

ASSESSMENT AND SOLUTION

VETERANS MAKING COMEBACKS

LOOK IN THE MIRROR
TO IDENTIFY PROBLEMS, DESIRED RESULTS, AND SOLUTIONS, PLUS
TAKE A DEEPER LOOK AT ATTITUDE, ABILITY & ACTION NEEDED
TO DEVELOP YOURSELF SO YOU CAN SUCCEED & SUSTAIN



PERSONAL COPY OF

(your name)

Comebacks 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 USING

Edition

Veterans Making Comebacks PlanBook: Assessment and Solution

Author

Dr. David Dyson, founder, Life Leaders; co-author, *Professionalism Under Stress* and *Patriotism in Action*.

Advisors

J.D. Simpson (US Navy), founder, Three Hots and A Cot Veterans Center, requested this program.

Uses

The planbook 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 Institute. Use this work to *Master Your Goliaths* and *Lead Your Life*.

Ordering

This planbook 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:

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Citing Concepts

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

Booking

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

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VETERANS MAKING COMEBACKS

Assessment & Action

Core Curriculum

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

Beliefs, Expectations, Possibilities

1. Mission and Method
 - Program Mission, Methods, Deliverables designed for your benefit
 - Mindset: Personal Leadership, Resilience, Post Traumatic Growth vs. Stress
 - Warrior's Motivation--Mastering Your Goliaths: Lessons from David
 - Survey: Why you are Here, Who you want to be, What you need to do (Problems & Solutions)
 - Assessment of Attitude, Ability, and Action Needed
2. Progress Check Up and Plan Scope
 - Results of Assessment and Action
 - Course Completion Checklist for participation and developing deliverables
 - Scope for Next Course of Action
 - Evaluation of Self and Course

Sample Weekly Conference Format and Class Design

- | | |
|--------|--|
| 5 | Leaders/trainers/coaches plan, prepare, improve program and training |
| 5:30 | Coaching/discussion for instructors/coaches/advisors, optional time for members |
| 6 | Supper for veterans and coaches--break bread and discuss progress and plans |
| 6:30 | Class (Purpose, Pledge to Flag, Creed, Progress since last week, Topic, Workshop, Plan) |
| 7:30-8 | Follow-up action by members; options: coaching with advisors, small group discussions... |

Process Sample

1. Get Workbook 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, and/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 purpose and personal leadership... earn self-reliance...
serve others... Sustain better than before.*



Why I am Here and What I Need to Be and Do

Why are you here?

Who do you want and need to be?

What do you need to do?

Check all that apply and write additional problems and solutions – admit, accept, act.

Look in the Mirror: The Main Reasons I Need Change

- need to heal from Addiction Anger Attitude PTSD Moral injury _____
- just need temporary help to restore my Health Finances Relationships _____

Assessment of Self

Root causes of my problems/Goliaths:

- Addicted: Alcohol Narcotics Bad habits Food Cigarettes _____
- Angry: Frustrations Disappointments Failures Relationships _____
- Poor Physical Health/Energy Poor Mental Health Poor Self Control
- Poor Stress Management Poor Anger Management Poor at Keeping Promises
- Poor Level of Purpose Poor Attitude/Motivation Poor Efforts at Plans, Actions

Desired Results

Who I want to "Be"

- Self-reliant Secure Healthy Happy Trustworthy Employed Secure Successful
- "Warrior" to lead my life pay my way love/serve others
- _____

What I need to "Know" ... to "Be" and "Do" what I want and need

- How to write and use my plan for accomplishment and action to solve problems
- Health and Energy
- Post-traumatic growth resilience
- Motivation/Inspiration
- Earning and Re-earning Trust and Empowerment
- _____

What I need to "Do" to improve and live closer to my "best-self"

- Write/outline better plan: personal development professional plan resume _____
- Improve my Sense of Calling Choices Commitment Courage Confidence _____
- Improve solutions to problems make better choices develop good habits
- Partner or mentor to encourage me advise/guide me hold me accountable _____

Solutions to Solve My Problems and Boost Successes

- Medical/Physical health help Mental health help _____
- Income: self-earned disability other _____ for Housing family _____
- Post-traumatic growth Written goals/plans for life Resolution plan for my Goliath
- Classes to help me think/plan/do Someone to listen to me Positive Accountability Partner

I could go to the next level with action/progress by doing this: _____

I am at my best when doing these things: _____

The most helpful person/procedure/program for me so far: _____

Teachers/coaches/others can help me most by: _____

What I should do next: _____

Use this assessment to start your Goals for the 7 Areas of Life and identify your Resolution (Goliath).



Assess Attitude & Ability and Develop a Plan of Action

To improve to the next level, A-B, or your goal
to earn trust in self and from others

An advanced look in the mirror

Read the rest of this page before starting your assessment to understand purpose, strategy, and actions.

Mindset of Improvement:

Stating our intent, looking in the mirror and honestly assessing who we are and what we need, getting feedback, and requesting help can guide us to improved insight and renewed focus. This process can help us understand what to start, stop, or change to get desired results and rewards better. Look forward to this assessment because next time we can be better.

Strategy for development, dealing with disappointment, and decision-making:

1. **Admit** the truth about the person you feel called to be – where you are, where you desire to be, the barriers as well as the solutions.
2. **Accept** the impact of your action or inaction – envision results if you stay the same and if you take action – that should be motivating.
3. **Act** to identify how you can do your best, what you need from others, and what you will do.

Core Beliefs and Actions:

1. The direction in which we are moving proves more important than where we have been.
2. Life leaders, professionals, and servant leaders seek to improve – to earn empowerment.
3. Assessing and developing to be my *best-self* is part of the purpose of life.
4. Identifying and fulfilling callings and strengths is part of good stewardship.
5. Assess where you should improve and create a plan of action you can take.
6. Admit what you need from others, state intent for action and requests, and seek feedback.
7. Take action on callings with belief and persistence, improving and adjusting over time.

Assessment of My Attitude and Ability

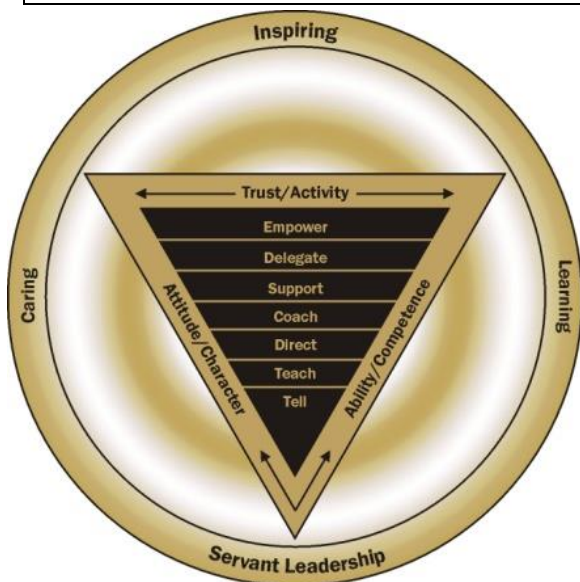
Purpose: To assess yourself for the 7 *Components of Attitude and Ability* needed for earning trust for empowerment.

Instructions: Read each statement and honestly assess where you are **Now** and the level you **Desire**.

Scale: Use the system common to most people, school: Circle A-F (A=excellent, B=good / C=satisfactory, D=poor, F=failure)

Trust in Myself for the <i>7 Components of Attitude</i>	Now	Desire
1. Choices —I identify my callings and write plans that inspire and guide me.	ABCDF	ABCDF
2. Commitment —I am dedicated to my callings, profession, and other priorities—and pursue them with passion.	ABCDF	ABCDF
3. Character —I do what I say I will, with good intent, keeping promises to self and others—even when no one else is watching.	ABCDF	ABCDF
4. Courage —I act on what is important even before feeling confident; I face fear.	ABCDF	ABCDF
5. Confidence —I believe in my character and competence (attitude, skills, knowledge).	ABCDF	ABCDF
6. Connection —I feel connected to the people I serve/work with and work we fulfill.	ABCDF	ABCDF
7. Charisma —I attract people who match on goals and values to work with me and inspire them to develop, serve, and succeed.	ABCDF	ABCDF

Trust in Myself for the <i>7 Components of Ability</i>	Now	Desire
1. Experience —I have done what I need to do enough to do it well.	ABCDF	ABCDF
2. Practice —I prepare in advance for performing important actions.	ABCDF	ABCDF
3. Habits/Instincts —I follow habits that help me develop instincts to do the right things well, automatically, even under stress.	ABCDF	ABCDF
4. Education —I have the academic preparation needed for my profession and other important areas of life.	ABCDF	ABCDF
5. Training —I get instruction and coaching related to my job priorities and to life leadership skills (like planning, motivation, time management) that help me work/live effectively.	ABCDF	ABCDF
6. Self study —I regularly learn and improve attitude, skills, and knowledge about key areas related to my callings and capacities and learn from successful people.	ABCDF	ABCDF
7. Observation —I watch masters so I can emulate their plans, actions, and results.	ABCDF	ABCDF



Developing higher levels of Attitude and Ability helps us earn higher levels of empowerment.

Develop...

*Attitude, Skills, and Knowledge
to give and gain more.*

“ASK and you shall receive.”

The trust we believe for our capacities, plus the trust believed by a leader for our attitude and ability determines the levels of leadership and empowerment we earn for each major role or activity. This applies at home, work, volunteerism...in all 7 areas of life.

Plan for Action

This tool can help you identify areas needing priority attention, barriers, and solutions to achieve higher levels of attitude and ability for Trust in Self and with Others for Earned Empowerment.

Personal Leadership

(Needed by Me to develop to the Next Level)

List priority areas that merit development to earn A-B/next level attitude and ability to build your capacity. Consider your *best-self*, current self, strengths to develop that could help you improve, develop distinctive abilities. Summarize **results** you seek and **actions** that could help you develop capacity and succeed.

Areas to develop

Actions and Habits Needed by Me

List key barriers/weaknesses that keep you from succeeding and/or threaten your ability. List **actions and habits** you could start, stop, or improve to help you develop yourself and overcome these barriers. For enhanced motivation, admit what *bad* could happen if you do not act and what *good* results are possible.

Barriers/Weaknesses

Actions and Habits Needed by Me

Interpersonal and Organizational Leadership

(Needed from Others to help me Earn the Next Level/Succeed)

After you have identified what you can do, **identify/admit** what you need/want from your **supervisory leader** or **team** or anyone else to succeed at a higher level or overcome a barrier. Be honest with yourself, then you can decide how much of this to share and request with others.

Needed from my **Leader**

Needed from my **Peers and other Team members**

Needed from my **Organization**

Needed from my **Family/Friends/Others**

*You should have priority results and actions listed that, once followed, help you achieve higher levels of attitude and ability. Therefore, take optimistic action, believing you will succeed if you persist long enough.
Update your plan. Share all or parts with people needed to help you succeed.*



Course Completion Checklist

VETERANS MAKING COMEBACKS

ASSESSMENT OF MY ATTITUDE, ACTION, ACHIEVEMENT



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 in advance your desired results.

Attitude

All required to complete the course:

- I demonstrated good attitude toward my plans, 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.

Action

All required to complete the course:

- I attended the classes/workshops.
- I invested at least 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 would like to receive a document stating course contents I completed.

We welcome 1-3 sentences stating your progress and course value that may encourage others to attend or support.

[] We might want to share your feedback or testimonial to encourage others--check here if your comment is private and you prefer we not share it.

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

Name (print) _____ Signature _____ Date __/__/__

Assessment & Suggestions for the Course

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When you finish the checklist for Course Completion Checklist, 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 since I started this course to *Master My Goliaths*:

My Plan

My Attitude

My Ability

My Assessment/Understanding of what is needed to improve more

Assessment of Course or Workshop

Check just those that apply:

I value 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.

Master My Goliaths teachings and tools would help others: students _____

Grade

Publications/People

Suggestions (start doing, stop doing, change how doing)

ABCDF

Planbook/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

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

I would like to receive email about ideas, news from Life Leaders at _____@_____._____

Plans

My Next Steps:

independent housing stay here

job school

My intent:

Become:

Know:

Do/Accomplish/Serve/Give:

Earn trust: