

Tiffany Osborne

I Am Unstoppable Because



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Who are you not to be?”

- Marianne Williamson

Today's Agenda

1. An empowered mindset
2. Unstoppable statement
3. Big A** Audacious Goals



Icebreaker: Take a minute to reflect

What is something you believed you couldn't do, until you did?

What is one thing you've achieved that you once thought was impossible?



What makes someone Unstoppable?

① The Slido app must be installed on every computer you're presenting from

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Let's Get Real.



How do we hold ourselves and each other back?



What does it mean to be resilient?

Mastering the Mindset of Resilience

Resilience Story Circles

Think of a time you:

1. Overcame a challenge or set back
2. Faced a fear

Reflect on common themes and strategies for building resilience.



Mastering the Mindset of Resilience

Failure Resume

Embrace failure as a natural part of growth and resilience by creating a "failure resume."

1. Make a list failures, setbacks, and mistakes
2. Now think of the lessons learned from each experience



Harnessing the Power of Positive Mindset

1. Impact of Positive Self-Talk
2. Integrating Affirmations into Daily Routine
3. Creating Goals
4. Crafting Your "I Am Unstoppable Statement"
5. Importance of Surrounding Yourself with Positivity
6. Cultivating a Network of Support
7. Strategies for Dealing with Negative Influences
8. What else?





Harnessing the Power of Positive Mindset

Which mindset shift do you think is most important for becoming unstoppable?

Recognizing Your Unique Abilities and Talents

1. What is one unique ability/talent you have?
2. What are three of your strengths?



Mapping Your Unstoppable Statement



Create Your Unstoppable Statement

What three or four keywords describe your essential qualities quickly and clearly?

“I am unstoppable because _____”



Create Your Unstoppable Statement

What is your essence factor, the core of who you are?

“I know I am in my element when _____.”



Create Your Unstoppable Statement

What is your authority factor, the knowledge that you hold and the skills that you possess?

“People recognize my expertise in _____.”



Create Your Unstoppable Statement

What is your superstar factor, the qualities that set you apart?

“People comment on my ability to _____.” _____.”

Share your unstoppable statement

I am unstoppable because _____.

I know I am in my element when _____.

People recognize my expertise in _____.

People comment on my ability to _____.

Goal Getting

Why are Goals important?

1. *Provide Direction*
2. *Motivation*
3. *Measure Progress*
4. *Prioritize Actions*
5. *Boost Confidence*

Big A** Audacious Goals (BAAG)

Goal Guide:

- 1. Write your goal down*
- 2. Write sub goals of this goal*
- 3. Next, write small steps, tasks that will help you reach this goal*
- 4. Include small steps to overcome roadblocks*
- 5. Give yourself a timeline to reach this goal*
- 6. Include small milestone check in dates to Goal date*

Big A Audacious Goal: Set Goal**

Write/finish my book in 6 months



Big A Audacious Goal: Break the Goal down:**

Start with subgoals of goal (bite size):

- 1. Write 10 chapters*
- 2. Edit*
- 3. Publish*
- 4. Timeline*



Big A** Audacious Goal: Complete Book

Steps to get me to my goal:

1. *Write 1-2 pages daily*
2. *Carve out time, mark your calendar and stick to it*
3. *Create/find a space conducive to your writing*
4. *Eliminate distractions*
5. *Work through roadblocks*
6. *Regular Check-ins*

Group Discussion | Sharing Circles

**“It took me quite a long time to develop
a voice and now that I have it,
I am not going to be silent.”**

- Madeleine Albright



What is your BAAG?



Continue the Conversation

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