



LIFE IS A TRAJECTORY RATHER THAN A JOURNEY

Trajectory –

Webster: *The path of a flying object – the path that a projectile makes through space under the action of given forces such as thrust, wind, and gravity*

Sumner: *Your acceleration, your rising momentum, the upward thrust to your life...*

What is *your* trajectory? (Put your definition here based on *your* life.)

Come to terms with the word Trajectory. What do you like – or not like – about this word?

Pick five words that you have used in the past to describe your life's journey.

1. _____
2. _____
3. _____



4. _____

5. _____

Now – pick five new words to use when you consider your life as a trajectory rather than a journey.

1. _____

2. _____

3. _____

4. _____

5. _____

Do you feel the difference? Yes _____ No _____

Now, most of you have been in a business setting and received a performance review. Give yourself a one-hour Performance

Review. Disassociate yourself – distance yourself – from you as You. Become a disinterested party examining an interesting person.

And, we're reversing the “normal” review process which spends 57 minutes on weaknesses and invests only three minutes on strengths. For the first 57 minutes of your Performance Review, make a list of the top 10 – top 15 or more things that you have done well – that you have done phenomenally – in the past six-to-twelve months. Be fair. Be generous. Be a great leader – inspire yourself.

1. _____

2. _____

3. _____

4.

5.

6.

7.

8.

9.

10.

11.

12.



13.

14.

15.

For the final three minutes of this Review – what are two areas that were less than, that you feel you weren't very good at, or at least, you "didn't fix" and have lingered for some time? (Remember, you're in a disassociated state. And still, be charitable. Be generous.)

1.

2.
