

## FACEBOOK LIVE – Pamela Waldrop Shaw

### 4-19-20- TEACHING NOTES©

What do the next 90 days have in store for **YOU**?!! Join me tomorrow Sunday 4/19/20 at 5 pm CT! Together, let's navigate this season with great intention, hope, and decisive pivots! The accumulation factor (of time) is not on hold! **PRINCIPLE 1** of *Design Your Life is* "You can change **anything** in 90 days"! Let's explore ! Facebook page: PAMELA WALDROP SHAW! Grab a tea and a comfy chair, notebook and let's dive in!!

### Keep your cool an Keep your tools!

There's tremendous power in the "*pause*". When stress potential is high, emotions can run higher, so self awareness & acknowledgement are key to personal growth in **ALL times**! There's **always** a gap in between "*stimulous*" or *circumstsnce*-- and response, and in that **pause** is both your personal power, growth, faith lived out loud!

*Reaction, finger-pointing, gossip, judgement, criticism, resentment, accusation....* all disqualifies a leader, growing leader, from increased influence and advancement. "Let no unwholesome word come out of my except what is good for lifting others up, *according to their needs.*" (Eph 4:29) NO feeling is final. Capturing and re conceptualizing is key.

### Keep your tools

Forbes magazine "having the right tools in your business can make all the difference especially when times are turbulent or in transition"

**My tools-** (simplest version)

The **90-day Planner**©

apple/ iphone 11 pro max

Mac book pro 13" – 2.3 quad core intel processor ; 8 gb memory;

Apple Ipad

Zoom technology- \$10 ZOOM LINK <https://workinglive.us/sign-up> password: workinglive

Ring light

desk stand to elevate laptop for LIVE broadcasts

Other misc stands/ apps (will detail at another time)

**WALK through 90-Day Planner** and the 'MAIN' things to integrate for 90 days of intentional increase!

1. Decide (Goal Setting is a PRE activity- but choose the '1' thing that will positively impact ALL the others
2. SPACE between 7 days - (built in 90-day PLANNER) 30 min-1 hour Sun night
3. Set tomorrow TONIGHT before bed
4. FRAME MY DAY (am and pm)
5. TRACK all 90 days with that '1' thing as a daily WIN!

Things you CAN'T control

Things you CAN CONTROL

Consider the earlier questions: What to keep. What to toss. What to re design.  
WRITE THIS DOWN. What thought to capture. What habit to integrate.

Choosing 1-2 that will impact ALL ELSE!

1. Focus on things you CAN DO-- Decide what 'working out' looks like at this season--Pre plan meals—sketch them out; Create a work space you

- love, Master your tools—(zoom, mac book...) what do you need or what are you ready for? Breakthrough. Prayer. 90-day Planner
2. Create stability with your daily habits: Design tomorrow tonight. FRAME YOUR DAY- Create a morning ritual, Frame your evening: Create a wind down ritual you love; Take a min. 20 min. Vit D break a day
  3. View this season as an opportunity, not a challenge or difficult. HYPER focus on as Stacey curry says ‘what you DO GOT’—what CAN you do!
  4. Regulate your intake: ‘parental controls’ on yourself. Social media, news, other consumption—food/beverage/Netflix, hulu, apple TV and so on (5) Consider where to give—time, encouragement, attention, service, donation. DAILY, give something to someone.
  - (6) Notice the little things... lime green trees, spring buds, your neighbor walking past—JOY!

IF you’re working virtually—just few thoughts:

1. Be relatable. Not intentionally flawed. We all are. Over exaggerating your issues seems self-serving and dramatic. Just keep it real.
2. Focus on warm relationships. Everybody knows 500+ where can you create value?
3. You control your business by controlling your connects and making available a product or service that people always need but who really need you now. Difference between opportunistic and opportunity. NO one gloats over someone else’s misfortune, but if I have a business, product or idea that benefits you now, hiding it serves no one.
4. VIRTUAL is it. Now think about what you just said to yourself.

Whatever follows I AM follows me. START with what you can embrace or are willing to try. Virtual will not go away when covid does.

5. Tools and time—right tools, less time. Right tools, quality time. Right tools, joyful time!