



Dr. Cynthia Ackrill
Supporting Brilliance and Resilience
for Extraordinary Leadership

Creating new habits to support your brilliance, resilience, energy, and focus.

I. Pick **the right goal!**

- a. Is it clear? _____
- b. Is it small enough/big enough? _____
- c. Is it **SMART**? _____

(Ex. I will run for 30 minutes, 3 times this week on Mon and Wed at 6:30 am, and Sat, at 9 am.)

- Specific
- Measurable
- Action-based
- Realistic
- Time-Anchored

- d. Is it **motivated** by values and purpose

Values it supports _____

How it is tied to purpose _____

- 2. How **MOTIVATED** are you? (1-10?) _____
- 3. How **CONFIDENT** are you? (1-10?) _____
- 4. Do you have the **SKILLS** you need to succeed? _____

Skills, strengths used _____

- 5. Do you have **a plan for obstacles**? (If it is raining I will....., If I get to bed too late I will.....)

6. Have you put up “**Gutter Guards?**” (= supports to keep you on track)
- a. Socially
Who will support you? _____
 - b. Environmentally (I will keep extra gym bag in car; I will turn off email alert; I will not buy
What will you do to decrease cues that make it harder and increase cues that make it easier to meet
your goal? _____

7. Do you have **regular measurement/accountability** built in? _____

8. Do you have a **celebration plan?** _____

Remember, this is all research to find your best way of living and leading. Practice curiosity and compassion for yourself! Choose mindsets of resilience and never hesitate to ask for support! I am always happy to answer any questions, take suggestions, or comments! Cindi Ackrill Ackrill@wellspark.com 828.777.9730