



Vision to Reality: Intentional Actions for Personal and Professional Growth

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About Me



What is The Sharp Experience?

A large, light blue curly brace is positioned on the left side of the slide, spanning the vertical height of the central white box. The word "SHARP" is centered within this box. The word is in a dark blue, serif, all-caps font. A solid orange horizontal line is positioned directly above the letters "SHARP".

SHARP

A Mission, Vision & Value Aligned Organization:

Values: Integrity, Caring, Safety, Innovation, Excellence

SHARP

Vision •

- Best place to work
- Best place to receive care
- Best place to practice medicine

Mission: To improve the health of those we serve with a commitment to excellence in all that we do.

THE SHARP EXPERIENCE

Why This Works:



Shared Vision = Common Destination – Where are we headed?

Shared Mission = Who We are; What We Do

Shared Values = What's Important; What's Meaningful; What Matters

From HealthCare to Self-Care

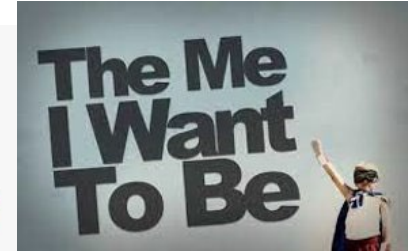
*Research tells us that when we live a life **guided by an awareness of what matters most** to us, we exhibit lower stress, better attention to our health, better problem-solving skills and increased persistence -- essentially, we are better able to navigate life today and tomorrow.*



Let's make it personal

What is meaningful to you? (Values)

Who do you want to be? (Vision)



What is your purpose statement? (Mission)

Vision Identification

- What's your legacy?
- As my achievements are celebrated, I will be regarded for....
- As my personal life is reflected on, I will be remembered for....
- As I celebrate my professional journey, I will be regarded for....



Values Identification



Reflect on Peak
Experience



Identify What Angers
You



Think about people
you admire and
respect.

Prioritize & Adjust

- Write a list of 3 to 5 values
- Rank them in order of importance
- Any values surprise you? Any missing?

list of values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability

Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance

Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

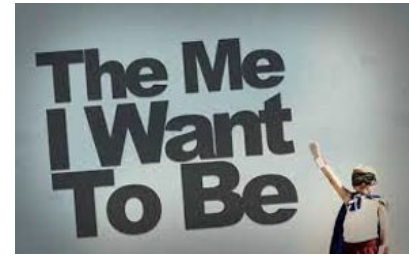
Write your own:

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My Vision & Values Map

What is meaningful to you? (Values)

Connection; Communication; Fun; Service; Well-being



Who do you want to be? (Vision)

I want to be remembered as an amazing mom who saw their kids for who they were and not who she wanted them to be; who is present, who was fun to be with and celebrated their wins and was a comfort to them in their struggles.

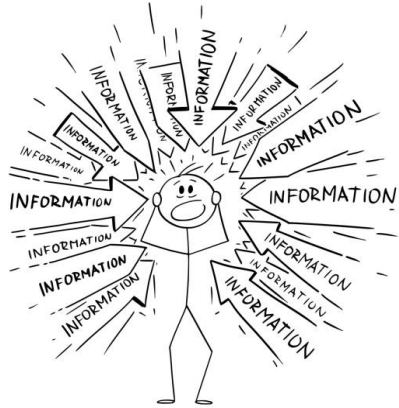


What is your purpose statement? (Mission)

To make a positive impact on those I love and those I care for

What gets in the way of being the me you want to be?



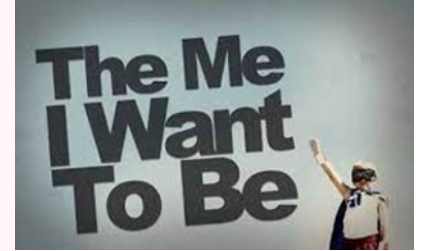


Languishing

- Languishing is a sense of stagnation and emptiness, characterized by dissatisfaction, lack of engagement, and apathy.
- It's the void between depression and flourishing — the absence of well-being.
- Languishing can be a barrier to leading a value-driven life.



THE MENTAL HEALTH CONTINUUM



“

When your action and decisions align with your values, you show others what is important to you, you become a good role model and you experience peace of mind.

BRENE BROWN

Value Aligned Action(s)

Behaviors that are in harmony with your core values, visions and purpose

- Value-aligned actions stem from a place of authenticity.
- Value driven actions are driven by a clear sense of purpose and a desire to move towards your vision. Ask yourself: Away or towards?
- When actions are aligned with values, it can lead to a sense of fulfillment, purpose, and a more positive and meaningful life.

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Sharp HealthCare Everyday Actions



Collaboration



Mindset Matters



Communication



Appreciation



Diversity and Belonging



Stewardship



Well-Being



Service Excellence



Innovation and Learning



Mutual Respect



Care and Compassion



Safety and Security

Setting Intentional Goals

- SMART Goals Framework:
- Vision:_____
- Value :_____
- Write one goal that incorporates this value:_____
- Is this goal: Specific,
Meaningful,
Achievable,
Relevant and
Time Limited



Setting Intentional Goals

SMART Goals Framework:

Vision: *To be a mom who enjoys and loves their kids for who they are and not who she wants them to be; who is present, fun to be with and celebrates their wins and is a comfort to them in their struggles.*

Value 1: Connection

Write one goal that incorporates this value: *To go on one fieldtrip a year with each of my kids.*

SMART?

Specific ✓

Meaningful ✓✓

Achievable ✓

Relevant ✓

Time Limited ✓

More Examples:

Value: Connectedness

Goal: Have 20 minute video calls with sibling every 2 weeks.

Value: Contribution

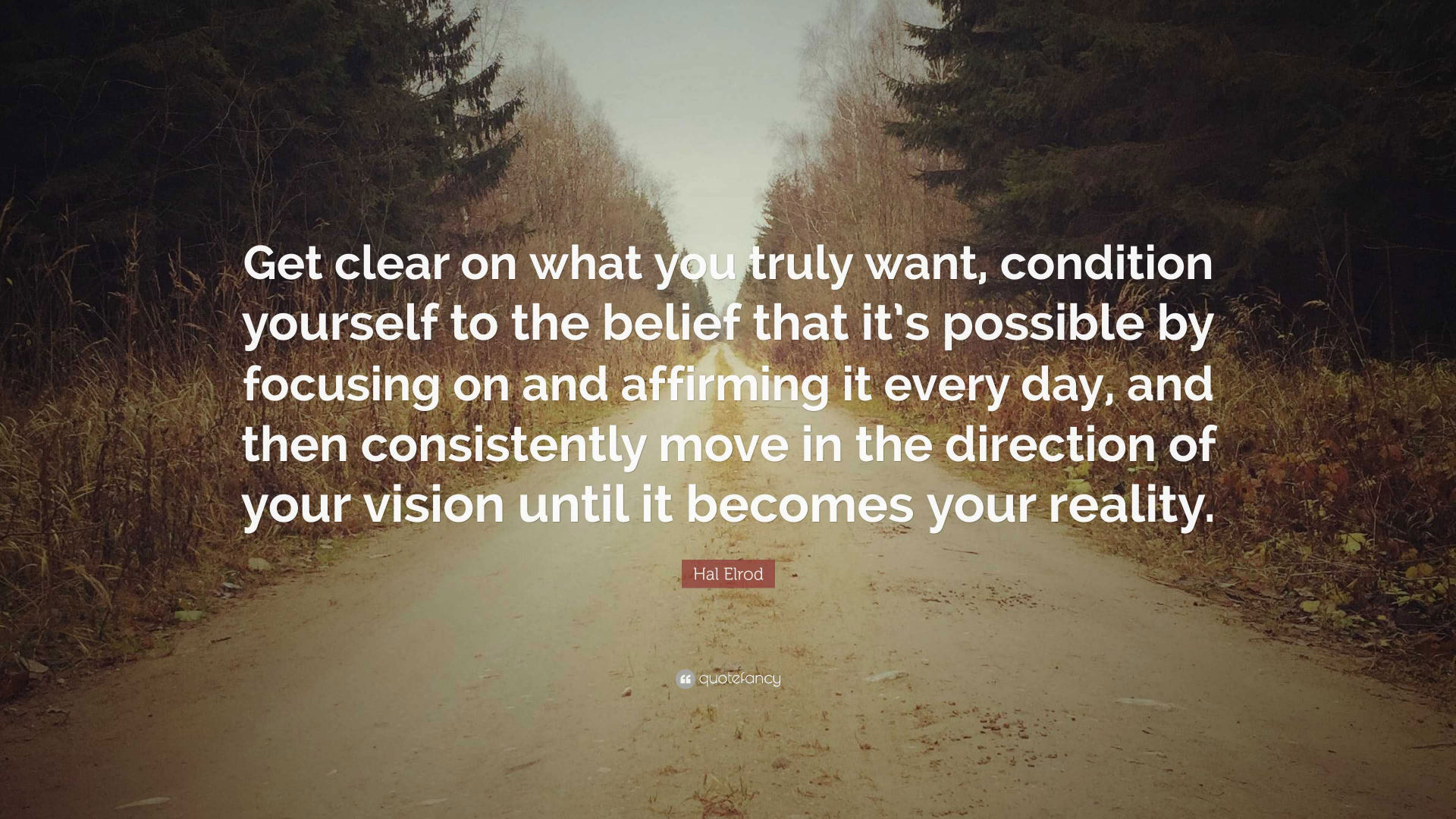
Goal: Volunteer for 5 hours per month at local children's hospital.

Value: Self-expression

Goal: Write song lyrics for 30 minutes 3x a week.

Value: Health

Goal: Walk 10,000 steps per day.



Get clear on what you truly want, condition yourself to the belief that it's possible by focusing on and affirming it every day, and then consistently move in the direction of your vision until it becomes your reality.

Hal Elrod

Maintaining Motivation



Schedule Regular
Reflection – things change;
you might change



Hit your goal? Keep
moving the mark. Good to
Great.



Share Your Goals – keep
yourself accountable

Live Your Own



- Set Your Vision – who do you want to be?
- Know Your Values – what is important to you?
- Set Value Aligned Actions – define goals that move *you* in the direction of your vision
- Get Your People Onboard – a value and vision directed life benefits *you and* those you care for
- You are the architect of your EXPERIENCE

