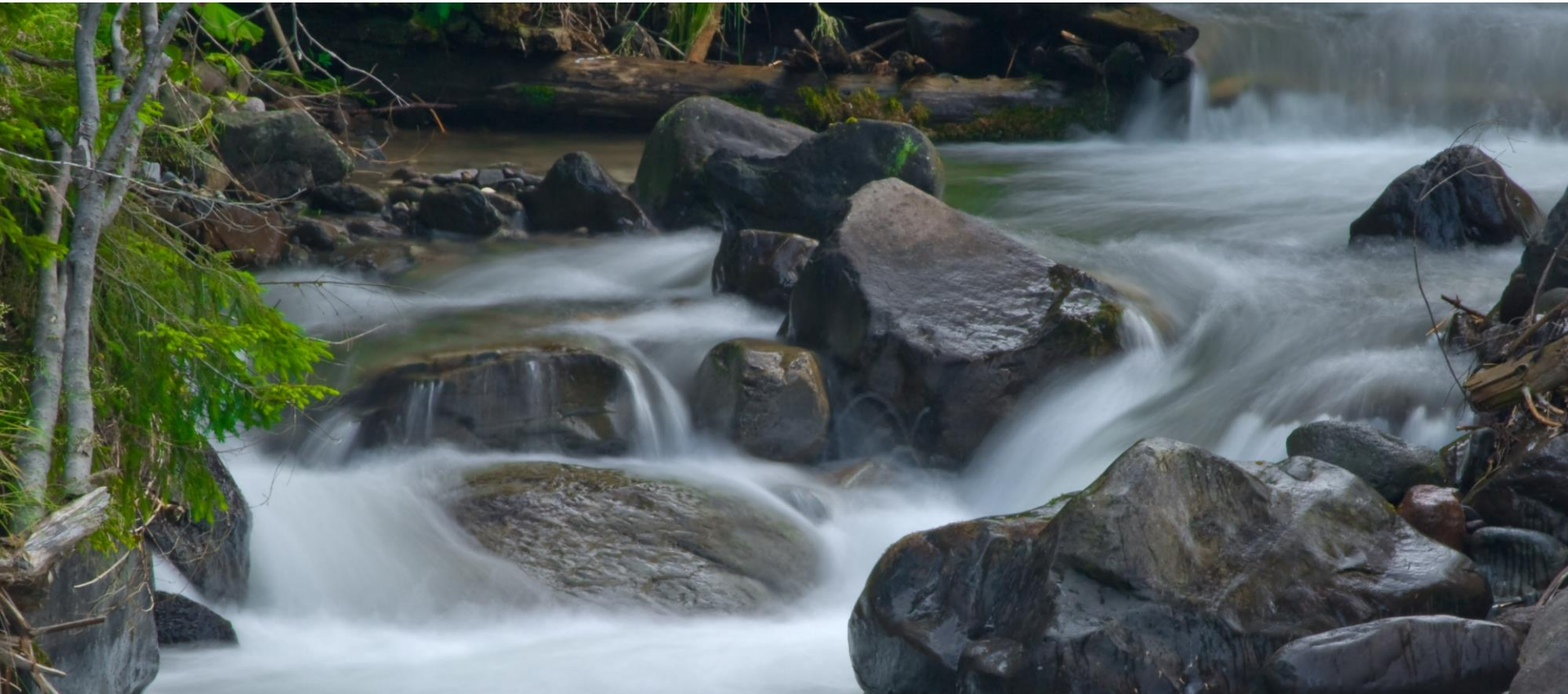




# Keep Flowing, Don't Be Stagnant - Motivation Tools for Lifelong Success

PNWS-AWWA Conference  
May 2<sup>nd</sup> , 2019

Presenters: Kyle Wong, PE  
Joanie Stultz, EIT



# Presentation Flow

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- Introduction
- Vision Statement overview
- Visioning exercise
- Motivation Tool #1: Goal Setting
- Motivation Tool #2: Mentorship
- Takeaways



Vision Statement

Goal Setting

Mentorship

# How to stay out of stagnant water?



# Foundation - Vision Statement

- **What is your purpose?**
- **What drives you to do what you do?**
- **What sparks joy?**



Your vision statement can be your **compass** or guiding light throughout your professional career and personal life.

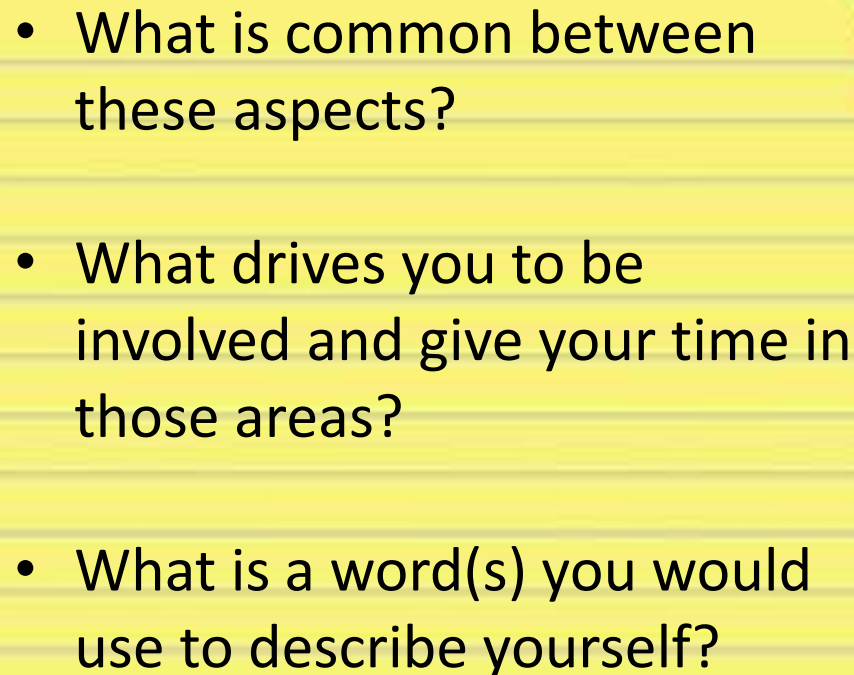
***I am in your midst  
as one who serves.  
I believe that my  
rewards in life will  
always match my  
service. – Kyle***

**Your Name Here:** \_\_\_\_\_



- What are three of the most important aspects of your life?
- What drives you to be involved and give your time in those areas?
- What is a word you would use to describe yourself?

# Visioning Exercise

- 
- What is common between these aspects?
  - What drives you to be involved and give your time in those areas?
  - What is a word(s) you would use to describe yourself?

- Three Aspects
  1. Family
  2. Work
  3. Service to Community
- Being useful and in service
- Focused, Driven, Busy



***“I aspire to be useful in my work, family, and community, and am driven to give my time and talents to serve and have a positive impact on others and the planet, and contribute to a more just and sustainable society.”***

***– Joanie***



# Goal Setting

## Type of goal

- personal
- professional

## Timeframe

- 1yr, 5yr, 10yr

Goal	1-year	5-year	10-year
Personal			
Professional			

A year from now you will wish you had started today.

– Karen Lamb



# Goal Setting

**S M A R T**

Make your **SMART** goals:

**SPECIFIC**

**MEASURABLE**

**ACHIEVABLE**

**REALISTIC**

**TIME-BOUND**

✓ **Write them down**

# Make your Goals Grow

- AWWA Involvement
  - Started small
    - Time Bound
    - Measurable
  - Goals got bigger over time
- Goals relate to vision statement and passion for service

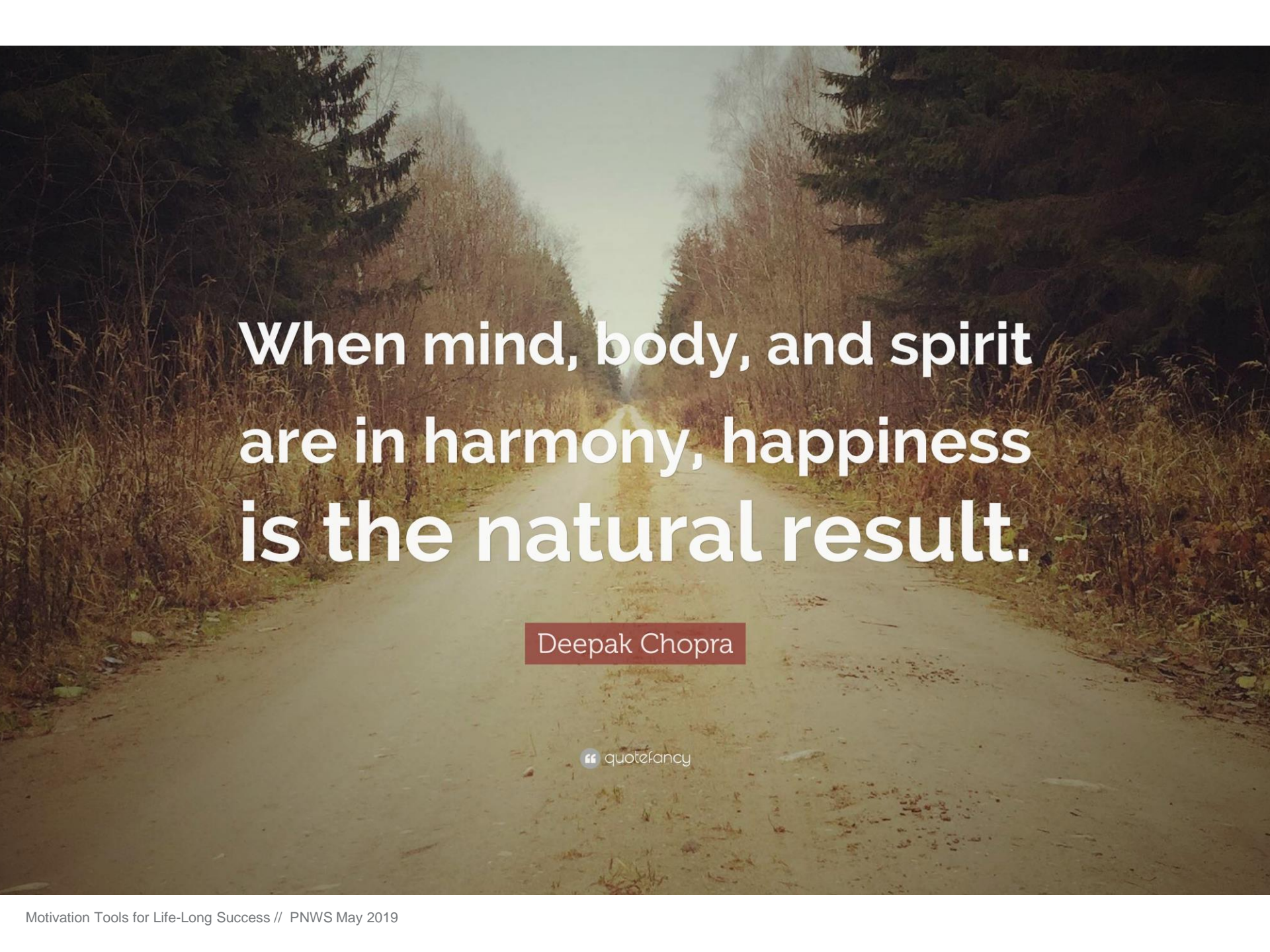




# Setting Balanced Goals

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- Striking a balance between personal and professional goals is harder than it may seem, but key to success



**When mind, body, and spirit  
are in harmony, happiness  
is the natural result.**

Deepak Chopra

 quote fancy

# Mentorship

- **Why:**
  - Tool to focus your career and stay motivated
- **How:**
  - Find your mentor through a formal program (AWWA) or networking
- **What:**
  - Look for someone how has been where you want to go



*If you cannot see where you are going, ask someone who has been there before."*

- J Loren Norris

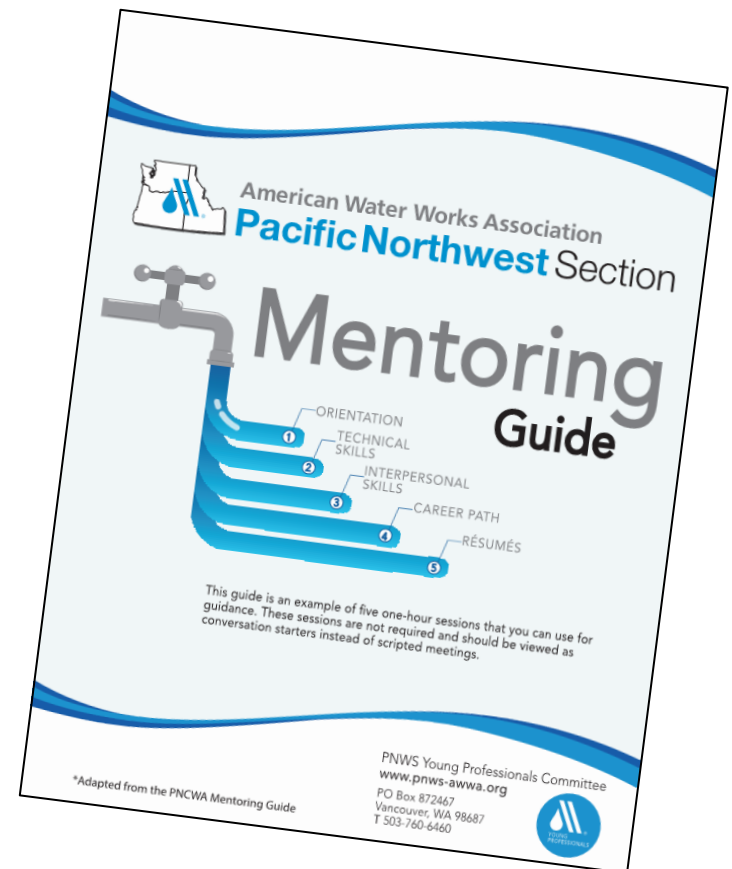


# Finding a Mentor

- Join a committee
- Mentor for all aspects of life
  - Coach
  - Guide
  - Teacher

# PNWS Program

- Benefits of Mentorship
  - Guidance
  - Taking time for personal and professional growth
  - 5 sessions
    - Orientation
    - Technical Skills
    - Interpersonal Skills
    - Career Path
    - Resumes



<https://sites.google.com/a/pnws-awwa.org/2020-vision-initiative-committee/mentorship-program>





# CIRCLE OF MENTORSHIP

# Take-aways

**Goal Setting**

**Mentorship**

**Vision Statement**

# Questions

**Goal Setting**

**Mentorship**

**Vision Statement**

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