

Welcome to NBMBA[®] Webinar

“New Year New You”

*Presented by Anthony Rosenblum and Jennifer Fioritto
The Siegfried Group*





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HOW TO CHANGE YOUR MINDSET
TO ACHIEVE YOUR GOALS

**NEW YEAR
NEW YOU**

SIEGFRIED'S SERVICE OFFERINGS

LEADERSHIP ADVISORY



TALENT DELIVERY



FINANCIAL ADVISORY



TODAY'S AGENDA

- **PASSIONATE ATTENTION (CELEBRATING SMALL WINS)**
- **SHARING IN PAIRS**
- **MINDSET**
- **BECOMING YOUR BEST SELF**
- **HOW TO MAKE NEW YEAR'S RESOLUTIONS & STICK TO THEM!**



It's the small wins
on the long journey
that we need in order to
keep our confidence, joy,
and motivation alive!

BRENDON BURCHARD

PASSIONATE ATTENTION

CELEBRATE SMALL WINS

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Passionate Attention

This tool will help you clarify your strongest needs and wants, your most powerful aspirations and desires, and help you find the energy and awareness required to transform your individual leadership! Be sure to identify at least two personal and two professional accomplishments and experiences.

Your Most Important Accomplishments or Most Moving Experiences	Key Character Ethic Traits (Values) that Enabled the Accomplishment or Experience to Happen	Committed and/or Inspired Next Actions
1		
2		
3		
4		
5		



**TAKE
5**

SELF REFLECTION

TAKE 5 MINUTES TO CELEBRATE YOUR SMALL WINS

MINDSETS



FIXED COMPLAINER

Won't Transform

Feels Defeated,
Victimized,
Self-Pitying, Frenzied &
Angry, "Why Bother?"



DISAPPOINTED STRIVER

Can't Transform

Feels Frustrated,
Discouraged,
Stuck, Mistake-
prone, & Over-
Burdened



COMPLACENT ACHIEVER

Transformed Enough

Feels Content,
Assured,
Comfortable, &
Stable



GROWTH LEADER

Continually
Transforming

Feels Relentlessly
Obsessed with
Exponential
Improvement, Highly
Motivated

WHAT IS YOUR MINDSET?



FIXED MINDSET

You can't see how things can get better, you are stuck on the hamster wheel of life, and you feel as though things are happening to you, not for you!



GROWTH MINDSET

You embrace change with open arms, knowing that you can't control what happens to you, but you can control how you react to it. You know that to get different results, you must try different methods!

BECOMING YOUR BEST SELF

HOW DO YOU WANT TO GROW?



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Becoming Your **Best Self**

What do you want to become in the next three years and the next ten years? What steps are you willing to take to become a better version of yourself? Thinking these questions through, writing down the most important things you want to achieve, prioritizing things that you are passionately committed to achieving, and then revisiting those thoughts periodically, is vital to making your personal and professional dreams come true! This is an important process in helping you Bring, Be and Become the best possible version of yourself! At least one of your five dreams below should be personal and at least one should be professional.

3 Year Dreams		10 Year Dreams		What is your progress to date?	What's next?	Which of your freedoms will this impact?	Which of your Angels are helping or can help you?	How can you show your gratitude to these Angels?
1		1		Choose two dreams from the left, that you feel you are already making good progress on.				
				1				
2		2						
				2				
3		3		Choose two dreams from the left, that you would like to start making greater progress on.				
				1				
4		4						
				2				
5		5						

**TAKE
10**

SELF REFLECTION

TAKE 10 MINUTES TO PLAN SHORT & LONG-TERM GOALS

A woman with dark hair is shown in profile, speaking into a blue megaphone. The image is overlaid with a semi-transparent green filter. The scene is framed by a white border.

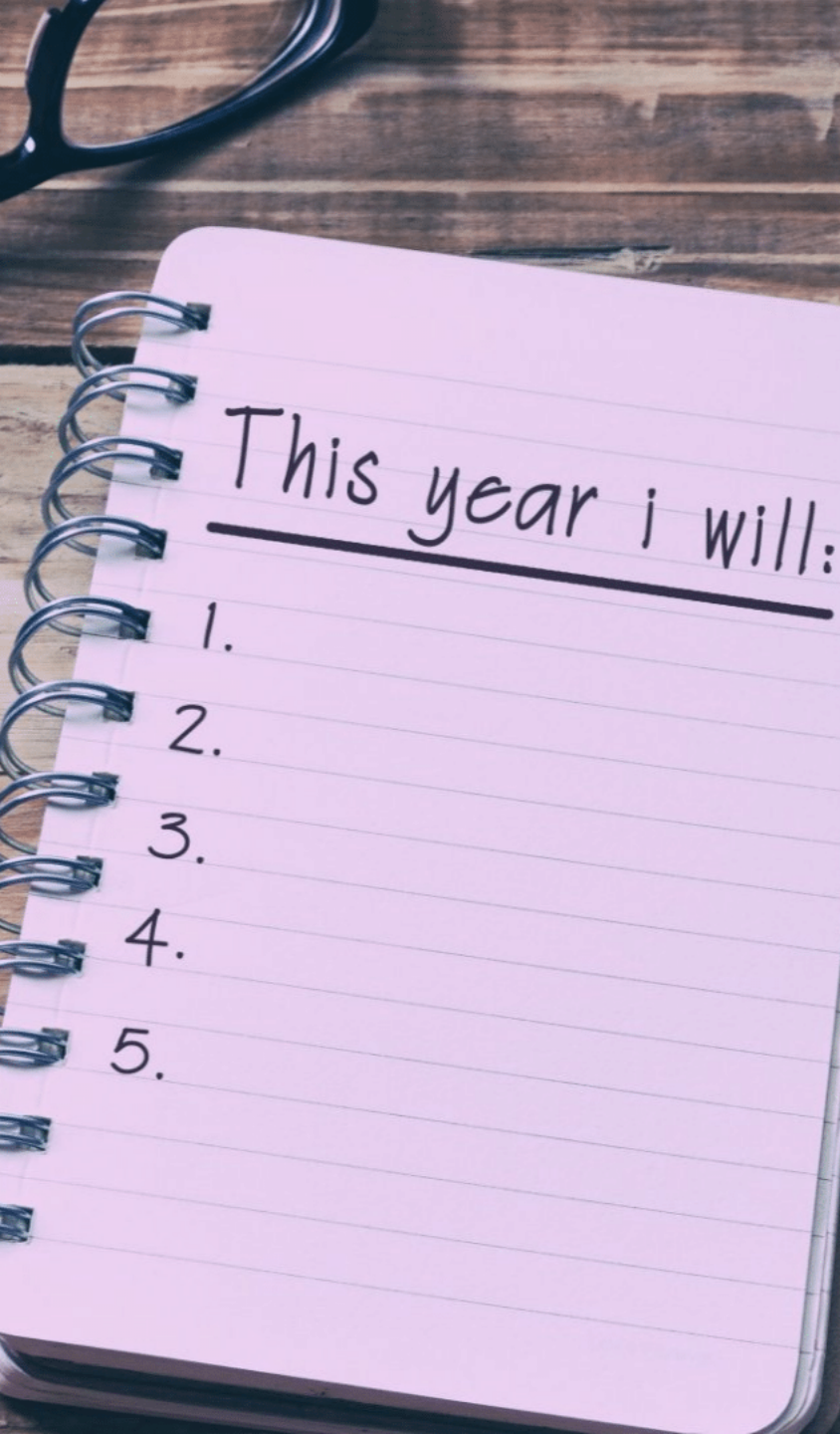
BREAK OUT ROOMS

NEW YEAR RESOLUTION

7 TIPS FOR COMMITTING!

1. Create a Measurable Goal
2. Identify Clear Action Steps
3. Set Yourself Up For Success
4. Plan For Obstacles
5. Start When You Are Ready
6. Track Your Progress
7. Learn From Your Mistakes

SOURCE: INC MAGAZINE



A green-tinted landscape featuring a winding asphalt road that curves through a valley. The road is flanked by grassy hills and sparse trees. In the background, there are rolling hills and a forested ridge under a clear sky. The entire scene is overlaid with a semi-transparent green filter.

And now we welcome the new year,
full of things that have never been.

RAINA MARIA RILKE



***THANK
YOU!!!***

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BE SOCIAL WITH US!

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Thank You!

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BLACK
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ASSOCIATION, INC.
50th ANNIVERSARY
2020
CELEBRATING VISIONARIES