



You're Not Stuck: Heading in the right direction in work (and life)

Maxie McCoy

Today's speaker



Maxie McCoy
Author, *You're Not Lost*
[@maxiemccoy](#)

Ice Breaker

What does your future smell like?



small actions



CONFIDENCE

more actions

MORE CONFIDENCE

bigger actions



DIRECTION

—MAXIE McCOY, YOU'RE NOT LOST

Step 1:

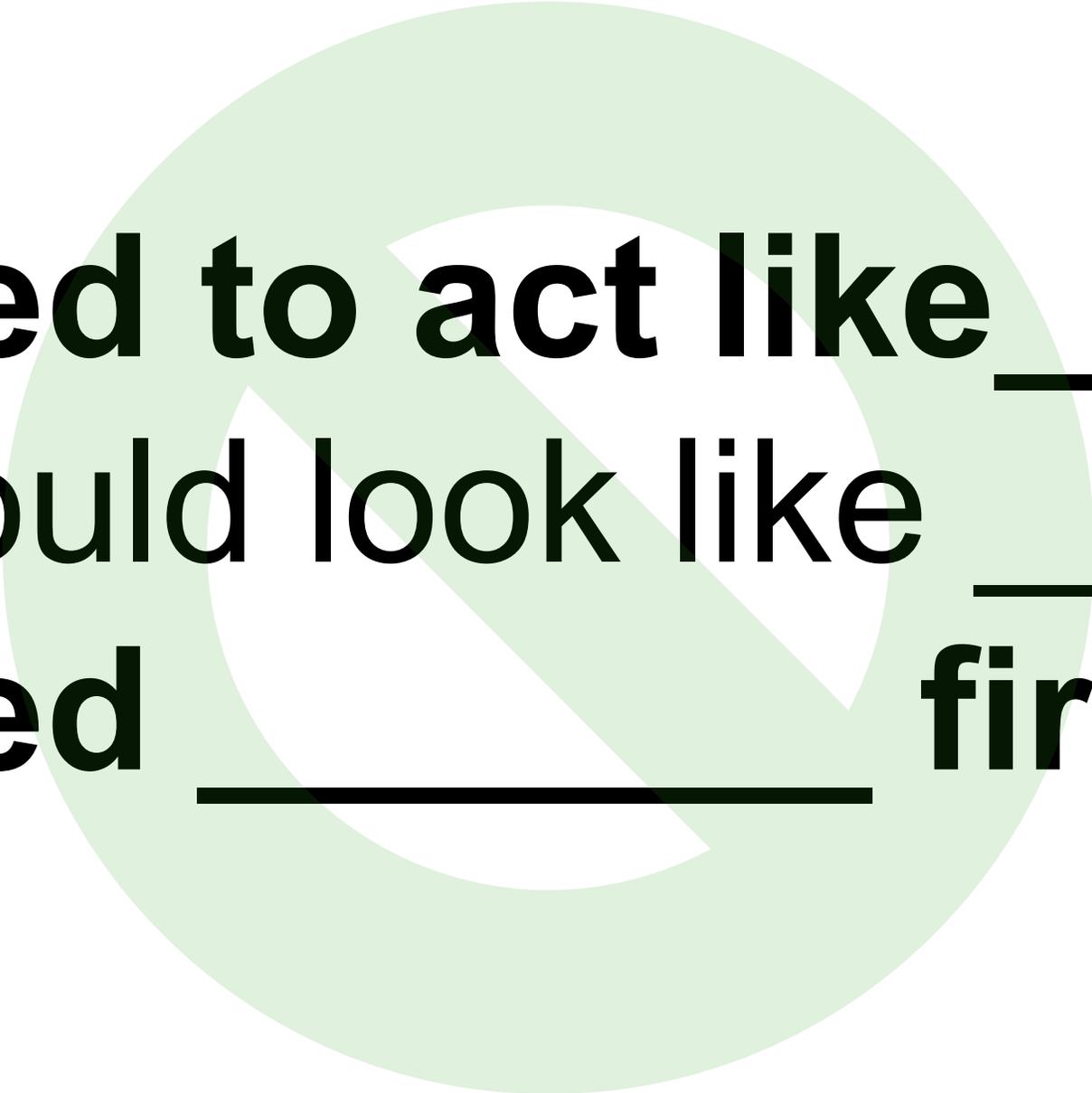
Be the highest possible
expression of yourself.





Oppression wouldn't work unless
some of it was internalized.”

Gloria Steinem

- 
- ✓ I need to act like _____
 - ✓ I should look like _____
 - ✓ I need _____ first

Write down:

**What three things
you have always felt
like you were
supposed to change
in order to succeed?**





Authentic living has been shown to contribute to:

- ✓ greater happiness
- ✓ higher self-esteem
- ✓ more positive emotions

Step 2: Reflect





The answer to where you're going is in the stories of where you've already been.

Write down:

In the last year...

1. What made me feel inspired?
2. What actions gave me the most energy?
3. When did I feel the most proud?

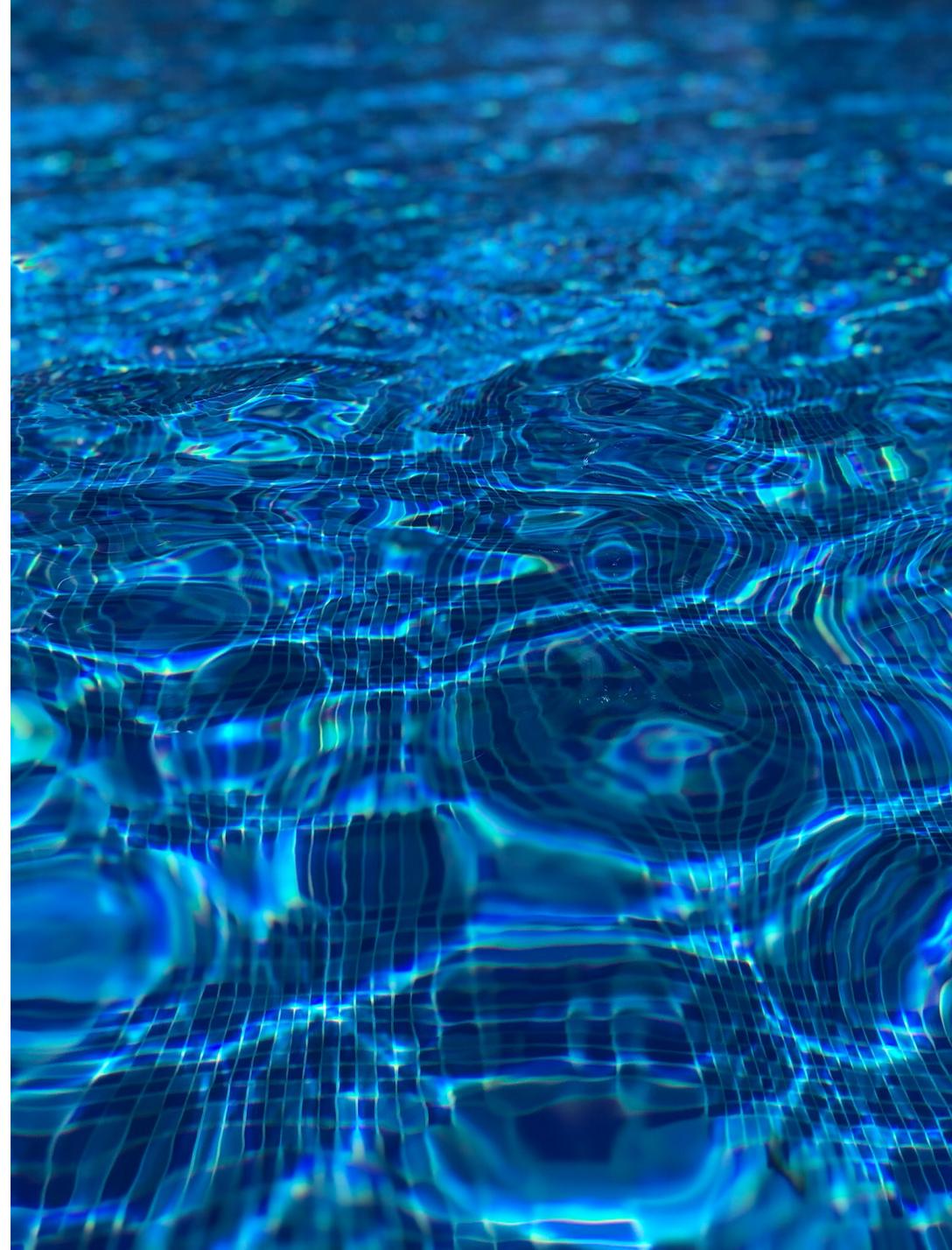


Step 3: Think Small



Let your small plans be worthy

Team USA swimmers
train for the Olympics
everyday by going after
**competency and
satisfaction in minor
achievements**

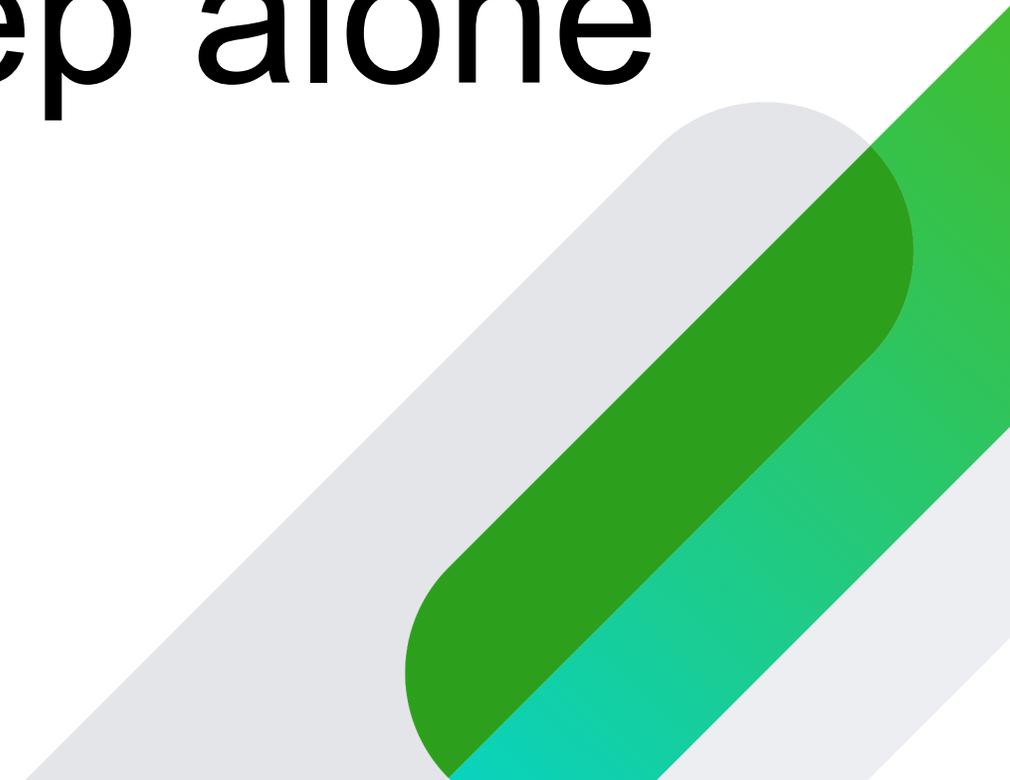




Write down:

What's the absolute **smallest thing** you can do to put this energy into action?

Step 4: Don't step alone





Myth: it's all an
'inside job'

Reality: External
validation (from the
right people) helps!



Who's on your roster?

The believer...

The coach...

The triumphant contemporary...

The anchor...

The strategist...

The mentor...

Survey your cheerleaders

- What makes me irreplaceable?
- Where do you see me in 5 years?
- What's holding me back?



Remember...

Your people want to
support your success.

If they're not supportive.
They're not your people.

Recap:

1. Be the highest expression of yourself
 2. Reflect
 3. Take small steps
 4. Enroll your support system.
- 

“

You won't always feel lost.
But you'll always be finding
your way.

YOU'RE NOT LOST: An Inspired Action Plan for Finding Your Own Way

Available at Barnes & Noble,
Amazon, Urban Outfitters, Target,
& most places books are sold.



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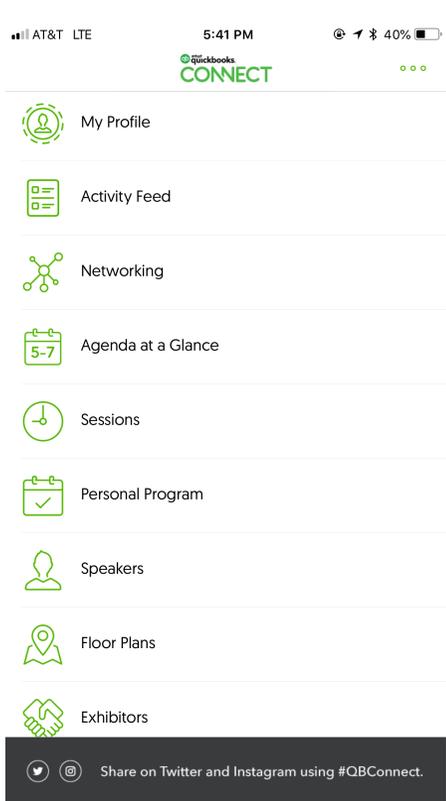
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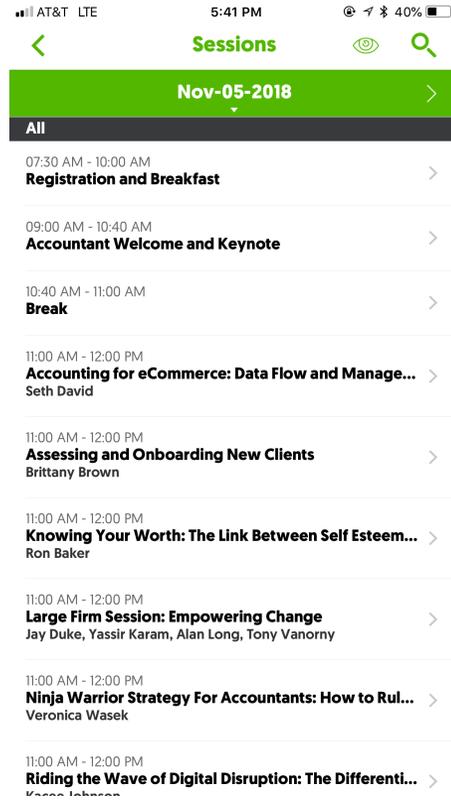


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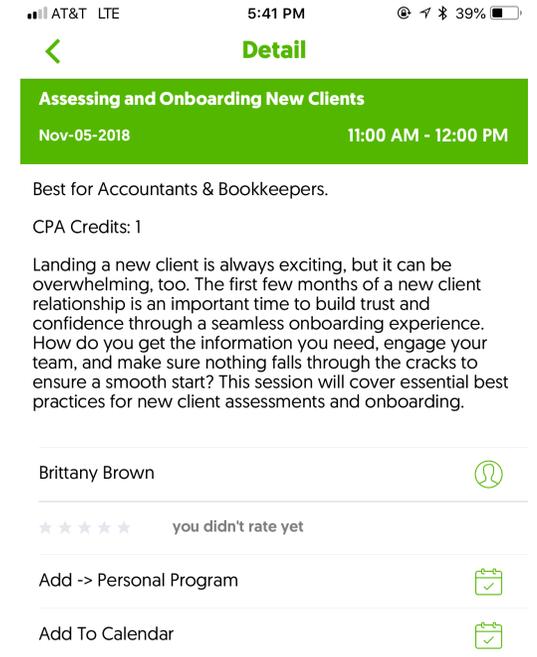
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11:00 am-12:00 pm

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