



WORK - LIFE INTEGRATION


**CHRISTOPHER
MILLER**

I am unwritten, can't read my mind, I'm undefined
I'm just beginning, the pen's in my hand, ending unplanned

Staring at the blank page before you
Open up the dirty window
Let the sun illuminate the words that you could not find

Reaching for something in the distance
So close you can almost taste it
Release your inhibitions
Feel the rain on your skin
No one else can feel it for you
Only you can let it in
No one else, no one else
Can speak the words on your lips
Drench yourself in words unspoken
Live your life with arms wide open
Today is where your book begins
The rest is still unwritten

*Songwriters: Danielle A. Brisebois / Natasha Anne Bedingfield / Wayne Steven Jr Rodrigues
Unwritten lyrics © Sony/ATV Music Publishing LLC, Kobalt Music Publishing Ltd.*

Introductions:

▶ Name you prefer to be called

▶ Business name and what you get paid to do

▶ Proudest moment in the last 12 months

▶ One hope/goal for the next 12 months you would like to make progress on today

Your Life:

Christopher Miller



► My strengths/talents

My Achievements:

Christopher Miller



► This year:

► Lifetime:

Resilience:

Christopher Miller



► My moments of resilience:

► Insights/Learnings from my moments of resilience:

My Brand/Reputation:

Christopher Miller



► How would I like to be remembered?:

My Purpose:

Christopher Miller



Take the time to reflect and answer the following questions:

▶ What is my purpose?

▶ What am I here to contribute?

▶ Why am I here?

▶ What problem am I here to solve?

▶ What 'dent' do I want to leave in the Universe?

▶ What would I like my legacy to be?

My Purpose continued:

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Once you have the answers/themes from the previous questions, consider a statement, sentence or paragraph that begins with:

▶ To be...

▶ To become...

▶ To share...

▶ To create...

▶ To heal...

▶ To teach...

My Values:

Christopher Miller



Take the time to reflect and answer the following questions:

► What do I care about most in my life?

Consider the list below and CIRCLE your top 10 values, or add to the list if one of your own values is not represented:

Love	Curiosity	Family	Energy	Health	Healing
Well-Being	Power	Freedom	Faith	Security	Hope
Money	Beauty	Wealth	Nature	Knowledge	Adventure
Learning	Success	Experience	Pride	Trust	Emotion
Honesty	Integrity	Authenticity	Children	Marriage	Fun
Joy	Travel	Happiness	Technology	Fulfillment	

Other:

Once you have circled your Top 10, list them IN ORDER OF IMPORTANCE to you:

1.	<input type="text"/>	6.	<input type="text"/>
2.	<input type="text"/>	7.	<input type="text"/>
3.	<input type="text"/>	8.	<input type="text"/>
4.	<input type="text"/>	9.	<input type="text"/>
5.	<input type="text"/>	10.	<input type="text"/>

For each word, create a unique phrase or definition that reflects how you feel about that Value.

Reflect on this list over time, refine, re-order, edit and expand as needed.

My Key Relationships & Life Roles:

Christopher Miller



► How will I make each of these stronger and more valuable in the future?

My Role Models:

Personal/Family

Local

Global

Fictional

Greatest Imaginable Challenge (GIC):

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► What are your passions in life?

► What do you do best, better than 99% of those around you?

► Where can you add most value?



Greatest Imaginable Challenge (GIC):

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► What is (are) your Greatest Imaginable Challenge(s) in this lifetime?

Bucket List:

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Have

(e.g. buy a bach)

Be

(e.g. get promoted)

Do

(e.g. travel the world)

Give back

(e.g. donate \$10k to my favourite charity)

12 Month Goals:

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Based on Your Greatest Imaginable Challenge(s) and Your Bucket List, What goal(s) would you enjoy committing to in the next year?

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5

90-Day Actions:

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For each 12-month goal(s) identify the most inspiring action you WILL complete in the next 90-days!

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5

My one Thing: (Inspired by Gary Keller and Jay Papasan)

Christopher Miller



What is the One Thing you can do in the next 24 hours to progress ONE or more of your 90-Day Actions?

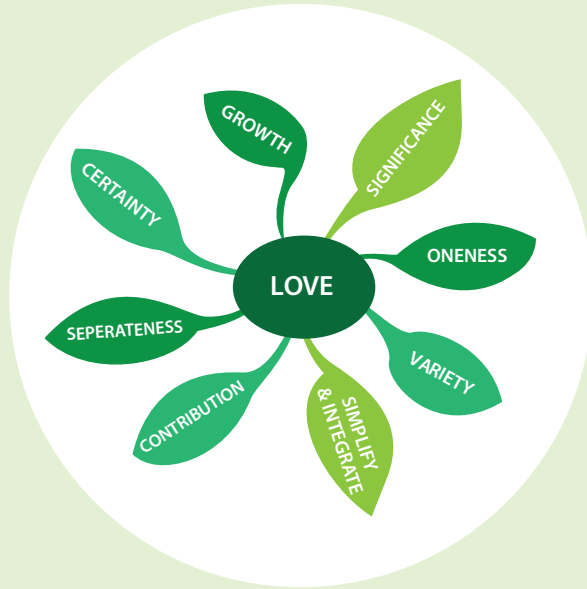
▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5



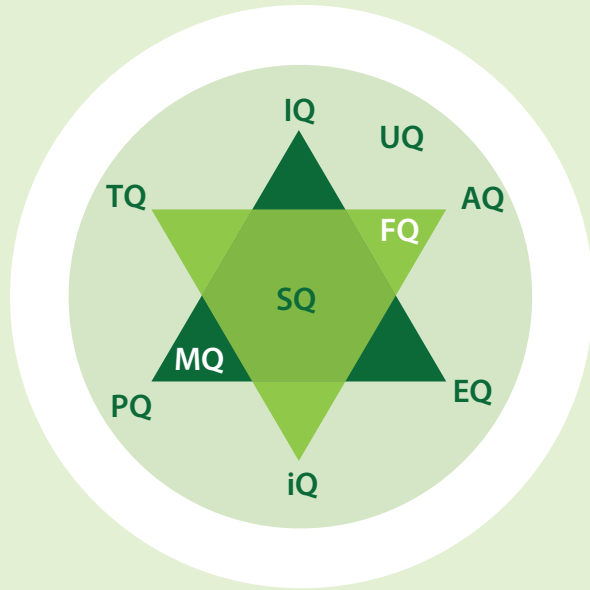
► What is your Primary need right now?

► How do you feed this need consistently?



► What is your greatest Health & Well-Being Challenge at the moment?

► What is the most important action you can take to lift one or more elements of your Health & Well-Being?



► Which intelligence is your greatest strength?

► How can you leverage this strength to achieve your goals?



Your Business:

Christopher Miller



Company Strengths

Weaknesses

Ideal Customer:

Christopher Miller



► In detail, describe your ideal customer; their hopes, dreams and their greatest challenges.

► Their greatest need (that we can solve)

Brand Promise: (Inspired by and adapted from Doug Hall)

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► Dramatic Point of Difference

► Blunt Overt Benefit

► Real Reason to Believe

► Our Brand Promise

Key Benefits:

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► Functional

► Financial

► Emotional

Our Key Functions / Activities:

Christopher Miller



► Core: (Essential to your Brand Promise)

► Non-Core: (Could you / should you outsource?)

Our Purpose:

Christopher Miller



This tool is intended to help organisations discover their Purpose statement, and to leverage this statement to create a business to be proud of.

Take the time to reflect and discuss the answers to the following questions:

► What is Our Purpose?

► What are we here to contribute?

► Why are we here?

► What problem are we here to solve?

► What 'dent' do we want to leave in the Universe?

► What do we want our legacy to be?

Our Purpose contd...

Christopher Miller



► How would we like to be remembered in 100 years time?

Once you have the answers/themes from the questions above, consider a statement, sentence or paragraph that begins with:

► To be...

► To become...

► To share...

► To create...

► To heal...

► To teach...

Our Values:

Christopher Miller



Take the time to reflect and answer the following questions:

► What do we care about most in our business?

Consider the list below and CIRCLE your top 10 values, or add to the list if one of your own values is not represented:

Teamwork	Leverage	Profit	Scale	Success	Growth
Quality	People	Leadership	Customers	Winning	Solutions
Competing	Employees	Thriving	Suppliers	Surviving	Strategic Partners
Belief	Delight	Improvement	Empower	Talent/Skill	Systems
Build	Processes	Create	Excellence	Develop	Superiority
Diversity	Benefits	Innovate	Freedom	Trust	

Other:

Our Values contd...

Christopher Miller



Once you have circled your Top 10, list them IN ORDER OF IMPORTANCE to you:

1.	<input type="text"/>	6.	<input type="text"/>
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5.	<input type="text"/>	10.	<input type="text"/>

For each word, create a unique phrase or definition that reflects how you feel about that Value.

Notes:

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SWOT Analysis:

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► Strengths

► Opportunities

SWOT Analysis:

Christopher Miller



► Weaknesses

► Threats

PEST Analysis:

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► Political

► Social

PEST Analysis:

Christopher Miller



► Economic

► Technological

Our Big, Hairy, Audacious Goal (BHAG) or, Our Greatest Imaginable Challenge (GIC)

(Inspired by and adapted from Jim Collins)

Christopher Miller



Our Big, Hairy, Audacious Goal (BHAG) or, Our Greatest Imaginable Challenge (GIC)

(Inspired by and adapted from Jim Collins)

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Based on our Passion, where we could be Best in the World and where we add Maximum Value to our market, we could achieve...

In the next 10 years!

Strategic Moves:

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Based on the BHAG/GIC, what strategic moves **MUST** we invest in over the next 3 years?

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5

12 month Goals:

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For each Strategic Move, identify one 12 month goal you are inspired to commit to?

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5

90 Day Actions:

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For each 12-month goal, describe a 90-Day Action that will accelerate completion of the goal:

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5

One Thing: (Inspired by and adapted from Gary Keller and Jay Papasan)

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What is the One Thing you can do in the next 24 hours to progress each 90-day Action?

▶ 1.

▶ 2

▶ 3

▶ 4

▶ 5



What is the One Thing I can do TODAY to improve or simplify my business?

Our Greatest Fear —Marianne Williamson

it is our light not our darkness that most frightens us

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.*

It is our light not our darkness that most frightens us.

*We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?*

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

*There's nothing enlightened about shrinking so that other
people won't feel insecure around you.*

*We were born to make manifest the glory of
God that is within us.*

It's not just in some of us; it's in everyone.

*And as we let our own light shine,
we unconsciously give other people
permission to do the same.*

*As we are liberated from our own fear,
Our presence automatically liberates others.*

—Marianne Williamson

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Inspired by Gallup, Stephen Lynch, Verne Harnish, Tony Robbins, Howard Gardener,
Daniel Goleman, Jim Collins, Tom Rath, Jim Harter, Garry Keller / Jay Papasan.

