

Soft PowerPlanning™



If you've ever set a goal and not achieved it, or worse still, set a goal, achieved it and felt that totally unfulfilling sensation of 'Why did I want this in the first place?' then this tool is going to make a lot of sense to you because we're talking about why goal setting doesn't always work for women and an approach we can take instead.

It's a big claim that goal setting doesn't always work for women. It helps to think about goals that you have achieved that weren't fulfilling, and goals that you've achieved that are fulfilling. What many women notice is that those that were fulfilling, were the goals they had set using, inadvertently, this Soft PowerPlanning process. Those goals that they achieved that they didn't find fulfilling, or perhaps those that they set but never achieved, were often set in a very different way. Often using the logic brain only.

WHY DOESN'T GOAL SETTING ALWAYS WORK

- o Most of us set goals from the head and not the heart
- o We set them reactively in response to external situations and wanting to fix or change something, as opposed to tuning into our purpose
- o The environment in which we often set goals, is often the antithesis to connection to the heart
- o A lot of goal setting technology, which puts deadlines on things, activates the archetype of Superwoman. This can be useful for 15 minutes, but not 15 years

We prefer to set intentions. (from the Latin: "a stretching out of effort." Or middle English, "emotion, feelings, heart, mind, mental faculties and understanding"). We like to talk more about intentions than goal setting.

WHY SOFT POWERPLANNING™?

This process allows us to get much clearer about what the right course of action is on any given project we might be working on, and bring it to fruition utilising not only the power of our conscious mind and willpower, but also the power of our unconscious mind and our connection to the universe at large.

By way of example take Marianne, a successful consultant. She has always been very, very committed to planning and goal setting. In fact, she does it annually, monthly, weekly and has achieved good results with that. She had just finished a quarterly planning session with her business partner when she learned about Soft PowerPlanning. As she went through the process, she had a huge awakening because she realised that her Soft PowerPlans for the next quarter, were completely different to the goals that she had come up with in her quarterly planning meeting. Because these new plans were aligned with purpose. They were coming from the heart.

When asked 'How do you feel about these Soft PowerPlans, compared with the goals that you set at your recent meeting?' she said 'It feels, not only more doable, but more enjoyable'.

That's the difference. It gives you intentions and plans that are right for you, not goals that are just plucked out from the air.

THE SOFT POWERPLANNING™ PROCESS

The Soft PowerPlanning process, like many of our processes inside of One of Many, utilises our Women's PowerTypes™

1. Create the ultimate vision (Sorceress)
Activate your flow state, the power type of the Sorceress. Create something special and out of the ordinary boardroom / office situation. The key is to get yourself relaxed. And from this place create an image-based vision. You could use:
 - o Imagination
 - o Reaching into your heart's desires
 - o Vision boarding (flipping through magazines and images that speak to you)
 - o Or write what you see

Your vision is something that doesn't have a timeline on it, it's just out there. It could be out there 20 years, 5 years, 3 years. It doesn't matter. It depends on the project at hand. It's just out there.

2. Annual milestones (Queen)
The Queen sees the legacy provided by the Sorceress (above) and now, we need to bring some order and structure to it but it's going to be an intuitive order and structure.

Ask yourself what does your intuition tell you about what's the right milestone for a year's time on this project? Trust your intuition. Imagine some part of you has already achieved this vision and walked the path already and is reflecting 'where was I at the one year mark'? Not 'What do I feel I can achieve in a year'? It's a different approach.

3. Quarterly milestones (Queen)
Ask yourself "So if that's where I am in a year's time, where was I at the 9, 6 and 3 month marks?" It's more about reaching into your knowing as opposed to strategic planning from here to there.
4. Energy allocation Process (Warriorress)
So, the Queen has said 'Here's where we need to be in the next 3 months', so now the Warriorress steps up and works out what you can do in the next month to get that done. Warriorress sets the monthly milestones. (Use the Energy Allocation Process).

A NOTE ON WORKING WITH TEAMS

When working with a team, you can still use this process. But note that a team needs to be organised around timelines. So, clear targets and milestones become very important. But using this more free approach with your team will open up innovation and ideas you may never have thought of.