

To achieve a state where we
become **BIGGER**
than our problems,
we need to **LEVEL UP!**



Positive Accountability Session 2

***Shifting from Scarcity
to Abundance***

***Escaping My Rock &
Hard Place***



Rules of the Room



Take off Judge Judy hat
Put on Curious George Mindset



Respect other people's growth journey
Don't share other people's personal stories



Avoid the stress of multi-tasking
Embrace this 90 minutes to focus on your growth

Shifting from Scarcity to Abundance

**SCARCITY
GENERATES
WORRY**

**ABUNDANCE
GENERATES
PEACE**

**HOW WE VIEW
THE WORLD**



ACTIONS

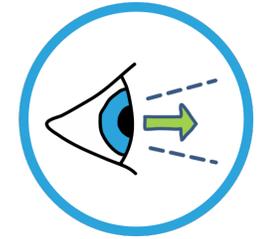


RESULTS

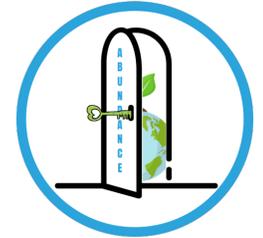


Process for Shifting into Abundance

Step #1: Where is scarcity showing up in my life?



Step #2: What would it look like if I was living a life of abundance in this area of my life?



Step #3: What is the new mindset I choose to adopt?



BONUS: What actions will I take next?

Scarcity Mindset



Judgement | Worry | Frustration | Fear

Shifting into Abundance

**"What if..."
Worries**



Old Mindset:

What if I can't get the products we need?

What if I expose my children?

What if I get sick & am unable to take care of my family or support my clients?

Guilt, Fear, Judgement, Frustration, Worry

New Mindset:

What new treasure will I find at HEB today?



Getting UNSTUCK

Step 1: Recognize that there are always more than 2 options.
(even though it might not feel like it right now)

Step 2: Brainstorm on options to address the situation.

Step 3: Answer the questions: “What do I want?” and “What do I not want?” in the situation.

Step 4: Choose an option that aligns with your vision and values.





WHERE AM I STUCK?

ROCK	HARDPLACE
<i>Supporting Others</i>	<i>Self-Care</i>

STEP 1: Open your Heart & Mind to more options.

Do you accept that there are more than just the two options identified?

- YES! I trust there are more options even though I can't see them right now.
- NO! I'm stuck with these two terribly undesirable options. Boo!

STEP 2: Brainstorm OPTIONS to address the situation.

Ignore everyone else and just take care of me.

Keep working 12 hrs/day, and helping others 4 - 6 hr/day - I'll sleep when I'm dead

Outsource help - pay to have food delivered to neighbors, amazon it.

Call my extended family/neighbors/friends when I am on a walk.

Use other forms of love/care communication that is less time-consuming when depleted (text, mail cards)

Schedule family zoom calls on weekend or a time when I'm more rested

Have a family meeting: Explain my needs, my wants for them, request support

Commit to 30 minutes a day of "Me-time"

Prioritize where my talents can support others while also ensuring I am recharging my energy.

Adopt a new mindset: The better I care for my self (sleep, nutrition, mental health), the greater impact I can have on others.



STEP 3: Answer "What do I WANT?" & "What do I NOT WANT?"

What do I WANT?	What do I NOT want?
<p><i>Support others who are in need</i></p> <p><i>Share my talents</i></p> <p><i>Be useful & valued</i></p> <p><i>Protect my family's health</i></p> <p><i>Protect my health</i></p> <p><i>Admire my own efforts</i></p> <p><i>Look in the mirror and know I am doing my best</i></p>	<p><i>Leave anyone behind</i></p> <p><i>Ignore the needs of my family</i></p> <p><i>Be judged</i></p> <p><i>Be selfish</i></p> <p><i>Let anyone down</i></p> <p><i>See anyone suffer</i></p> <p><i>Get Sick</i></p> <p><i>Be unable to help others</i></p>



STEP 4: Choose an option that ALIGNS with your vision & values.

What do I WANT?	What do I NOT want?
<p><i>Support others who are in need</i> <i>Share my talents</i> <i>Be useful & valued</i> <i>Protect my family's health</i> <i>Protect my health</i> <i>Admire my own efforts</i> <i>Look in the mirror and know I am doing my best</i></p>	<p><i>Leave anyone behind</i> <i>Ignore the needs of my family</i> <i>Be judged</i> <i>Be selfish</i> <i>Let anyone down</i> <i>See anyone suffer</i> <i>Get Sick</i> <i>Be unable to help others</i></p>

~~Ignore everyone else and just take care of me.~~
~~Keep working 12 hrs/day, and helping others 4 - 6 hr/day - I'll sleep when I'm dead~~
~~Outsource help - pay to have food delivered to neighbors, amazon it.~~
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Adopt a new mindset: The better I care for my self (sleep, nutrition, mental health), the greater impact I can have on others



EXAMINE:

1. Want/Don't Want
2. Options
3. Vision for Life
4. Leadership Value

Allow your Elusive "&" to emerge!

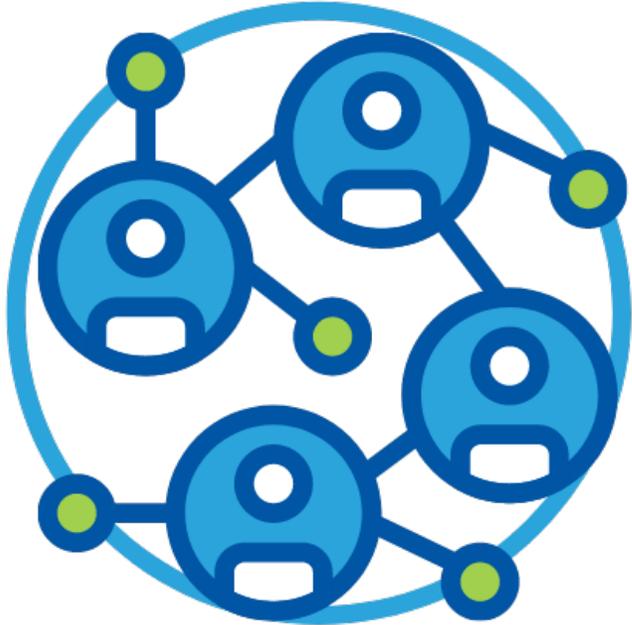
Group Coaching Session

Share an experience or success story

Request Coaching

- Guide me through find Abundance in an area of Scarcity in your life
- Guide me through Getting Unstuck with a particular challenge in your life
- Any other topics

Ask a Question



Special Project #3: Networking

Networking Special Project

Your NETWORK = Your NETWORTH



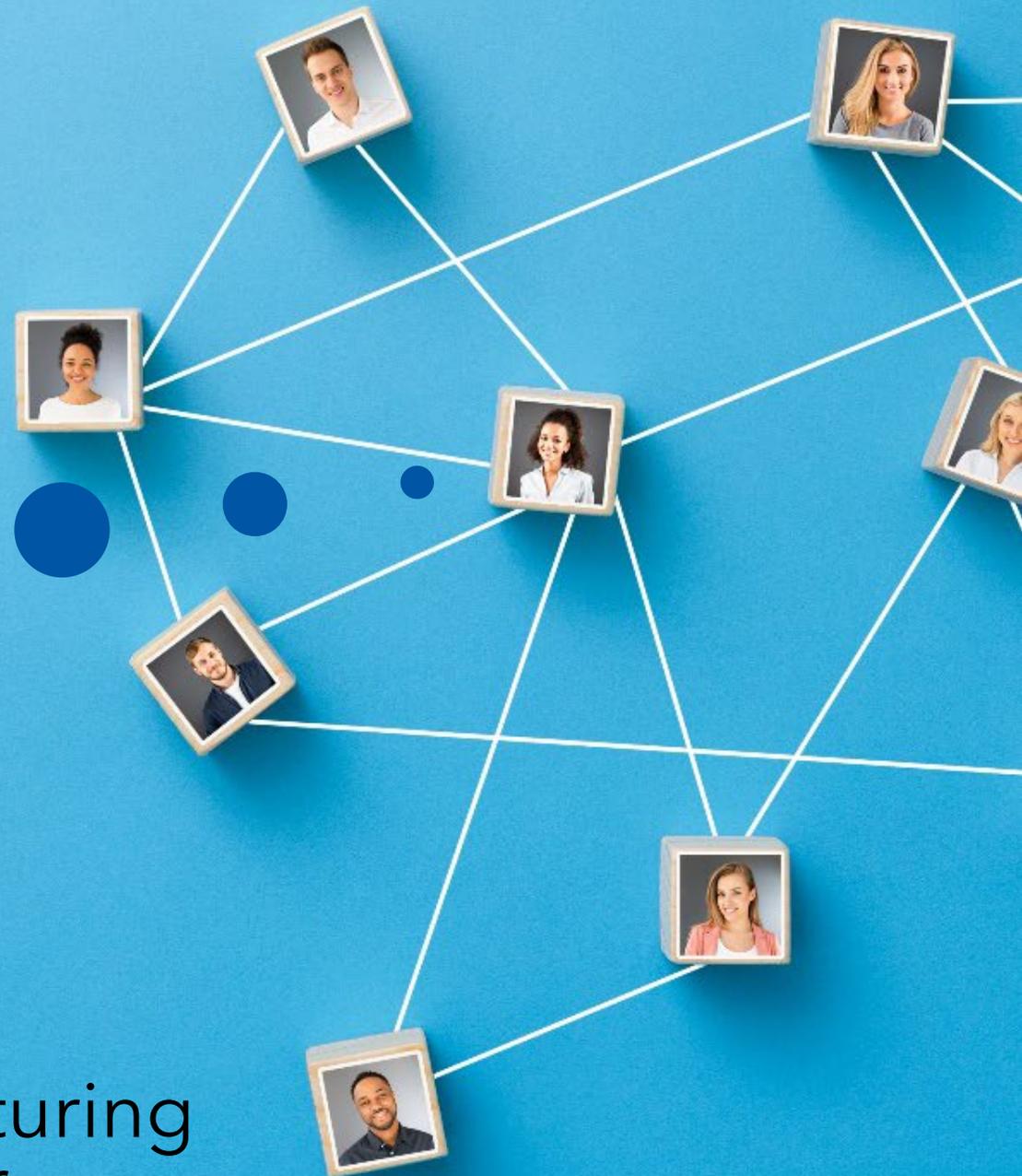
Value of Networking

- Gain knowledge, advice and support
- Exchange best practices
- Build confidence
- Advance your career
- Find a job that you love
- Create Career Resilience

How to Network ... Successfully

**What amazing things
can we accomplish
together?**

Networking is planting seeds, nurturing the network until it is ripe to bear fruit.



Requirements for Special Project #3

1. Meet with each person within your **RISE** track to begin building your strong network of like-minded leaders.
 - Get to know them. Open your heart and allow them to get to know you.
 - Understand what their dreams, desires and goals are.
 - Share your own dreams, desires and goals.
 - Build a team to support each other in your leadership aspirations.
2. When complete: email rise@nicoleperrotta.com with the following
 - **Subject Line:** I have completed my Networking Project
 - **Body:** Explain what you gained/learned from this overall networking experience.
3. Complete by July 1, 2021

Optional Bonus Networking Opportunity



- One-hour Strategic Networking Session
- Led by a **SOAR** leader
- Gain valuable Networking Tips
- Connect with more **RISE** leaders



*You are
invited*

SOAR Graduation Date
Friday: May 28, 2021
Time: 12 – 1:30pm CENTRAL

SOAR – Graduate Program to RISE

- Check out what RISE leaders are up to
- Gain valuable Networking Tips
- Get a glimpse of the **SOAR** work

Leadership Work



Based on these lessons, my Level-Up goal for the next two weeks is...

INSTRUCTIONS

- 1.) Write your GOAL. (*ensure it meets the BeSMART criteria*)
- 2.) Type it in the chat bar.
- 3.) Share verbally when Nicole calls your name. (remember to come off mute!)

Your Level-up goal answers question: **What am I committed to doing, over the next two week, to level-up and grow my leadership skills?**



Surround yourself with the dreamers and the doers, the believers and the thinkers, but most of all, surround yourself with those who see the greatness within you, even when you don't see it yourself.

- Edmund Lee

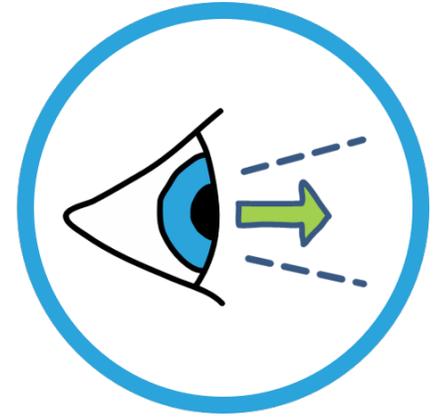


3 Steps to Shift into Abundance

Step #1: Where is scarcity showing up in my life?

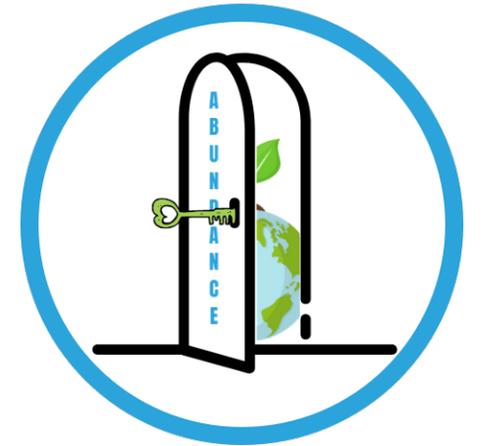
Challenge: ...

Scarcity Mindset:



Step #2: What would it look like if I was living a life of abundance in this area of my life?

•



3 Steps to Shift into Abundance

Step #3: What is the new mindset I choose to adopt?

...

BONUS: What actions will I take next?

• ...



WHERE AM I STUCK?

...			
	ROCK	...	HAI
...		...	

STEP 1: Open your Heart & Mind to more options.

Do you accept that there are more than just the two options identified?

- YES! I trust there are more options even though I can't see them right now.
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WHERE AM I STUCK?

ROCK	HARDPLACE

STEP 2: Brainstorm **OPTIONS** to address the situation.

Remember to follow the rules of brainstorming:

- Write down everything that comes to mind.
- Do not pre-judge or pre-qualify your answers. If you think it, write it down.
- Stuck? Take a deep breath, step away for a moment, re-engage.

...

...

WHERE AM I STUCK?

ROCK	HARDPLACE

STEP 3: Answer "What do I WANT?" & "What do I NOT WANT?"

What do I WANT?	What do I NOT want?
...	...

STEP 4: Choose an option that ALIGNS with your vision & values.

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...	...

...

...



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