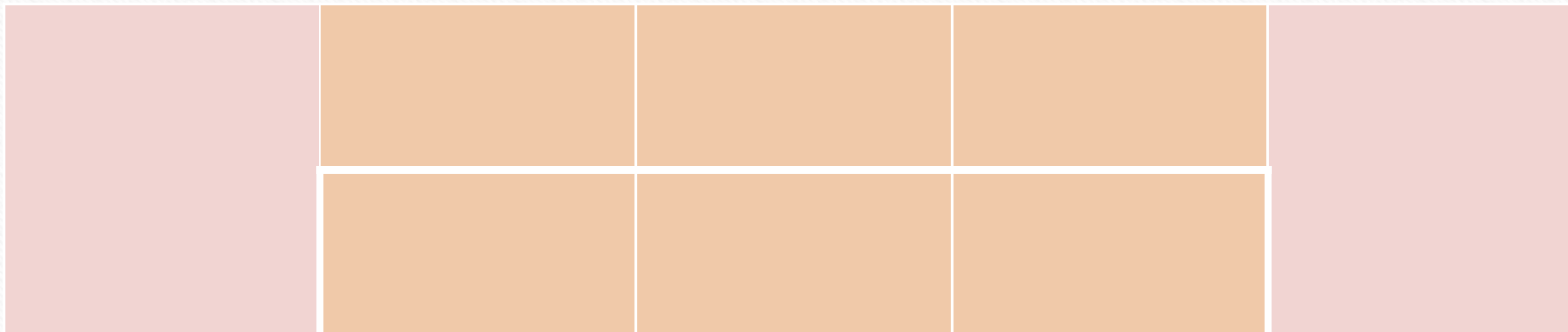


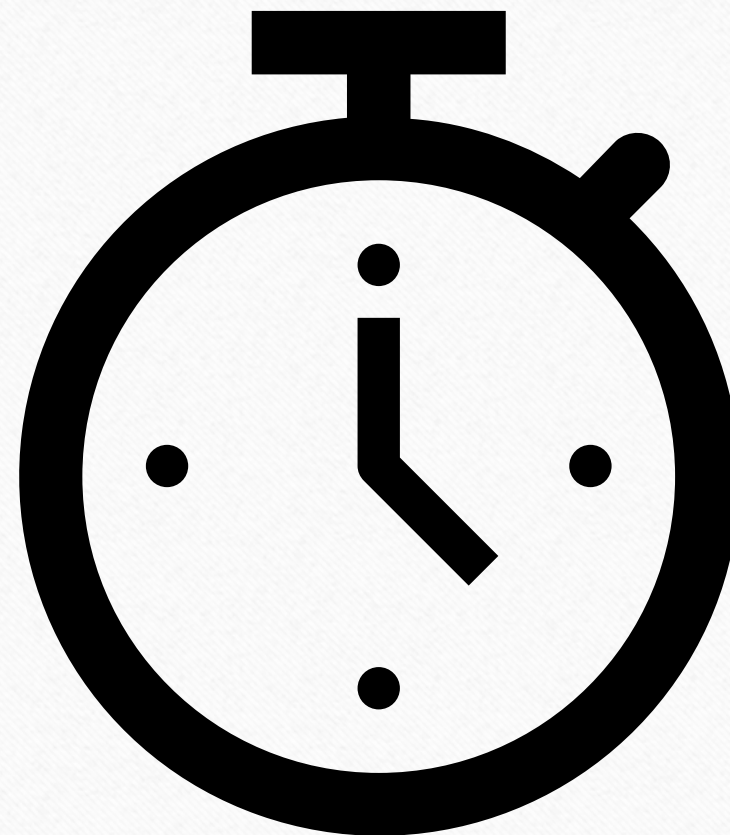
To Achieve Remember Your ABC's

Kristen Sensabaugh

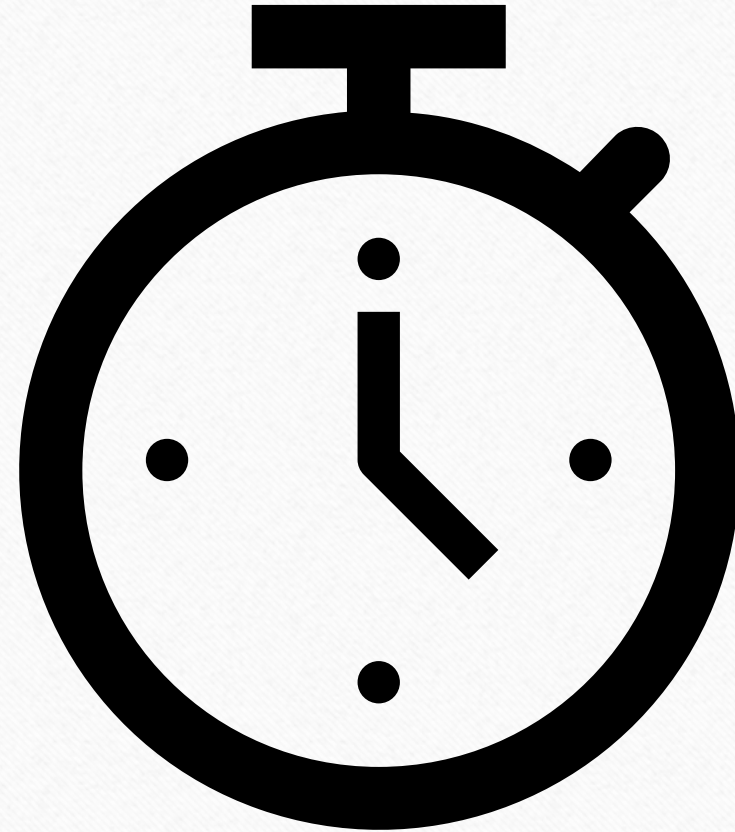
Prepare



1 minute left



30 seconds left

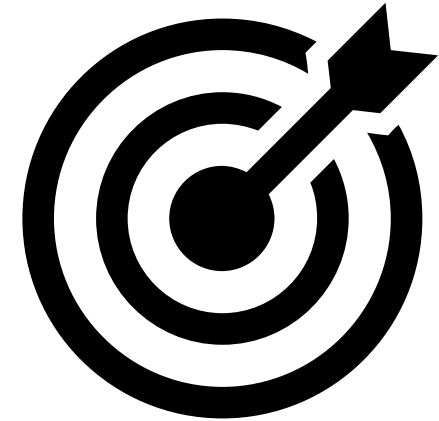


Start

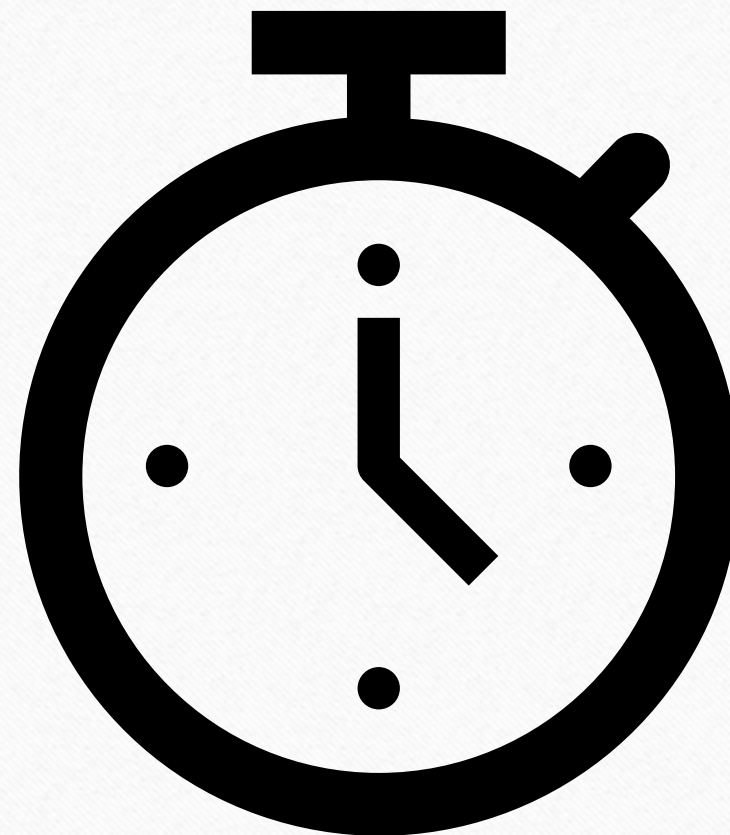
- Take a few minutes to reflect on a time when you didn't achieve a goal.
- Why do you think you didn't achieve the goal?

**GOAL I
didn't
achieve
and why I
think I
didn't
achieve it.**

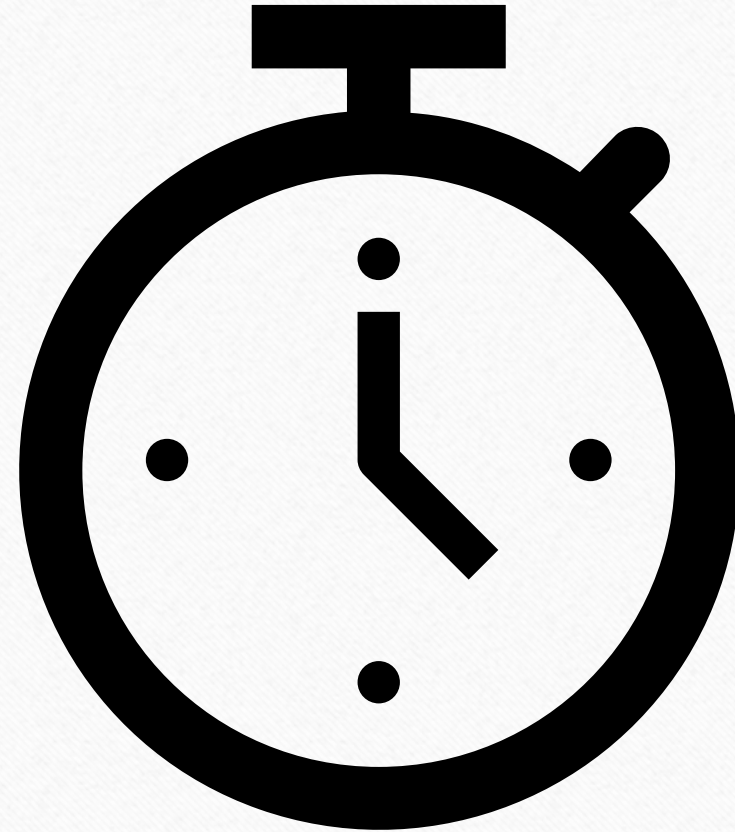
List a goal you didn't achieve and why you think you didn't achieve it.



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A – Ask



A - Ask

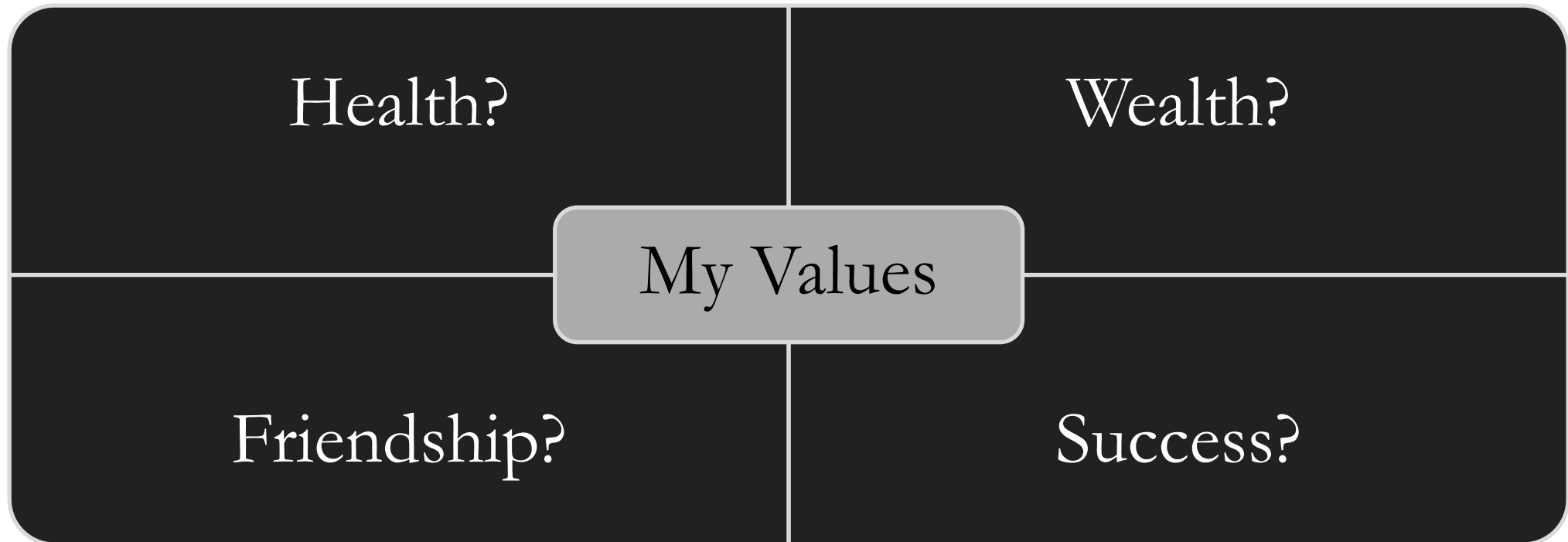
Why is this important to me?



A - Ask

Why is this important to me?

A - Ask



A - Ask

Learn! Ask Questions.



Example Scenario

You just bought a new computer and are excited to use it. You try to power it on and find that it doesn't work. What do you do?

Do you:

- A. Return the computer immediately, ask no questions.
- B. Throw the computer against the wall, it isn't worth your time.
- C. Contact the seller and see if they are willing to exchange it.
- D. Contact technical support and see if they can offer any advice.

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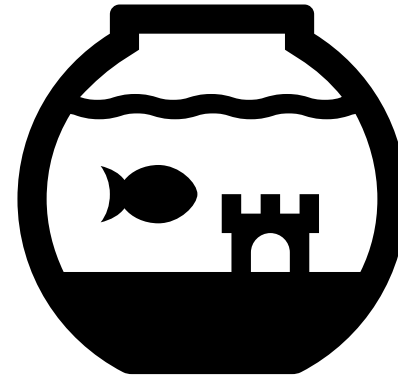
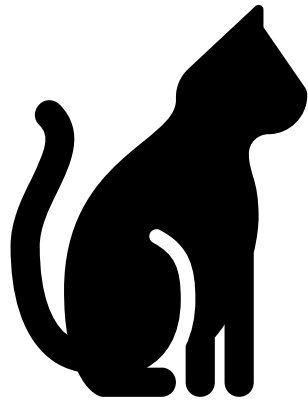
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- D. Contact technical support and see if they can offer any advice.**

Words to Live By

“The important thing is not to stop questioning.” - Albert Einstein



A - Ask

Ask Questions... STAY CURIOUS

A - Ask

For help.

Build a network.

Prepared for FAPAC National Leadership Training Program



05/14/2021



**My Goal and
why I think I
didn't achieve
it.**

What did I
ask?

What
should I
have asked?

Chart

My Goal and why I think I didn't achieve it.

What did I ask?

- **Did you know why the goal was important to you? Did it align with your values?**
- **Were you trying to learn new things to enable you to achieve the goal?**
- **Did you ask for help?**

What should I have asked?

My Goal and why I think I didn't achieve it.

What did I ask?

What should I have asked?

- **Is this my goal? Why did I set this goal? Does it align with my values?**
- **Do I need to develop new skills? Do I have the time to develop new skills?**
- **Do I need help?**

Words to Live By

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis

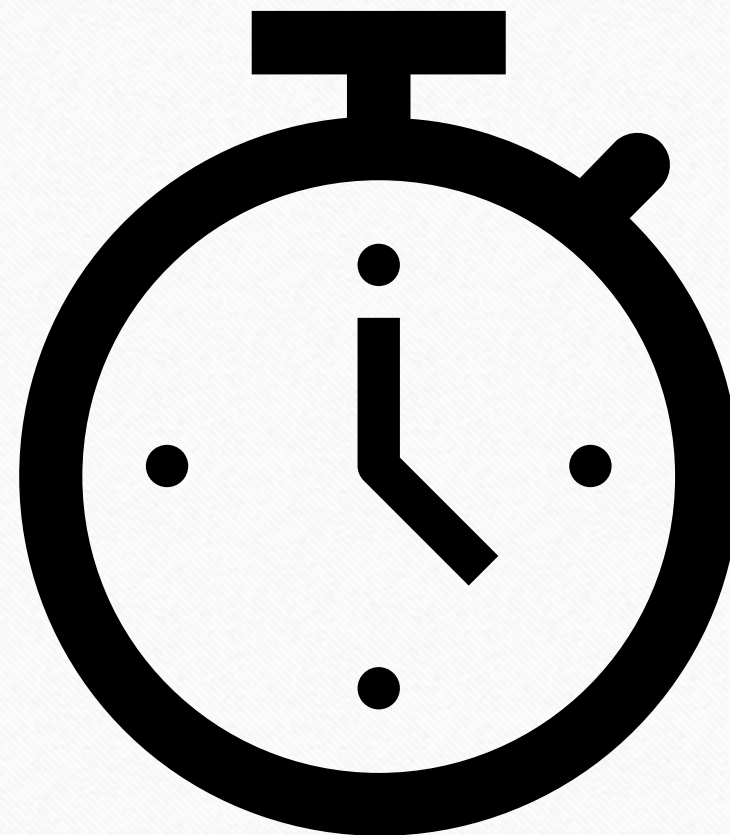
**My Goal and
why I think I
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What did I
ask?
...

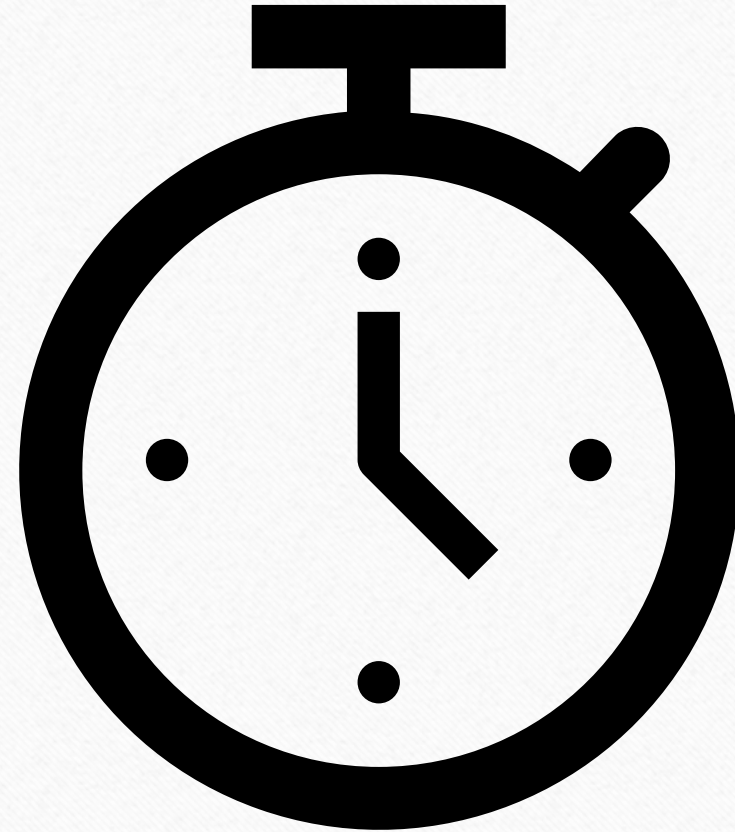
What
should I
have asked?
...

Chart

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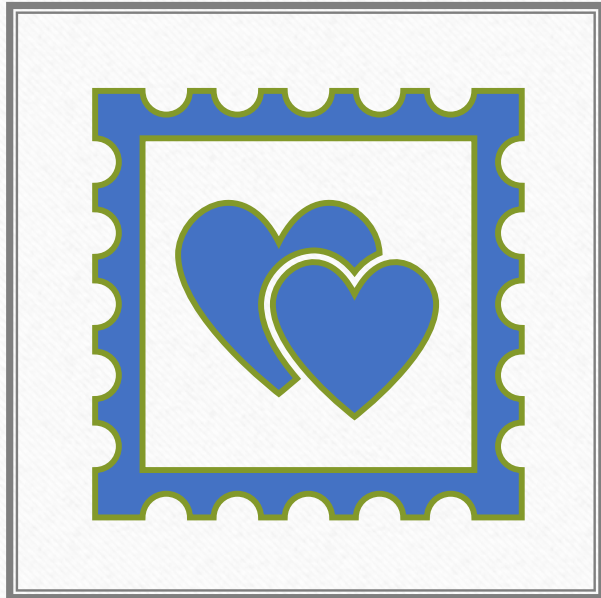


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B – Believe

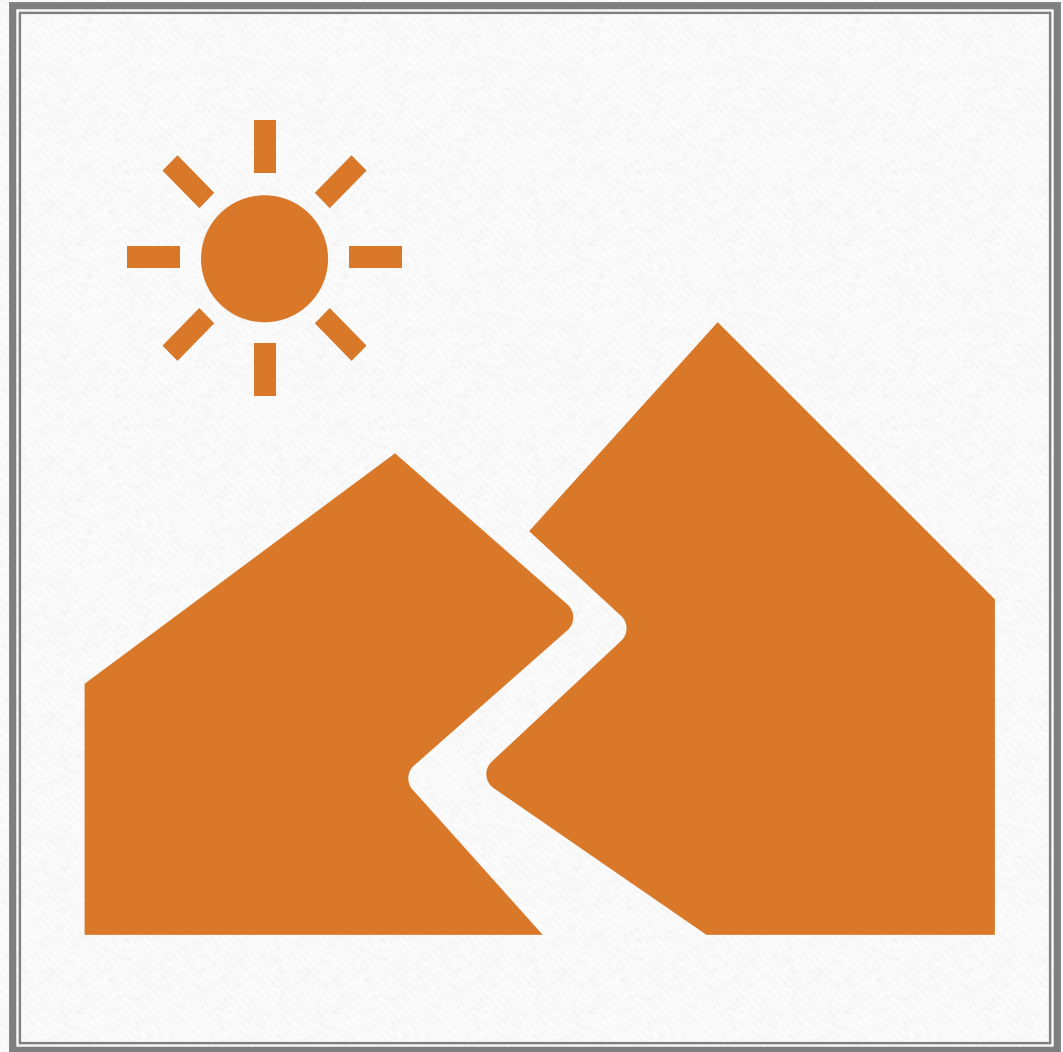
B – Believe



Strength and Optimism

B – Believe

No boundaries





B – Believe

Confidence

Chart

My Goal and why I think I didn't achieve it.	What did I ask? ...	What did I believe?		
	What should I have asked? ...	What should I have believed?		

My Goal and why I think I didn't achieve it.

What did I ask?
...

What did I believe?

- **Did I approach the goal with a “glass half empty” or “glass half full” view?**
- **Did I set artificial (or unrealistic) boundaries? Or did I let real boundaries stop you?**
- **Was I confident? Did I believe I could achieve the goal?**

What should I have asked?
...

What should I have believed?

**My Goal and why I think
I didn't achieve it.**

What did I ask?
...

What did I believe?

What should I have asked?
...

What should I have
believed?

- **Should I have been more optimistic?**
- **Should I have identified and evaluated the "boundaries?"**
- **Should I have been more confident in myself?**

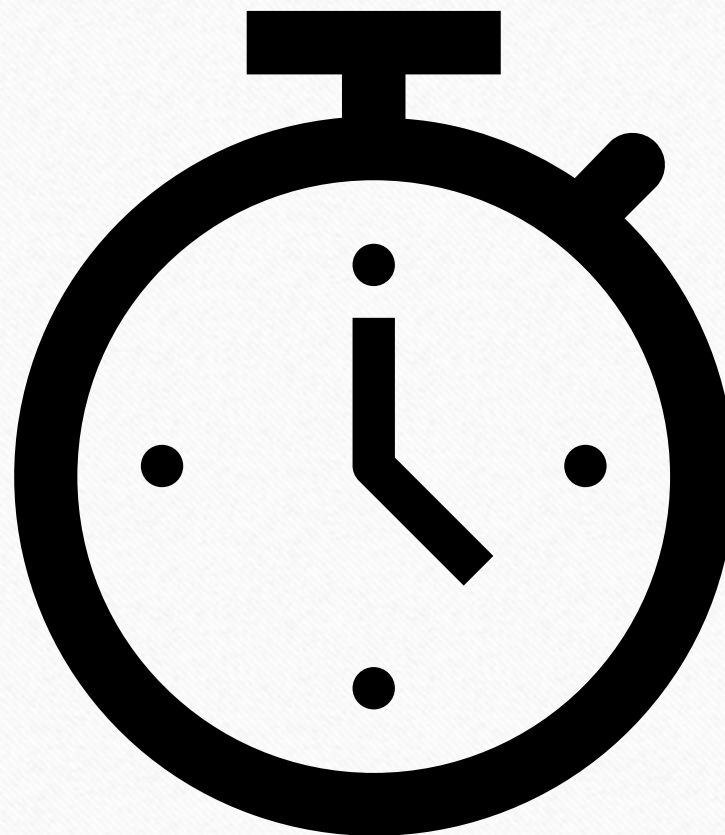
Words to Live By

“Talk to yourself like you would to someone you love.” – Brené Brown

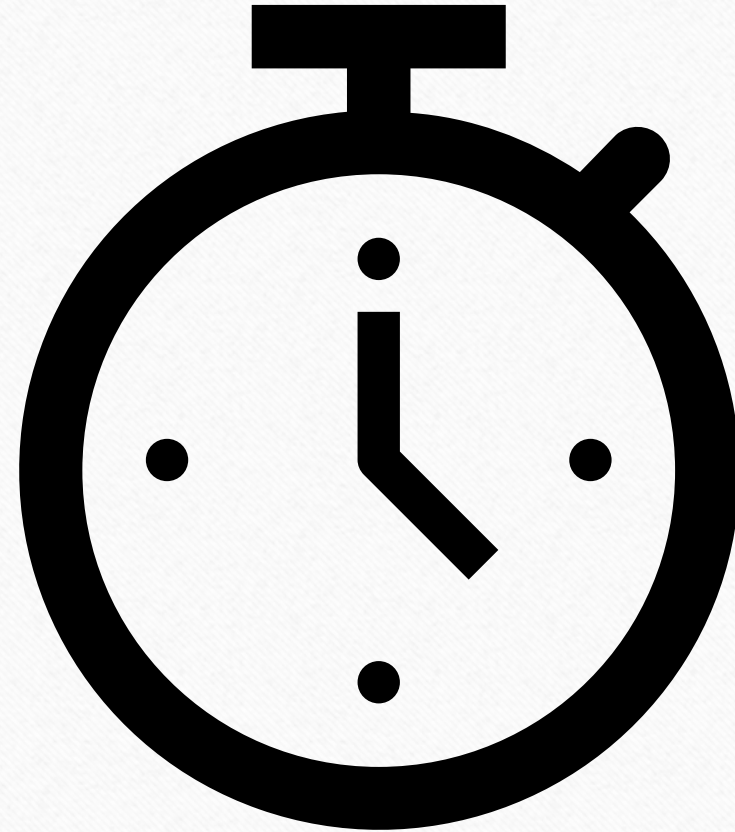
Chart

My Goal and why I think I didn't achieve it.	What did I ask? ...	What did I believe? ...		
	What should I have asked? ...	What should I have believed? ...		

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C - Challenge

C- Challenge

Challenge the “status quo” – what is normal?



C- Challenge

Challenge the “status quo” – what is normal?



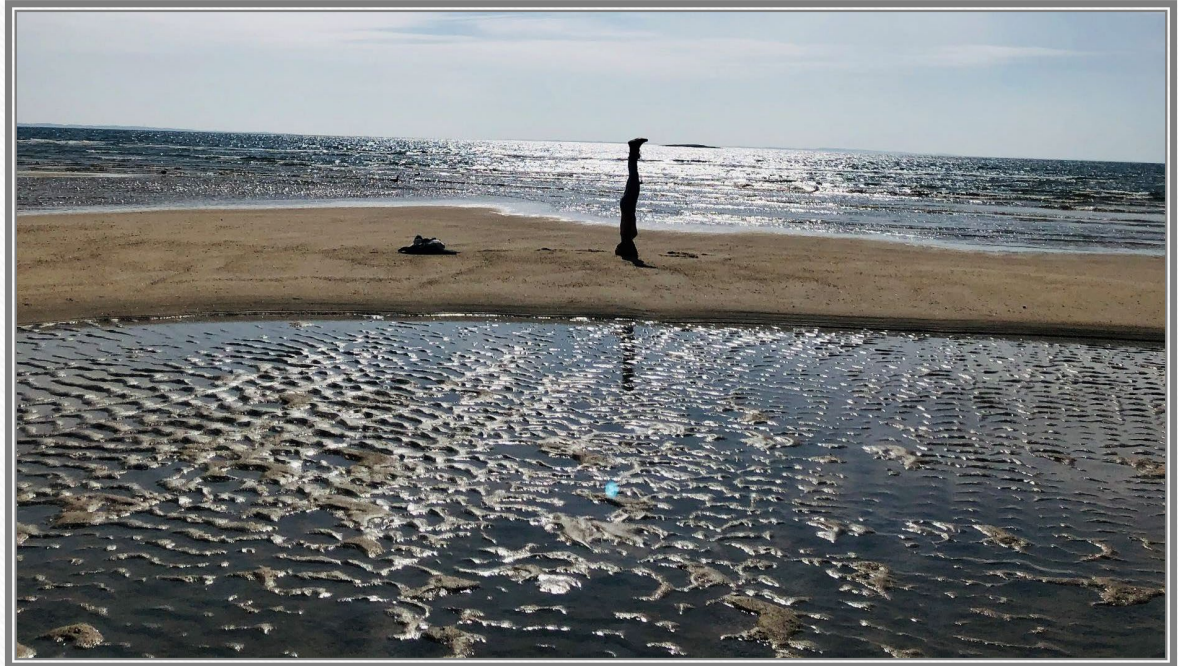
The background of the slide features a close-up, slightly blurred view of the front of a classic car, specifically the chrome grille and dual round headlights. The car is positioned on the right side of the frame. In the background, a calm body of water stretches across the middle ground, with a distant shoreline and hills visible under a clear sky. The entire scene is overlaid with a semi-transparent dark blue filter to ensure the white text is legible.

C- Challenge

Explore

C- Challenge

Keep practicing, moving, growing



Chart

My Goal and why I think I didn't achieve it.	What did I ask? ...	What did I believe? ...	What did I challenge?	
	What should I have asked? ...	What should I have believed? ...	What should I challenge?	

My Goal and why I think I didn't achieve it.

What did I ask?

...

What did I believe?

...

What did I challenge?

- **Did I challenge the status quo?**
- **Did I explore all my options? Did I know what they were?**
- **Was I willing or able to grow?**

What should I have asked?

...

What should I have believed?

...

What should I challenge?

My Goal and why I think I didn't achieve it.

What did I ask?
...

What did I believe?
...

What did I challenge?

What should I have asked?
...

What should I have believed?
...

What should I challenge?

- **Should I challenge the status quo?**
- **Should I explore more options?**
- **Should I try new things, is there a new way I can challenge myself?**

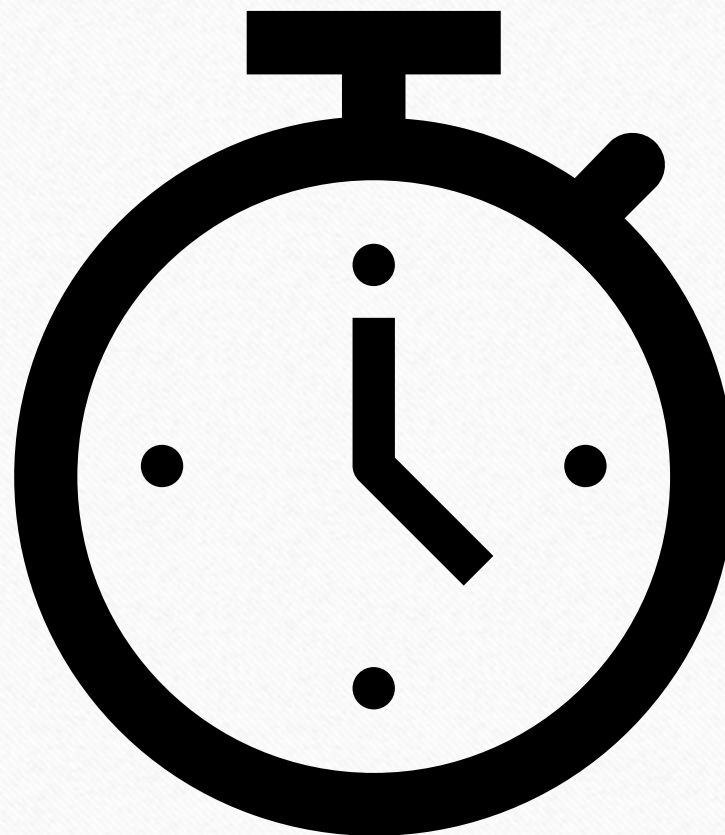
Words to Live By

“Only those who dare to fail greatly can ever achieve greatly.” – Robert F. Kennedy

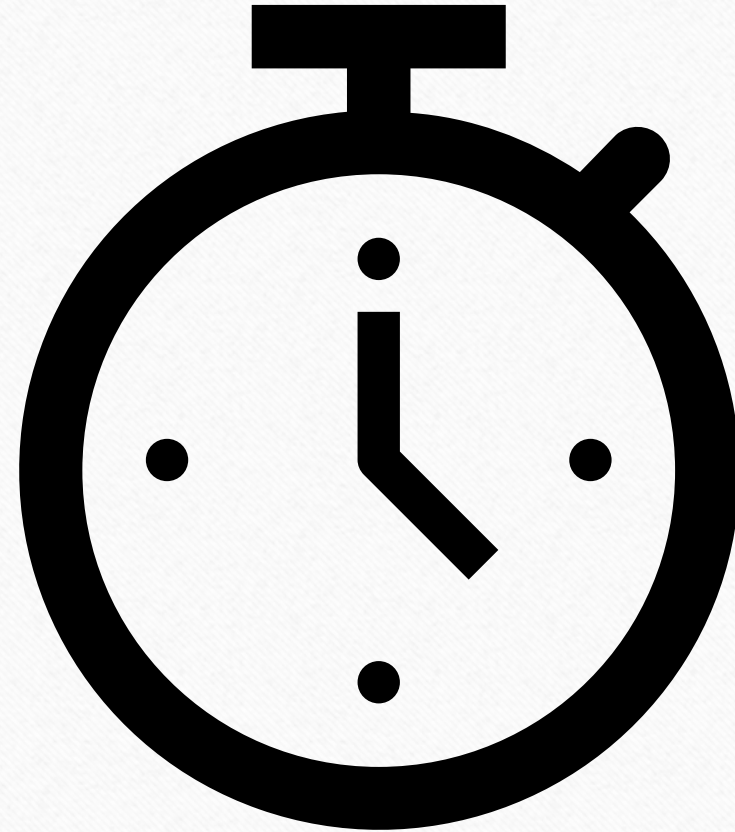
Chart

My Goal and why I think I didn't achieve it.	What did I ask? ...	What did I believe? ...	What did I challenge? ...	
	What should I have asked? ...	What should I have believed? ...	What should I challenge? ...	

1 minute left



30 seconds left



**My Goal and
why I think I
didn't achieve
it.**

What did I
ask?
...

What did I
believe?
...

What did I challenge?
...

**What I will
do different
next time.**

What
should I
have asked?
...

What should
I have
believed?
...

What should I have
challenged?
...

Chart

Thank you!

Connect with me on
LinkedIn [Kristen
Sensabaugh](#) | [LinkedIn](#)

Prepared for FAPAC National Leadership Training Program



05/14/2021