



ALLOWING EVEN YOUR BIGGEST GOALS TO BE EASY

STEP 1: CLARIFY YOUR GOAL

What do you really want? Dial into your DREAM.

Teachings:

- Goals That Guide You: How to Define Your Version of Success
- The Business Analyst Success Path Framework
- Discover Your Bigger Purpose and Mission
- Transitioning from Business Analyst to Product Owner

STEP 2: WHAT'S HOLDING YOU BACK?

What "yes, buts" are holding you back?

Teachings:

- Peeling the Onion: Uncovering and Rewriting the Limiting Beliefs That Hold You Back From More Success
- Unhooking from Praise and Criticism
- Overcoming Perfectionism: 3 Steps to Making Progress without the Stress, Blame, and Overwhelm
- Career Reset: How to Recover from Toxic Situations and Go From Jaded to Motivated
- Cultivating Faith: Resilience in Times of Stress and Uncertainty
- Shifting from Surviving to Thriving
- Transmuting Triggers into Treasures

STEP 3: EVALUATE AVAILABLE RESOURCES

What people, resources, information can support you? How can you call on your inner wisdom for support?

Teachings:

- Increasing Your Sense of Self-Worth
- Connecting with Your Inner Wisdom

STEP 4: MAP OUT A STRATEGY

Strategize from the place of having already achieved your goal. What would future you do?

Teachings:

- Your Next-Normal: How to Evolve Forward in Times of Change
- Setting Yourself Up For Success (in 2021)
- Year-End Performance Review

STEP 5: LET GO OF WHAT DOESN'T SUPPORT YOUR GOALS

Remember the Law of Sacrifice – You have to let go of something of a lower nature to receive something of a higher nature.

Teachings:

- Surviving (and Thriving!) in a Hybrid Role: How to Create a Career Path When You Wear Multiple Hats
- Einstein Time: How to Almost Magically Create More Time in Your Day
- Setting Boundaries

STEP 6: TAKE ACTION!

Start where you have the most resources and least resistance.

Teachings:

- Thriving in New Domains
- Career Expansion – How to Take On Responsibilities Outside Your Comfort Zone
- The 4 Keys to Salary Negotiation
- Impression of Increase: How to Position Your Impact to Earn More Respect
- Giving and Receiving Feedback
- How to Be an Effective Mentor
- How to Cultivate Strong Stakeholder Relationships
- Facilitating Working Meetings
- Storytelling for Impact and Influence
- Gaining Recognition for Your Contributions
- Which IIBA Certification is Right For You?
- Listen to Understand, not Respond

STEP 7: ACKNOWLEDGE AND RECEIVE

The results you are looking for may show up in unexpected ways. Pay attention. If what shows up isn't what you want, revisit Step 1 with increased clarity.

Teachings:

- Abundance Mindset: How to Feel Comfortable Receiving More

KEY TAKEAWAYS

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