

The Knowing Yourself Guide to Getting Things Done

Pioneer Library System

June 20, 2014

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Agenda

- 10:30-10:45 Introductions
- 10:45-11:40 The many sides of self
 - Self-awareness
 - Vision & values exercise
 - Self-knowledge
 - Self-motivation
 - Self-acceptance
- 11:40-11:50 Exercise
- 11:50-11:55 Wrap-up

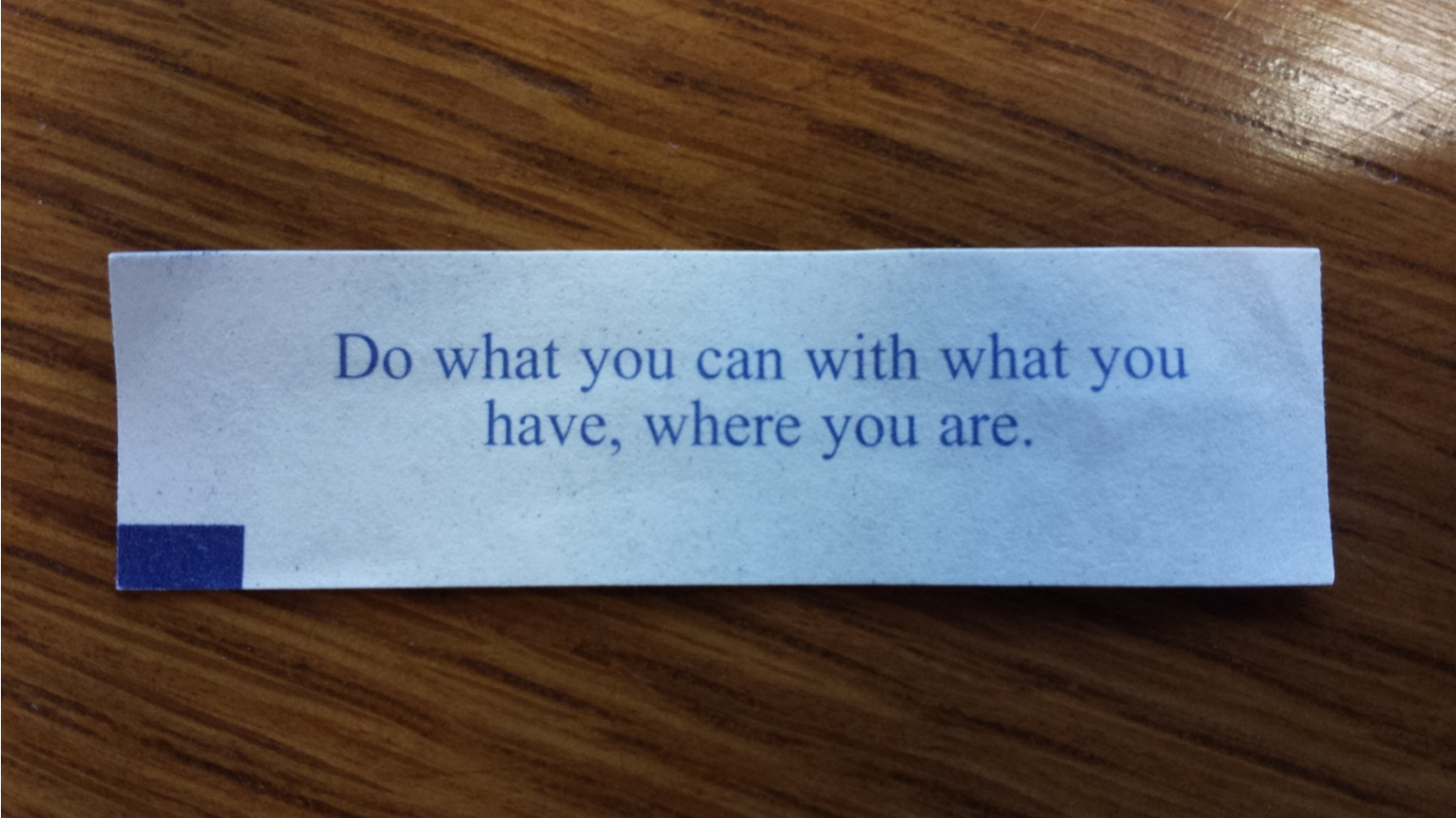
Self-focused ≠ Selfish

Self-focus

1. An ability a person has to direct conscious attention on themselves, thoughts, desires and emotions.
2. A person's ability to analyze and evaluate their mental and emotive states.
3. ~~Excessive~~ concern for yourself.

<http://psychologydictionary.org/self-focus/>

Self-awareness



Do what you can with what you
have, where you are.

Vision & priorities exercise

- 1. What one thing do I want to accomplish?**
- 2. What would it look like if I were successful?**
- 3. What personal values support this vision?**

Life as a journey...



Boundaries & Expectations



Self-knowledge

knowledge or understanding of one's own capabilities, character, feelings, or motivations

<http://www.merriam-webster.com/dictionary/self-knowledge>

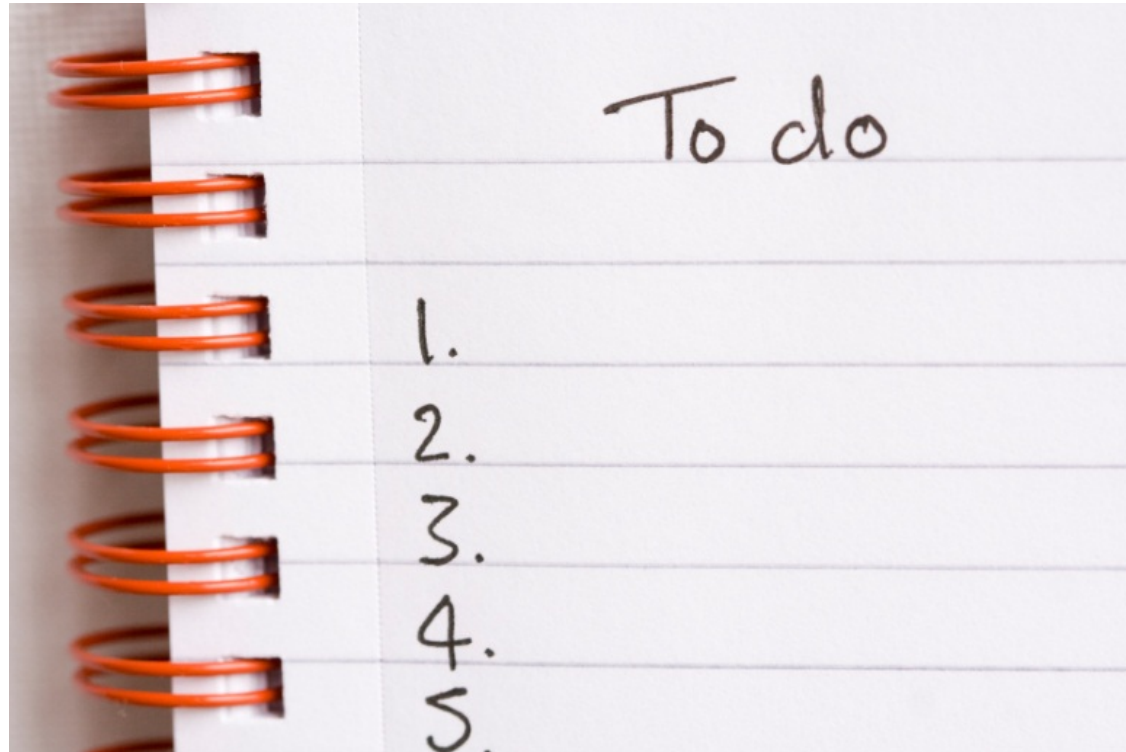
Self-motivation



Visualize the change



Strategies



Self-acceptance



Inspiring quotes exercise

- Life is a journey, not a destination – and certainly not a competition...
- “We don’t see things as they are. We see things as we are.” Anais Nin
- “Change your thoughts and you change your world.”
Norman Vincent Price
- “It is not because things are difficult that we do not dare, it is because we do not dare that things are difficult.” Seneca
- “A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time.” Mark Twain

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