

Shape your Future

a guide to start

Juliet Morris

Leadership starts with you

You cannot lead others until you can lead yourself.

That means investing in the way you **think** as well as your skills and experiences.

It's all of this that shapes **who** you are and **how** you operate.

As a high achiever and high performer, I have no doubt you are there for everyone.

Your family.

Your friends.

Your team.

Your peers.

Your business.

But what about you?

And I'm not talking about the investment in your pastimes or hobbies. I'm talking about **YOU**.

When was the last time you made a conscious decision to REALLY shape your future? Because, quite honestly, there has never been a better time to start.

HOW TO START SHAPING YOUR FUTURE

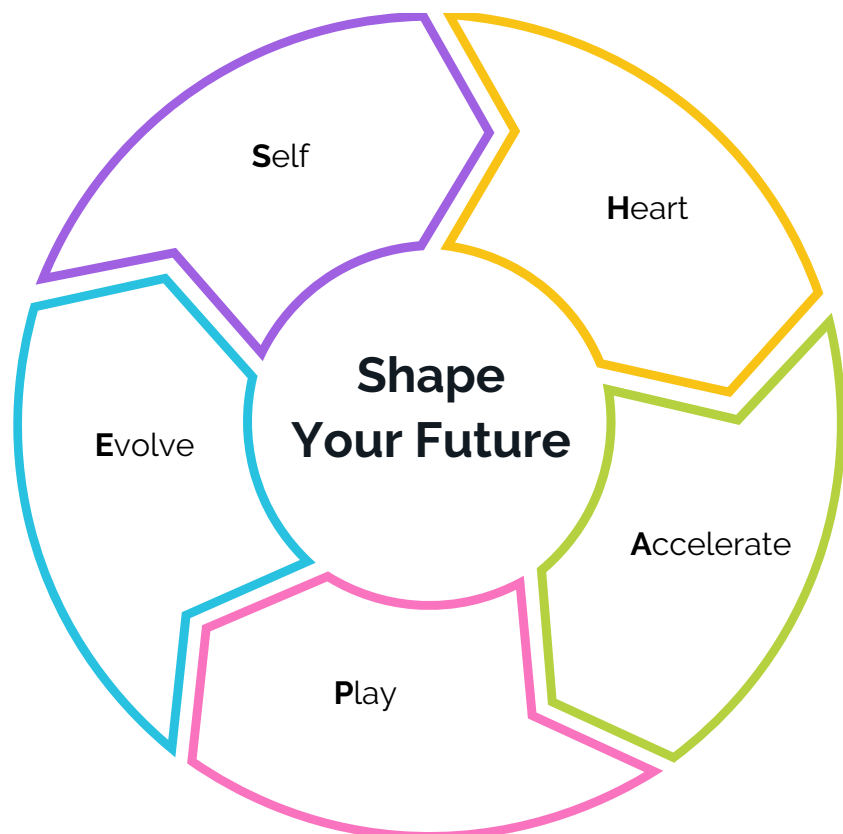
Shaping your future is as unique to you as your DNA.

Every conversation I have with a client or a team member, a leader, a CEO, or a coach starts with you.

I've put together this simple framework to help you start thinking about how you want to shape your future.

Over the next few pages, I'll guide you through the basic elements.

In each section, there is a question intended to provoke your thinking. I invite you to be radically honest with yourself when answering. When you've answered it, revisit what you have written.



**"Our thoughts, experiences, and beliefs
shape our futures"**

YOUR OPPORTUNITY

01 SELF

What do you do now? No, not your job title.

What do **you** do?

You are more than your job title.

You might be an Owner, VP, Carer, Volunteer, Partner, Juggler, Traveller, Peacemaker, Golfer, Parent, Want to be Skier.

If you've ever hired your own team, you'll be looking for that person's experience as well as their aspirations.

Take that experience and ask those questions to you.

Remember you are more than a single title.

Q. Write down what you do, without listing your job title:

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"You have a breadth of experience that will lead you powerfully in life, work and business."

02 HEART

Do you get a buzz out of in life, work and business?

When you connect your thoughts and actions with your heart you will feel it as opposed to think it. You will feel the buzz, the excitement. It's more than doing something and it's more than being there. It's about meaning.

All of my clients - successful high performers - have a secret dream. Something they want to do and say. They say they haven't. The truth is they've never been asked, scared of being honest, a little embarrassed, or don't know how to say it.

Some may want a promotion, to be the next VP or CEO, or want to achieve a particular area of study. What they don't often realise is there's a driver behind that.

Q. Write down what you **want** to do in work, business, and life (remember there are no limits). If you could do anything what would it be?

**"Opportunities surround us more readily than ever.
When you are clearer on what you want, you can
identify these opportunities more quickly."**

03 ACCELERATE

Now, you may ask yourself, 'why on earth would I accelerate any faster than I operate now?'

Accelerate is not about going faster. It's about slowing down to accelerate. I love to slow people down. To understand and find out what's really going on, what people think, what they say, and then connect the dots to their goal. By doing this, we can achieve more than what you originally thought possible.

Have you ever noticed that when you keep saying or doing the same thing over and over again, time seems to drag?

Here's a thought for you, and a question to answer:

Q. When was the last time, when time flew by, you had fun, and you did something different? Write down when it was, where you were, and how you felt.

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**"Being aware of every aspect of what makes you
come alive enables you to consciously take action
to accelerate your future."**

YOUR OPPORTUNITY

04 PLAY

Play is an important part of your evolution. Get creative, try things out, and test if this is really what you want.

If you keep doing the same thing, you'll achieve the same experience and same result. You are not a manufacturing plant. Life changes. You change. Remember that the manufacturing plant did not achieve the desired result the first time!

Here is your chance to **play!**

Q. Write down a list of 10 things that you want to take to shape your future starting with I want to. Remember this isn't meant to be perfect. Start somewhere and see where it leads.

1. I want to
2. I want to
3. I want to
4. I want to
5. I want to
6. I want to
7. I want to
8. I want to
9. I want to
10. I want to

"Being aware of every aspect of you enables you to take conscious action to accelerate your future."

05 EVOLVE

To play is to innovate, and to innovate is to evolve.

Your barriers to shaping your future are limiting beliefs, negative self-talk, critical feedback, and even positive feedback that tells you, you are doing a great job.

This positive feedback about your job then receiving a promotion, often isn't given with any meaning - 'you're doing a great job', 'well done'. Give meaning to your feedback to ensure it's tied with positive emotion.

Feedback without meaning is feeding your ego. Humans want to be needed.

I know that you will ask your teams as to what they really want, but do you ask **yourself**?

Q. In 10 years time, what would you like your life to look like? Where will you be, what will you be doing, what will you know? It should give you a buzz - a sense of nervousness and excitement.

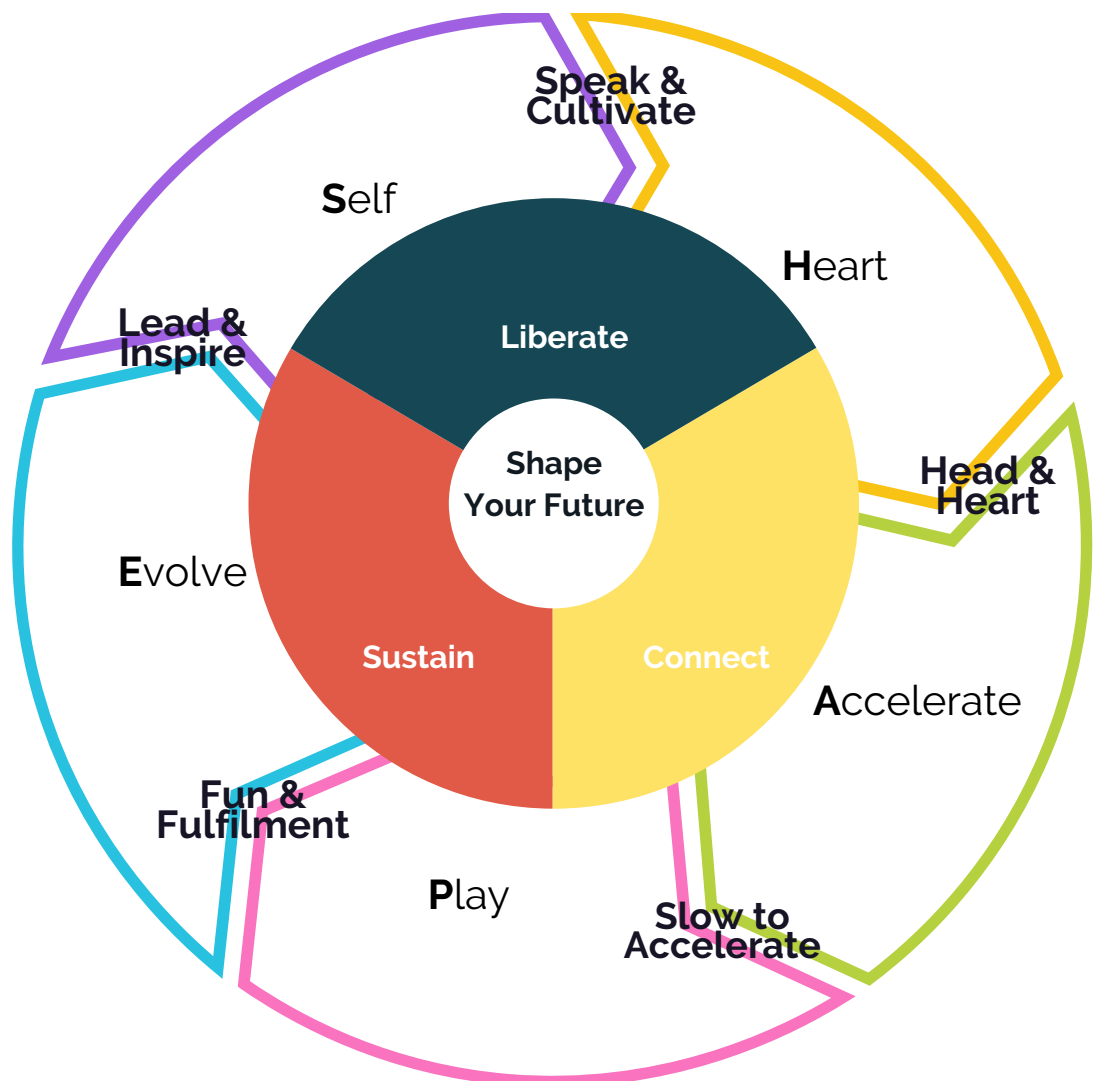
"Feedback containing the information that is combined with emotion, delivered in a timely manner, becomes a long-term memory."

Liberate. Connect. Sustain.

A 'great and meaningful conversation'.

It's a phrase I have said throughout my career. How did I know I was having one? Because it's transformative. Whether it's growing people or businesses, oh and that includes me!

Here's how I love to work. This diagram underpins my model of **Shape** your future.



**"If you want to shape futures - including your own -
liberate your dreams (your vision) - make the connections
and build a life that you can sustain."**

My name is Juliet Morris.

I have achieved real highs in my career in leadership roles. I've won awards, delivered groundbreaking solutions, built communities, and helped others get to the next level.

I love to be inspired by people around me; smart, successful, driven.

I've been caught up in the busyness of work, loved the thrill of the chase and unknown, yet somewhere along the line it became functional and I lost my buzz. It was this that shifted my own journey to what's next, and what I do today.

I have helped people (students to senior leaders) go on to have incredible careers and build businesses to grow with incredibly talented people. And the truth is, each person inspired me.

I know that all of these people—high-performing, busy and successful leaders—have faced similar difficulties and challenges. All found opportunities they could not see at the time.

I wanted to write this guide and share my tips and experiences – what I have learned over the years to help you shape futures, including your own.

**THIS IS A GUIDE FOR LEADERS
WHO WANT TO SHAPE FUTURES
—INCLUDING YOURS.**

LET'S TALK!

Success is often lonelier than we'd like to admit. On the outside it's awe-inspiring, but on the inside it's lonelier than you'd like to admit.

Admitting it is really scary; many people won't understand.

I'm here to provoke what you say and think, to allow your thoughts to be liberated, so you can shape your future.

I help ordinary people remember that they are extraordinary.

If this sounds interesting, maybe we should talk.

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