

# GOALS AND RESOLUTIONS

## VETERANS MAKING COMEBACKS



PERSONAL COPY OF

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(your name)

### **Comeback Creed**

*I...look in the mirror to assess who I am and who I am called to be...  
write goals and resolutions to improve my plans, my habits, myself...  
admit, accept, and act to build stronger trust with myself and with others...  
focus on my callings, choices, and commitments to lead my life closer to my best-self.  
I believe again. I am free to flourish.*

### **Dr. David Dyson**

Executive and Life Coach

Founder and Director, Life Leaders Institute

Author, Professionalism Under Stress and Patriotism in Action

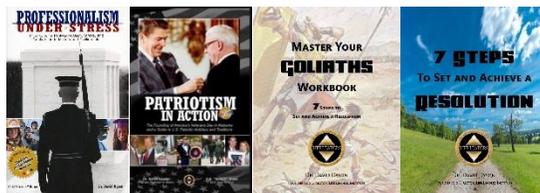
# PUBLISHING AND ORDERING

## Title and Edition

Veterans Making Comebacks PlanBook: Goals and Resolutions, 2019.

## Author

Dr. David Dyson, director, Life Leaders Institute; co-author, *Professionalism Under Stress* and *Patriotism in Action* with Col. Stretch Dunn (1943-2017), plus planbooks *Master Your Goliaths* and *7 Steps to Set a Resolution*.



## Advisors

JD Simpson (US Navy), founder, Three Hots and A Cot Veterans Center, requested this program so previously homeless veterans could develop plans better than the ones that led to their hardships.

## Uses

The workbook content and templates are provided for use by veterans making comebacks, families, mentors, veterans service organizations, and others who received this in a program presented by Life Leaders America. Other groups in recovery or facing other challenges may request adaptation of this work for your purposes.

## Citing Concepts

Authors, teachers, and coaches citing concepts or statements from this work please cite Life Leaders Institute and author Dr. Dyson to protect the program. Please advise of your intended use in advance of publication. Plans, workbooks, and other resources can improve regularly so we likely can provide an improved resource.

## Booking

For briefings, classes, lectures, seminars, workshops, radio-tv and video interviews:

[David@LifeLeadersInstitute.org](mailto:David@LifeLeadersInstitute.org)

## Ordering and Using

This workbook 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 workbooks, resources, training, or information:

[David@LifeLeadersInstitute.org](mailto:David@LifeLeadersInstitute.org)



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[www.LifeLeadersInstitute.org](http://www.LifeLeadersInstitute.org)

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# VETERANS MAKING COMEBACKS

*Plan - Assessment & Development - Personal Leadership to Change & Sustain*

## Core Curriculum – Course 1

Add your name to your workbook, read the creed, review contents, bring to every class.

### Beliefs, Expectations, Possibilities

#### 1. Mission and Method

- Program Mission, Goals, Methods, Deliverables designed for your benefit
- Mindset: Personal Leadership, Resilience, Post Traumatic Growth (video clip)
- Mastering Your Goliaths: Lessons from David
- Assessment: Why you are Here, Who you need to be, What you need to do

### Goals & Goliaths

#### 2. Goals for the 7 Areas of Life

- *7 Areas of Life*
- Write goals and actions for solutions, choose priorities, and
- Select at least one resolution to give commitment and special effort to achieve, change/improve  
Resolution to Master a Goliath
- *7 Steps to Set a Resolution*
- Outline plan to achieve your priority resolution and/or master a Goliath

#### 3. Goals and Resolution Progress and Improvement

- The 7 Motivating Values
- The 3 Freedoms and why we can and should “flourish”
- Plans, Actions, Results

#### 4. Progress Check Up and Plan Scope

- Course Completion Checklist for participation and developing deliverables
- Scope for Next Course of Action
- Evaluation of Self and Course

### Conference Format and Class Design Sample

- 5-5:30 Program and house leaders plan, make decisions, improve program, training  
5:30-6 Coaching/discussions for class members and instructors/coaches/advisors  
6-6:30 Break bread with fellowship and discussion of progress and plans  
6:30-7:30 Class (Purpose, Pledge to Flag, Comeback Creed, Progress, Topic, Workshop, Plan)  
7:30-8 Follow-up action by members; options: coaching with advisors, small group discussions...

### Process

1. Get planbook and brief orientation by house leader at check in or soon after.
2. Classes weekly: seminar to learn, workshop to write and improve plans, state intent; coaching.
3. Review and improve written plans and take positive action daily.
4. Present plans and progress to house leader, accountability partner, or mentor at least weekly.
5. Individual or small group progress meetings with house leader weekly.
6. Course completion (checklist includes attendance and participation plus completion of deliverables).
7. Continuing education attending seminars and participating in positive groups during and after course.

*I look in the mirror...admit why I am here, what I need to do...believe I can flourish...  
focus on callings and choices...plan priorities...take action...lead my life with courage...  
Master Goliaths threatening me...develop personal leadership...earn self-reliance...serve others...  
Sustain...a better life.*

# Personal Leadership Model

*7 Areas of Life and 7 Best Practices to Lead Your Life*

## 7 Areas of Life

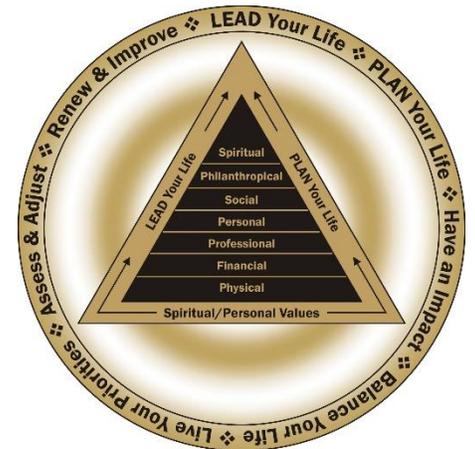
Everything we do falls into one or more of the *7 Areas of Life*.  
Activities listed cover most things we do in our 168 hours weekly:

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 invest to satisfy needs for survival, security, hope, and freedom to pursue callings.
3. **Professional:** plan, prepare, learn, 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 and emotional 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 for service and resources for communities, charities and causes that match your mission synergistically and improve society.
7. **Spiritual:** pray, study, worship, 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.*

## 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 as your *best-self* – increasingly prepared, strong, resilient, and focused on areas of purpose, passion, and value to you and others.
2. **PLAN for LIFE.** *Pray. Listen. Act. Now.* (PLAN). Answer life's important questions: mission and vision, values and beliefs, and strategy for 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 mission and vision synergistically with others through your priority roles and goals in the *7 areas of life*. Write resolutions to contribute or change for critical priorities – to “be, know, and do” with accountability to self and others.
4. **Balance your Life.** Choose time priorities for your 168 hours per week to fulfill your 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 with balance.
5. **Live your Priorities.** Make your calendar and checkbook reflect your priorities. Target blocks of time for whom and what matters most, maximizing your *prime times*, to create habits and instincts to 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 of action, persisting positively, 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 we can *succeed with significance, giving to others*. Invest in earning, assessing, improving, and transforming of *attitude and ability* needed to fulfill your callings with *commitment, courage, and confidence*.



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# Roles, Goals & Important Actions (Impact) Summary

## *The 7 Areas of Life*



<u>Area of Life /Role/Activity</u>	<u>Goals / Desired Results</u>	<u>Actions to Start/Succeed</u>
<b>1. Physical</b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b>2. Financial</b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b>3. Professional</b>	<hr/>	<hr/>
<b>4. Personal</b>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
<b>5. Social</b>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<b>6. Philanthropical</b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<b>7. Spiritual</b>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



# 7 Steps to Set & Achieve Your Resolution

To Plan, Decide, and Act to Achieve, Improve, Transform

## Plan

1. **Mission** (Purpose) – what you want to achieve, improve, change or transform, your “Goliath” to master:  
To...
  
2. **Vision & Goals** (Desired results) – list what you feel led to do/want/should do; what success looks like:
  
  
  
  
  
  
  
  
  
  
3. **Solutions** (Strategy) – list attitudes, abilities, actions (habits, time, money) vital to success by you, involvement by others (assistance, accountability), structures (appointments, measurements, anything that will guide flow of thoughts and actions). Consider your *Time-Inspiration-Money-Energy* including hours per day/week needed and blocks of time best for you and others. Identify strengths, weaknesses, opportunities, and threats (SWOT), including barriers holding you back, and solutions.

4. **Motivation** (Why you should succeed, persevere if you feel discouraged) – list reasons to follow through (impact on you/people counting on you, good results from succeeding or bad results if quitting):

### Decision

5. **Choice** (Decision) – choose if you value these actions and results more than the ones you must reduce time for or prune to establish new priorities and form new habits. *If no:* accept, let go or postpone to focus that energy on other priorities.

*If yes:*  I will follow my plan with inspired expectation until:  this date: \_\_/\_\_/\_\_  I succeed  \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_/\_\_/\_\_ Accountability partner \_\_\_\_\_

### Action

6. **Systems and Structures for Success** (Create automatic actions) – identify time/energy needed (*live your priorities*), target times to invest hours needed, set appointments with self/others to form habits. Include time to read, speak, shape the resolution daily to sculpt your plan, focus your thoughts, build a sense of calling to condition your mind for instinctive action/habits (*internalize inspired plans*).

I will invest time  daily at \_\_\_\_  these days/times \_\_\_\_\_ to read, improve, and act until I  succeed  until this happens \_\_\_\_\_  change my mind.

7. **Assessment and Accountability** (Integrity and feedback) – *Assess and adjust* (compare efforts and results with vision, change to close gaps; *renew and improve attitude and ability*). Share your resolution with a trusted partner/coach/mentor and state specifically help you need – ask and make promises you intend to keep.

I will ask \_\_\_\_\_ to assist me:  listen  feedback & suggestions  encourage  remind  call me  hold me accountable  tough love if needed  participate with me  \_\_\_\_\_.

# WEEKLY IMPACT GUIDE

\_\_\_ / \_\_\_ through \_\_\_ / \_\_\_, 201\_\_

- ◆ To have IMPACT, plan for the # of hours to invest for IMPortant ACTions.
- ◆ Target “prime times” to invest the hours—appointments with self and others.
- ◆ State intent to match with others and increase probability of cooperation.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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7:00							
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6:30							
7:00							
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To support success for your resolutions and priority goals, identify how many hours you should invest and the best times for you and others. Target times for Goliaths and other big goals first, then fill in other priorities to support balance. Use those times to set appointments with self and others to form habits. Assess daily the quantity and quality of time invested and adjust until successful.



# Course Completion Checklist

## VETERANS MAKING COMEBACKS

### GOALS AND RESOLUTIONS



Once you have completed the items on this checklist, give this sheet to the course leader. Your goals and this checklist can guide your action during the course because you know your desired results in advance.

### Attitude

All required to complete the course:

- I demonstrated good attitude toward my plan, actions, and results.
- I was positive or at least respectful toward others through participation, action, and cooperation.
- I abided by the Creed: to look in the mirror, plan, focus on my callings, and become closer to my best-self.

### Attendance

- I attended at least 4 classes/workshops estimating 4 or more hours.

### Action

All required to complete the course:

- I invested at least an average of three (3) hours weekly in our course work – class, plan, action on plans.
  - I read and completed the workbook provided with intent to make plans, take action, and make progress.
  - I read handouts provided with intent to learn and use.
  - I discussed key parts of my plan and actions weekly with  house leader  counselor  mentor  \_\_\_\_\_
- optional: I did these extra actions: \_\_\_\_\_

### Achievement

All required to complete the course:

- I outlined the core reasons I am here and solutions that could work.
- I outlined my *Goals for the 7 Areas of Life* summary.
- I outlined a plan for a Resolution to  *Master a Goliath* holding me back.  Grow or accomplish
- I would like to receive a document stating course contents I completed.

*We welcome a sentence or paragraph stating your progress and course value that may encourage others.*

*Print and sign your name to affirm you completed the course.*

Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_/\_\_/\_\_

# Assessment of My Plan, Action, Result & Suggestions for the Course

## VETERANS MAKING COMEBACKS

When you have finished the checklist for completion of the course, answer this sheet and return to help us understand what we might improve, start, stop, or keep same.

### Assessment of My Plans, Actions, Results

Encircle one: **A B C D F** to assess my effort

#### Progress

Improved in this course:

- Goals 7 Areas of Life
- Resolution to Master a Goliath challenging me
- Time Priorities to focus on priorities
- \_\_\_\_\_

### Assessment of Course or Workshop

Check those that apply:

- I valued this course to help me improve my plan and myself.
- Veterans Making Comebacks is unique to veterans homes/services I know – others should do this.

<u>Grade</u>	<u>Publications/People</u>	<u>Suggestions (start doing, stop doing, change how doing)</u>
ABCDF	Workbook/handouts/content:	
ABCDF	Teaching/Coaching by faculty:	
ABCDF	House leaders meeting with me:	
ABCDF	Van drivers/other staff:	
ABCDF	Location, environment, culture:	
ABCDF	Program Overall:	

I recommend:  offering this course  as is  improved with this change \_\_\_\_\_

I want to:  continue in more offerings, if available

I want to  stop: don't want to improve plans or personal leadership this way

I would like to receive email from Veterans Making Comebacks at \_\_\_\_\_@\_\_\_\_\_.

### Plans

My Next Steps:  independent housing  job  school  stay here  \_\_\_\_\_

Becoming (developing):

Knowing (learning):

Doing (Action, Accomplishing/Serving/Giving):