
Roadmap for change and practical tools

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How to get worse - The Nardone strategy

What can you do/not do, say/not say, think/not think to guarantee that you are managing your problem in the worst possible way?

Try to write in your group a list of the **10 worst things** that you can do to manage a problem (for example: procrastinating a problem; Blame someone for our own mistake/situation; Doing nothing)

How can we get worst list

How to get worse? - The Nardone strategy

- Create the **“how to get worst to do list”**
- At the end of each day, mark the things you did with an **“x”**, and the things you came close to with an **“c”**
- Marking these behaviors with an **“x”** and a **“c”** will make you **develop a negative feeling** against these mistakes that will push you to stop doing them
- This list will serve as a guide to **avoid the mistakes of bad problem management** and as a **check on the strategies used** during the day

Strategic problem solving model

- Based on the **Strategic Problem Solving Model** developed by Nardone
- We first focus on how to get worst to then improve and understand how and where we can improve by creating the how to get worst list that we shall use for at least 21 days



Vision

All changes began with a mental picture



Activity



Things I love to do

- Simply list the 15 things you love to do the most in your life
- After you write those ask to yourself:
 - To which values are they linked?
 - Why am I not doing more of these things?



Other intriguing questions

- If I could come back in another lifetime as someone else, who would it be? Why?
- If I had oodles of money, what would I do with it?
- If I could make only three phone calls before I had to leave this world, who would I call? What would I say?
- And the old job-interview favorite: Where do I want to be in one year? In five years?

Defining a Roadmap

- With short-term and long-term goals
- Giving you the bigger picture
- Evaluated/updated regularly (every year for example)

Expressing Gratitude

- Robert Emmons defines gratitude as “a felt sense of wonder, thankfulness, and appreciation for life.”
- Sonja Lyubomirsky, defines the process of gratitude as “a focus on the present moment, on appreciating your life as it is today and what has made it so.”

Gratitude and stress

- Gratitude allows to detach from a stressful period and savor a positive memory/experience
- You can feel better about yourself
- When it's aimed at others, you feel better about yourself because you're recognizing and emotionally giving to others
- Gratitude pulls you out of your negative mindset
- Gratitude puts things into perspective
- Expressing it to others can create and enhance relationships
- The bonus is that you may get a thankful response of gratitude from the person to whom you express gratitude

Are we expressing it?

- Often we feel gratitude but fail to express it
- Feeling it without communicating does not help us

3 qualities

- Write your names on post-its and mix them
- Pick the name of one of your colleagues
- Write **3 reasons why you are grateful to that person**
- Share it and keep the post-it



Keeping an optimism journal

- Where we wrote all the positive things that happened to us
- That we can read when the pessimism is about to take on us