities from a leader or society
and part honoring others who elevated us above focusing on *survival and safety*.

You can learn how, plan for, and take action to *earn empowerment*.

You will earn more self-respect that you are *living closer to your best-self*.

Society will more likely reward you with trust and opportunity
because you developed your attitude and ability to serve in anticipation of the call.

This plan book is for those who want to learn more of what it takes
to earn empowerment as a true professional and choose to act.