



EBH CONSULTING LLC
Empowering Advancement Professionals

End Game exercise

©adapted from an exercise by Martha Beck, Inc.

*The first step to designing your best life is to clearly, specifically, and positively state your goal(s), beginning with how you want to feel at work and in life. We really do get more of what we focus on. Picture yourself 2-3 years from now when you have successfully navigated today's challenges. The *future you* has applied all of your dedication and experience to build the life you want. Without worrying (yet) about HOW this dream will be achieved, take time to envision your ideal future life.*

1. How do you want to feel at work and in life, day to day, more often than not?
2. With whom do you work, and how?
3. What is your daily schedule and ritual in your ideal day? When do you rise and where do you go? How does your week unfold?
4. Where do you live? What do you wear most days?



Now write your End Game as a story, a few paragraphs in length.

Consider what would be ideal, not only in terms of your career and paid profession but also in your family and relationships, physical health, mental strength, and spirituality. Kicking current reality to the curb, with no perceived glass ceiling or financial concerns, what would your vocation and life be like for your future self? Even if your primitive “lizard” brain tells you there is no way, dream anyway.

Give yourself space to choose what you really want. Write down your ideas. Create a paragraph or two about the life you intend to live. Give yourself a deadline and please be specific.

Here are two examples:

- ❖ *It is March 2013 and my life provides me the freedom, flexibility, and inspiration I need to serve the advancement profession as a successful sole proprietor and write and publish essays and books. My husband and I are happily interdependent. Self-employed, I partner with brilliant, compatible professionals in my consulting, coaching, and Equus coaching business. I feel connected, successful, and inspired as I help not-for-profit and business leaders excel. I coach personal and organizational clients and lead workshops that help interesting people fulfill their potential. I especially love working with human and equine partners to teach managers to better lead their teams. I make \$150,000+ per year and compete my performance horse in the jumper ring. I consistently spend enough “time in the tack” to ride him well.*
- ❖ *By March 2013, I am enrolled in an MBA program and on track for a promotion to regional manager. I enjoy at least one date night per week with my spouse and one family night per week. I jog four times per week and am at my ideal weight. I stay connected to my friends and take quiet time for myself, journaling daily and staying active in my church. I have improved my public speaking skills so that I can represent my ideas in various forums.*



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5. Write your End Game here:



6. **Now think about your Wildly Improbable Goals (WIGs). We all have them. Committing them to paper can help them come true.** Visualize a WIG for your vocation. What are the steps you need to take to get to your goal?

*Example: 1. I will have two essays published in Oprah magazine or another major national publication
2. I will travel to Dubai to team-teach an Equus workshop for corporate CEO's and college presidents who wish to improve their leadership skills. 3. I will prepare young hunters for the show ring and show my own jumper 6-8 times a year. 4. My book of personal essays will be picked up by a publisher. 5. I will teach master classes in mindful leadership for CASE.*

Write your Wildly Improbable Goals (WIGs) here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Cheering you on.