

My Plucky Path

career planning for 2021

by Jen Dary

www.shop.bemplucky.com *(free download)*

Dear fellow human,

I've been watching a documentary on Netflix called The Last Dance. It's about Michael Jordan and basketball and a coach named Phil Jackson and the 90s and sports. Normally I am interested in 0 of those topics. But this story is so well-told that I have been binge-watching with abandon.

And here's what I keep coming back to: are we all Michael Jordan? Or are we Phil Jackson?

That reframing (the heroine of our own story vs. the empowering force for OTHERS' stories) shifts hour to hour for many of us, particularly those of you who are leaders. Is your role at work one of SELF or is it one of OTHERS? Who and what are you serving? And how will your answers guide the way you leave this tough year behind and embrace 2021?

Last night I took a walk and saw a penny shining ahead on the sidewalk. I stopped to see if it was heads up. (After 11 months of 2020, I was not going to look away from some spare luck!) It was tails so I left it and started walking.

And then I stopped and turned back. Maybe the next person to encounter this penny would also wonder if it was heads or tails. And maybe they needed a positive sign, some luck, a bright spot in their day. I flipped the penny and left it as a gift.

Let's know ourselves, ask for what we need and spend the rest of our days flipping pennies for others. This guide will help you find your way - by letting go of 2020, by embracing what's on the horizon and by honoring the role you play among everyone around you.

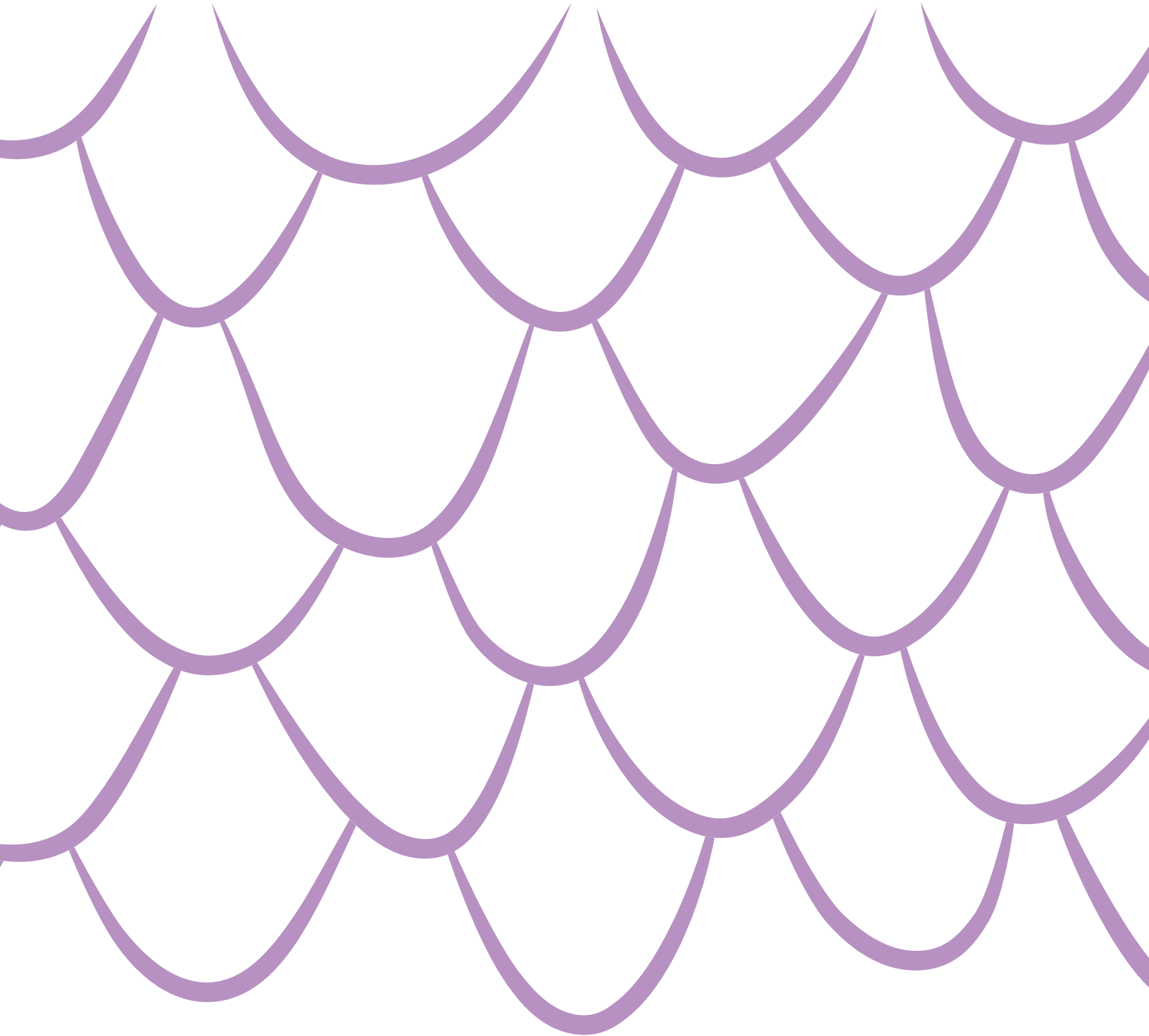
You matter. And whether you're finding pennies or flipping pennies in 2021, I wish you the best, best, best of luck.

A handwritten signature in black ink that reads "xo Jan". The "xo" is written in a simple, lowercase font, and "Jan" is written in a more stylized, cursive-like font with a long horizontal flourish extending to the right.

2020: The Great Shedding

We all lived through a lot this year. From pandemics to politics and beyond, 2020 was an explosion of challenges. I bet you rose to the occasion on some of those challenges. And I bet some of them knocked the wind out of you. Today it's time to shed your 2020 skin.

What are you ready to get rid of?



Leave this all behind in 2020 because now it's 2021. And you are going to need a new outfit.

Standing Up

If 2020 politics taught us anything, it's that there is an invitation to reflect on our values and responsibilities. Let's take a moment to see what's left after shedding last year.

What do you stand for?

How does your answer above translate into the way you live into the following categories in 2021? List ideas, tangible actions you might take, new perspectives, whatever comes to mind.

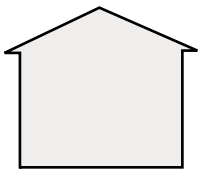
<i>For myself</i>	<i>At home</i>
<i>In the workplace</i>	<i>In the world</i>

The Mindset Move

Now that you know who you are and what you're leaving behind, let's start to focus on how you will move forward. To start, choose a topic about which you need a mindset shift. It could be: your job, your money, your boss, your weight, your apartment, your political party, your design skills, your marriage, etc.

What's the topic? (i.e. *My job*)

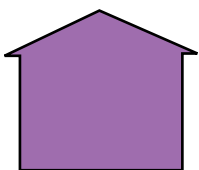
Now choose an adjective to describe the mindset you currently have about it.



My _____ (i.e. *My dead-end job*)
mindset *topic*

Now let's pretend that, today, you live in a house that embodies this topic. And since you want to shift it, let's pretend you're going to move to a new house.

What's the name of your new house? What is the mindset you WANT to have about this topic? What would the smartest, healthiest, kindest, best version of yourself say?



My _____ (i.e. *My stepping-stone job*)
mindset *topic*

Good prep work. Now it's time to draw a map.

Work's Purpose

Our careers will go through different seasons and the reasons we work will change, accordingly. Sometimes that purpose includes: social life and friends at work, regular income, a dream role, health benefits, reporting to a favorite manager.

Once you name the purpose of work in your life, you're able to measure its success at 5pm.



For example:

Purpose of work: learning from smart people and having a regular income

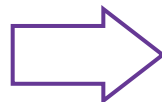
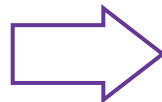
5pm questions: Did I learn from smart people today? Did I get paid this month?

That's it. If you ask yourself those questions at 5pm and the answers are yes, you fulfilled your job today. Because your job only has to be fulfilling its current purpose... not EVERY purpose.

What's work's purpose in your life today? Brainstorm it. Craft the questions you'll ask yourself at 5pm to make sure you were successful, then use them every day to remind yourself that work isn't everything.

Work's purpose

5pm question



Refinding Your Edge

“When you do something repetitively you lose some of the hunger, some of the edge.”

- Michael Jordan

Because you're human, maybe you like to make routines, patterns and plans to relieve decision fatigue. It's refreshing to not have to decide everything all day long. But. Sometimes a routine has expired and it is no longer serving you. Instead, it's weighing you down.

Brain dump. What are the routines you notice in your life?

Make a nice, big list. (i.e. I spend Sunday evenings preparing for the work week.)

○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____

Which of these are no longer serving you? Why? Explain each with logic or emotion or even a picture.

(i.e. I'm tired on Sunday evenings and I don't have creative energy to plan the week. This limits what I can imagine for the week.)

For those you just outlined, assign them to a bucket:

NEW ROUTINE NEEDED

(i.e. I will plan once a month over a long lunch break.)

NO ROUTINE NEEDED

(i.e. I will plan on the fly based on what needs my attention.)

The Nos that Allow the Yesses

Stephen Hawking, amazing physicist, once explained a theory about negative energy like this:

Imagine a man wants to build a hill on a flat piece of land. To make this hill he digs a hole in the ground and uses that soil to dig his hill. But of course he's not just making a hill—he's also making a hole, in effect a negative version of the hill. The stuff that was in the hole has now become the hill, so it all perfectly balances out.

I don't know what Hawking would say about my interpretation of this, but here it is: You cannot say yes to things without saying no to things. You have a finite amount of energy to spend. If you do not successfully say no (the hole) you can never succeed at the new and adventurous challenges ahead of you (the hill).

First, brainstorm all of the yesses you want for 2021 and write them in the hill. Is it an exercise routine? A proficiency in Italian? A stellar speaking career? Be real about what you really want to happen.

Then, fill up the hole with all of the NOs you must say in order to achieve these victories. Be real about how much energy it will truly take to accomplish what you want. Say no generously!

About

At Plucky, we believe that all humans are creative, resourceful and whole... but sometimes they have a hard time moving forward. We believe that resourcing humans authentically comes from the concept of Adult Development, which we champion across coaching, manager trainings, workplace products and consulting services.

In short, we move people forward in their careers. And once we've done that for one client, we turn again to help someone else.

You can trust us.



Interested in working with a Plucky coach?

Visit our coaching page (www.bemplucky.com/coaching)
or drop us a line: hello@bemplucky.com



SO NOW YOU'RE A MANAGER

What does a successful day look like as a manager? What are the nuts and bolts of the job? And how are you supposed to get anything done when your calendar is booked solid with meetings?

So Now You're a Manager is the leadership experience you never had. In 2021, Plucky will hold quarterly virtual events. Come for the support, stay for the peers and leave part of an alumni community that will change the way you steer your ship.

To join us at an upcoming event, visit www.bemplucky.com/manager.

