

Your Plan

For effective Leadership

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What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type.
For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer
E
Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer
I
Introversion

2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer
S
Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer
N
Intuition

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer
T
Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer
F
Feeling

4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer
J
Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer
P
Perceiving

<https://www.16personalities.com/free-personality-test>







acceptance empathy courage honesty
responsibility kindness
CORE VALUES



SUCCESSFUL PEOPLE

Read every day
Talk about ideas
Compliment
Embrace change
Forgive others
Learn constantly
Accept responsibility
for their failures
Have a sense of
gratitude
Set goals and
develop life plans
Set a budget
Save money wisely



UNSUCCESSFUL PEOPLE

Watch TV every day
Talk about people
Complain, criticize
Fear change
Hold grudges
Are know-it-alls
Blame others
for their failures
Have a sense of
entitlement
Never set goals
just wing it
Never set a budget
Spend money rashly





LIST OF CORE VALUES

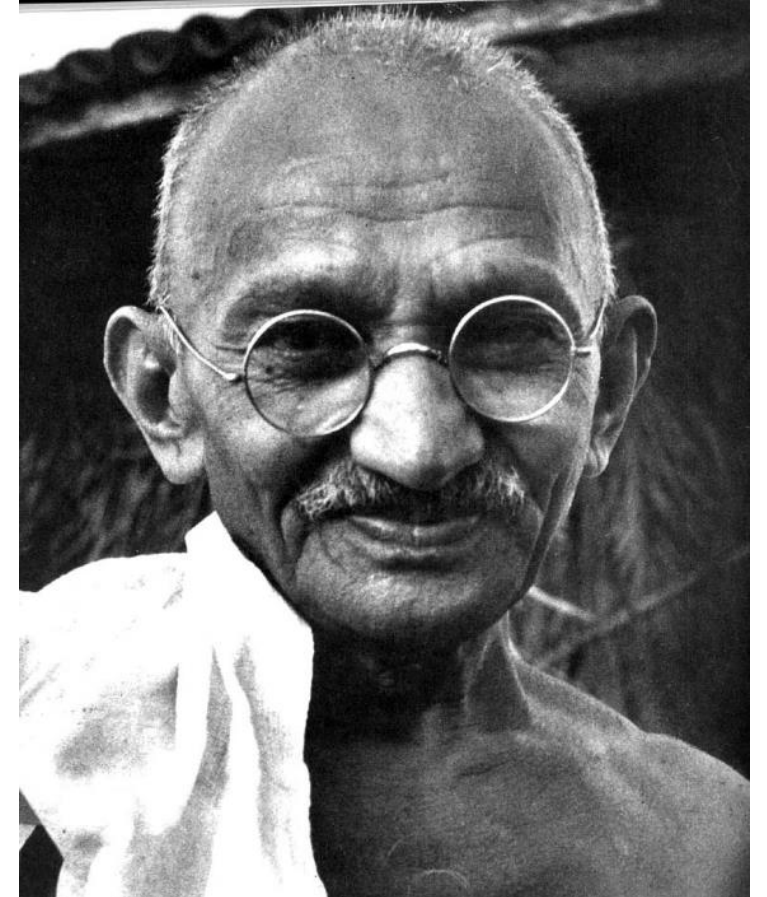
Authenticity	Creativity	Justice	Recognition
Achievement	Curiosity	Kindness	Religion
Adventure	Determination	Knowledge	Reputation
Authority	Fairness	Leadership	Respect
Autonomy	Faith	Learning	Responsibility
Balance	Fame	Love	Security
Beauty	Friendships	Loyalty	Service
Boldness	Fun	Meaning	Spirituality
Compassion	Growth	Openness	Stability
Challenge	Happiness	Optimism	Success
Citizenship	Honesty	Peace	Status
Community	Humor	Pleasure	Trustworthiness
Competency	Influence	Poise	Wealth
Contribution	Inner Harmony	Popularity	Wisdom

KRULL



“Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.”

Mahatma Ghandi





Courage is what it takes to stand up and speak;
courage is also what it takes to sit down and
listen.

(Winston Churchill)







I'm sooooo Busy!

I'm sooooo Busy!





	Sun 1/22	Mon 1/23	Tue 1/24	Wed 1/25	Thu 1/26	Fri 1/27	Sat 1/28
GMT-08							
8am	8 – 9 Morning Routine	7:30 – 8:30 Morning Routine	7:30 – 8:30 Morning Routine	7:30 – 8:30 Morning Routine	7:30 – 8:30 Morning Routine	7:30 – 8:30 Morning Routine	7:30 – 8:30 Morning Routine
9am	9 – 11 Family Activity Time	8:30 – 11 Most Important Tasks	8:30 – 11 Most Important Tasks	8:30 – 11:30 Most Important Tasks	8:30 – 11 Most Important Tasks	8:30 – 11 Most Important Tasks	8:30 – 1p Family Activity Time
10am							
11am	11 – 1p Free Time	11 – 12p Email Responses	11 – 12p Email Responses	11:30 – Email Response	11 – 12p Email Responses	11 – 12p Reading	
12pm		12p – 1p Healthy Lunch	12p – 1p Healthy Lunch	12p – 1p Healthy Lunch	12p – 1p Healthy Lunch	12p – 1p Healthy Lunch	
1pm	1p – 2p Healthy Lunch	1p – 3p Research Tasks	1p – 3p Special Project	1p – 2:30p Planning Time	1p – 3p Follow Ups	1p – 2p Walking phone calls	1p – 2p Healthy Lunch
2pm	2p – 3:30p Errands			2:30p – 4:30p Errands		2p – 5p Special Project	2p – 5p Free Time
3pm	3:30p – 4:30p Grocery Shopping	3p – 4p Walking phone calls	3p – 4p Meeting		3p – 4p Meeting		
4pm	4:30p – 6p Weekly Meal Prep	4p – 5p Planning Time	4p – 5p Planning Time	4:30p – 5:30p Mid-Week Meal Prep	4p – 5p Research Tasks		
5pm		5p – 6p Delicious Dinner	5p – 6p Delicious Dinner	5:30p – 6:30p Delicious Dinner	5p – 6p Delicious Dinner	5p – 6p Delicious Dinner	5p – 7:30p Friends over
6pm	6p – 7p Delicious Dinner	6p – 7p Neighbourhood Walk				6p – 7:30p Date Night	
7pm	7p – Weekly Review	7p – Reading	6:30p – 7:30p Swimming	6:30p – 7:30p Family Time	6:30p – 7:30p Swimming		



Calm







SMARTPHONES KEEP US RUNNING

By the time you've read this,
you may want to check your phone...

Americans check their phone once every...

12 minutes

burying their heads in their phones
80 times a day



1 in 10

check their phones
once every **4 minutes**



4 hours

is the longest the average
person is prepared to go **before the need**
to check their phone becomes too much



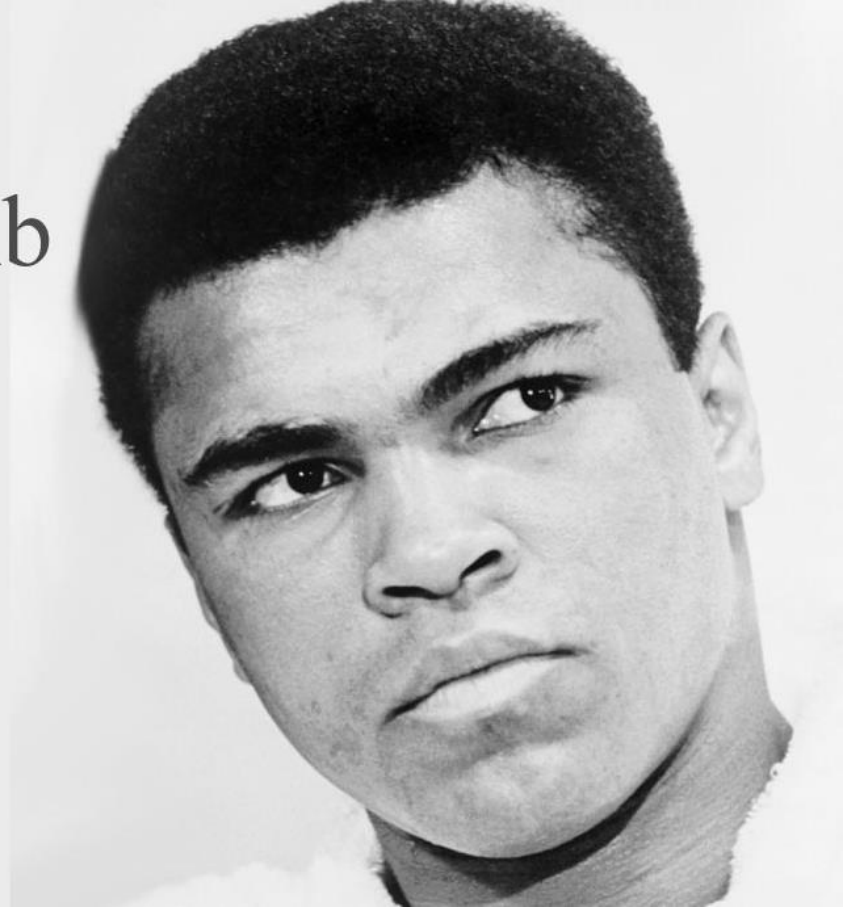
Be mindful of
your Self-Talk.
It's a conversation
with the Universe.

David James Lees



It isn't the mountains ahead to climb
that wear you out; it's the
pebble in your shoe.

Muhammad Ali



**SOMETIMES
YOU HAVE TO STOP
WORRYING,
WONDERING, AND
DOUBTING AND
JUST HAVE FAITH
THAT THINGS
WILL WORK OUT.**





ACTION PLAN

Room: _____

Time Period: _____

OBJECTIVES (List of Goals)	TASKS (what you need to do to achieve the goals)	SUCCESS CRITERIA (how you will identify your success)	TIME FRAME (by when you need to complete the tasks)	RESOURCES (what or who can help you complete tasks)



Mission Statement





Oprah Winfrey
Founder of OWN, The
Oprah Winfrey
Network

“ To be a teacher. And to be known for inspiring my students to be more than they thought they could be. ”



Judge nothing,
you will be
happy. Forgive
everything,
you will be
happier. Love
everything,
you will be
happiest.



Self-less

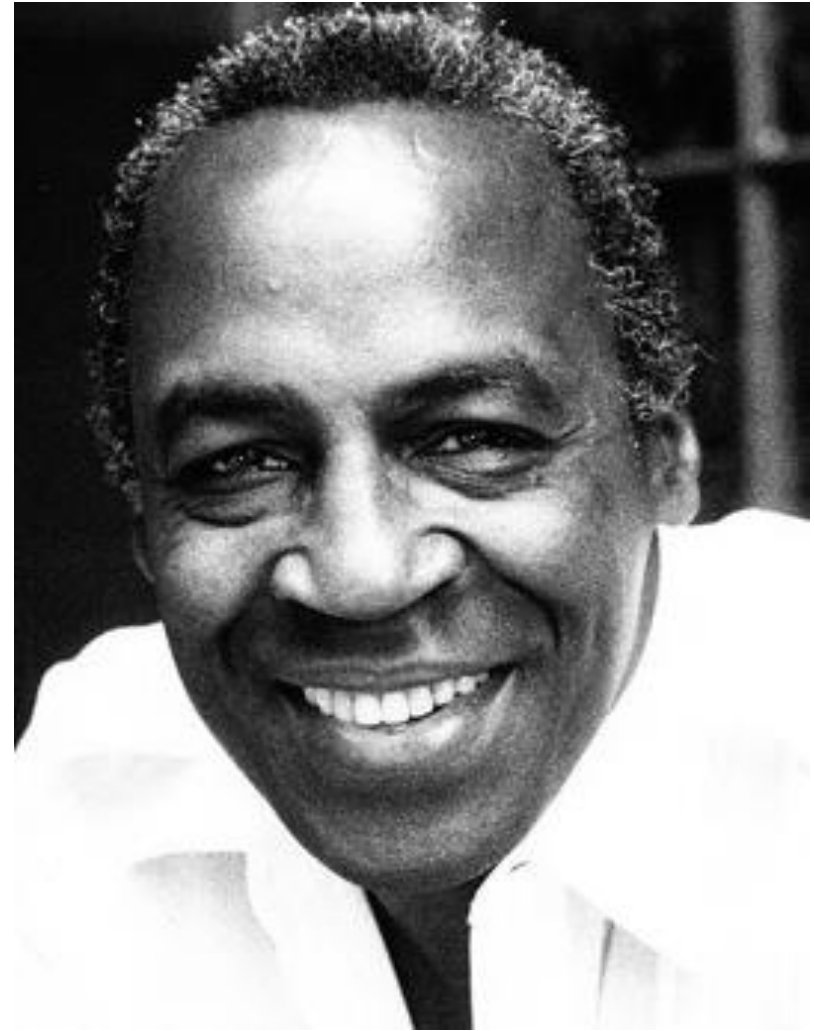
adjective

1. concerned more with the needs and wishes of others than with one's own; unselfish.



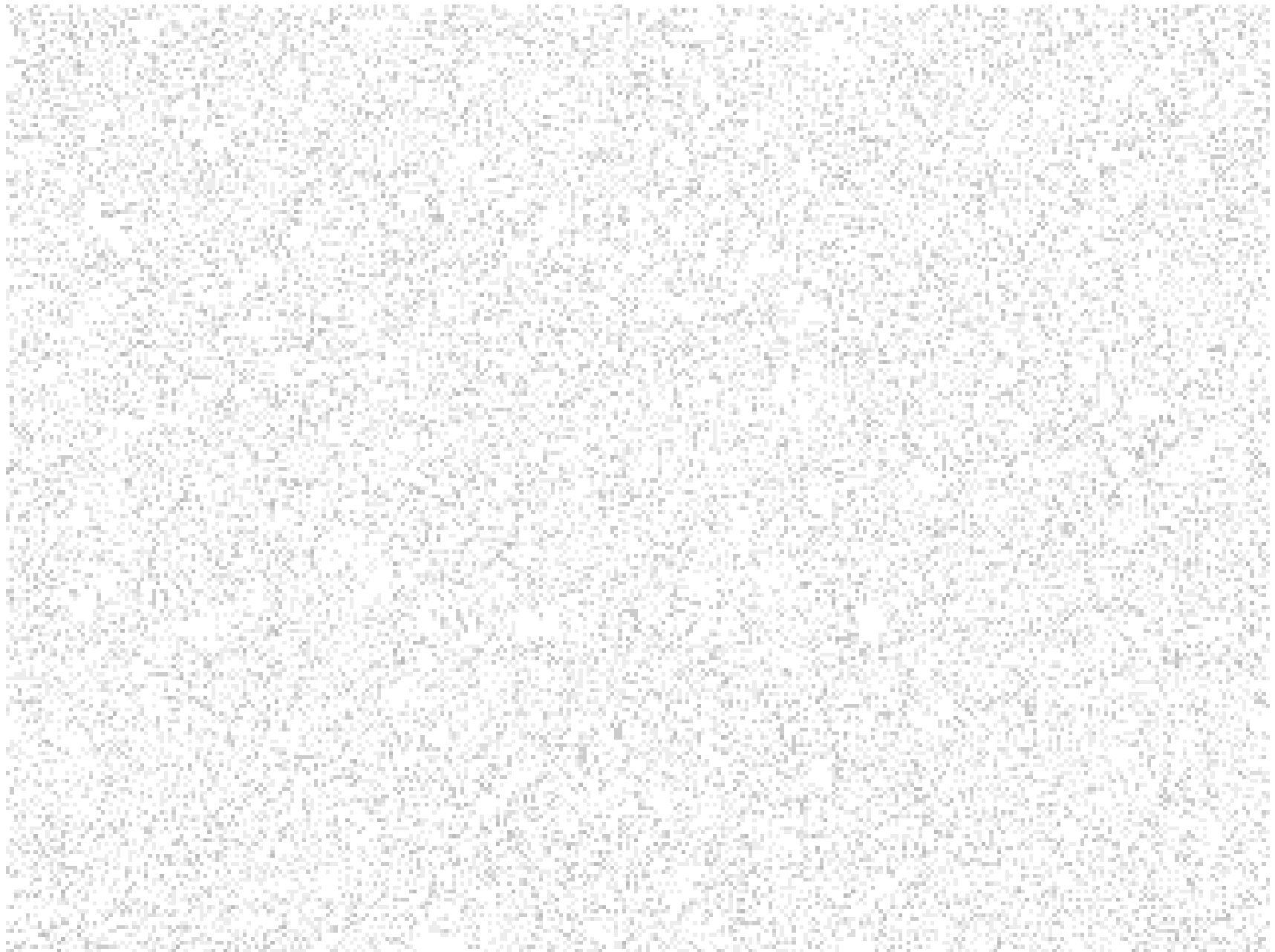
“Some people spend their life
complaining about what they haven’t
got or getting more than they need they
never seem to enjoy what they have.”

Robert Guillaume



It's your turn **to speak**











“Some of our best living is
done through the people we
leave behind.”

Della Reese



Top 20 For Developing Your Leadership Plan

1. Most important leadership skill is knowing who you are.
2. What is your personality type?
3. Be open to feedback and criticism.
4. Define what makes a great leader.
5. Who inspires you and why?
6. What are your core values?
7. Words matter omit “very”, “try” and “busy”.
8. Block your schedule.
9. Color code your schedule for organization.
10. Find something that gives you a moment to take a breath.
11. Take the email and phone challenge...move it or delete it.
12. Negative self-talk...is it really helping you? No, confront it and let it go.
13. Know what gives you energy and what takes it away.
14. Allow for daily self-reflection/self-learning.
15. Develop an action plan for what you need to fine tune or learn.
16. Develop a mission statement and keep it where it can be seen.
17. Be selfless.
18. Public speaking can be easy; know your material, know your audience, and start with the end in mind.
19. Keep evolving. Change is good.
20. Be Yoda.



Thank You

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