

Shawn Malzahn

Anticipated Accomplishments

LIFE DOMAIN

GOAL DESCRIPTION

E.C.D.

I. CAREER



1. Work from home in sales / marketing

Estimated completion date _____ Aug 07, 2017

II. RECREATION



2. Create and maintain "Teachable Moments" blog

Estimated completion date _____ Mar 03, 2018

III. EDUCATION



3. Earn distinguished Toastmaster award

Estimated completion date _____ Oct 17, 2021

4. Obtain Licensed Clinical Social Worker licensure

Estimated completion date _____ Feb 14, 2025

IV. FINANCIAL



5. Create a cash flow management system

Estimated completion date _____ May 23, 2017

V. FAMILY



6. Interact more with family members

Estimated completion date _____ May 01, 2025

VI. COMMUNITY



7. Volunteer my time to various NFP Organizations

Estimated completion date _____ Jul 07, 2017

VII. SPIRITUAL



8. Practice Buddhism

Estimated completion date _____ Oct 01, 2017

Pending Accomplishments

LIFE DOMAIN

GOAL DESCRIPTION

E.C.D.

I. CAREER



1. Work as a LCSW for a NFP organization

Estimated completion date _____ Mar 07, 2018

2. Manage my own NFP family consoling center

Estimated completion date _____ Nov 07, 2018

II. RECREATION



3. Practice martial arts

Estimated completion date _____ Jan 03, 2019

4. Write autobiography

Estimated completion date _____ Dec 07, 2018

III. EDUCATION



5. Learn Spanish as a second language

Estimated completion date _____ Dec 17, 2022

6. Become a NLP master practitioner

Estimated completion date _____ Mar 14, 2026

IV. FIANCIAL



7. Invest money into IRA and mutual funds

Estimated completion date _____ May 23, 2018

V. FAMILY



8. Start my own family

Estimated completion date _____ Jun 01, 2026

VI. COMMUNITY



9. Initiate the Green Rose Organization

Estimated completion date _____ Jul 07, 2018

VII. SPIRITUAL



10. Teach spiritual meditation classes

Estimated completion date _____ Apr 01, 2018

General Purpose ?

The overall general purpose for achieving these specific worthwhile goals is to become one step closer to actualizing my ultimate vision that I have conceptualized for myself. This is the ultimate vision that I feel will bring complete happiness into my life.

Vision ?

I envision myself to become in tune with the following qualities and characteristics:

- Motivational speaker
- Respected citizen
- Trusted friend
- Published author
- Philanthropist
- Counselor
- Therapist
- Fundraiser
- Entrepreneur ?
- Public figure
- Community leader
- Communication specialist
- Loving son
- Faithful husband

Evidence Procedure ?

I am absolutely certain that my goals will be realized because I am a creative, self-driven, intelligent being with a burning desire for success. I have an amazing support system comprised of a loving family, encouraging friends, and the divine support of our creator. With my solid support system, natural ability, burning desire and unbridled faith; I am unstoppable.

Personal Mission Statement ?

The overall purpose of a personal mission statement is to cultivate and refine a strong character foundation that will empower the individual to achieve and maintain their innermost desires.

Mission ?

My mission is to develop the macrocosmic mindset. A mind with such a profoundly intimate understanding in many facets of knowledge that it will evolve closer to the ultimate essence of objectivity. In the process, uncovering natural principles of the human dimension that are the keys to unlocking my infinite potential. During the course of discovering these truths I will work diligently to internalize them by developing strong values, beliefs and behaviors based on these correct principles. Therefore, elevating the effectiveness of my human capabilities.

Philosophy ?

To everlastingly endeavor to seek knowledge and understanding of truth while vowing to remain forever curious.

Value Hierarchy

Throughout the course of my mission I will balance and harmonize with the following:

PILLARS OF PERSONAL POWER, PPP

- | | | |
|----------------|---|--------------------|
| 1. Awareness | 13. Faith | 25. Nurturance |
| 2. Autonomy | 14. Fidelity | 26. Patience |
| 3. Balance | 15. Forgiveness | 27. Potential |
| 4. Beauty | 16. Gratitude | 28. Purpose |
| 5. Celebration | 17. Humility  | 29. Resilience |
| 6. Change | 18. Honesty | 30. Respect |
| 7. Compassion | 19. Industry | 31. Responsibility |
| 8. Courage | 20. Integrity | 32. Romance |
| 9. Creativity | 21. Joy | 33. Service |
| 10. Curiosity | 22. Justice | 34. Simplicity |
| 11. Empathy | 23. Love | 35. Temperance |
| 12. Equanimity | 24. Modesty | 36. Zeal |

In order to balance and harmonize with the above hierarchy (the pillars of personal power) I will make a conscious effort to apply equal amounts of attention to each value; ensuring that all behaviors are congruent and not in opposition to the value hierarchy. These values must be the basis of all future belief formations.

Anticipated Accomplishments (Refined)

1. Work from home in sales / marketing

Type: Career


Start Date: Apr 15, 2017

End Date: Aug 7, 2017

EXECUTIVE SUMMARY

I will secure a job working from home as a telemarketing sales / customer service representative in the next 3 months.

OBJECTIVES

- ✓ Create a compelling and up-to-date resume
- ✓ Submit resume to at least (8) employers per day 
- ✓ Follow-up on application ever (3) days
- ✓ Prepare elevator speech for interviews
- ✓ Send unique "thank you" letters following interviews

SENSORY DESCRIPTION

After achieving my desired outcomes I will be able to do the follow:

❖ SEE

- A pay check with my new companies name on it
- The computer software that I use to make my calls
- The headset and computer that I use to make calls
- Myself smiling and using hand gestures while talking
- The inside of my room as this will be my office

❖ HEAR

- The sound of my voice as I communicate
- The sound of my client as I listen to their responses
- The sounds that my computer makes
- Subtle outside noise from the neighbors / community
- Occasional barking from my dogs

❖ FEEL

- The headset I use to make calls on top my head
- The keys of the keyboard as I enter information
- The cushion of the seat I am sitting in
- The cool temperature of an air conditioned room

EVIDENCE PROCEDURE

I absolutely know that I can achieve and maintain this goal without relying on the behavior of others, because I have over 2.5 years in sales / marketing experience. Also, I have researched various techniques on resume building and have been perfecting my leadership / communication skills through the Toastmasters International public speaking / leadership organization.

AVAILABLE RESOURCES

I currently have at my disposal the resources of:

- A place to live and conduct my business
- A computer with internet connection
- Over 2.5 years in sales experience
- An excellent reference from current employer
- A confident and positive mental attitude
- An encouraging family

REQUIRED PERSONALITY

In order to actualize my desired outcomes I must possess the follow:

**ATTITUDE**

- a.) Confident, positive, motivated, and enthusiastic

**BELIEF**

- a.) Work is play for me

b.) There is no lasting success without commitment

❖ CHARACTER

a.) Integrity, loyalty, persistence, patients, and industry insight

❖ SKILL

a.) Strong communication skills

b.) Time management skills

c.) Excellent organizational skills

d.) Ability to conduct in-depth research

POTENTIAL OBSTACLES



The following may present temporary inconveniences for me:

- My felony record
- My tendency to procrastinate on projects
- Unrealistic expectations of a higher salary than initially offered

PLAN OF ACTION



Immediately upon my release from prison I will craft an up-to-date professional resume. I will use my computer to research various jobs related to my intended target. I will contact my local employment services department to seek additional help. I will send at least (8) resumes to prospective employers each day until I get hired. I will follow-up within at least (3) days of resume submission. I will prepare a compelling elevator speech to explain my felony convictions upon interview. Also, I will leverage the Federal Work Tax Credit Opportunity and Federal Bonding government grater employer initiatives as an incentive to hire me. I will also research any on the job training reimbursement benefits that may be offered to employers who hire minority and high risk workers. I will send thank you cards to every employer after every interview attended.

PERCEIVED ENVIRONMENT



After I have obtained my desired outcome I will feel a lot calmer. I will be experiencing an overwhelming sense of security and accomplishment. My family will be proud of all the hard work and effort that I put into my job search. I will eventually see my bank account growing as I make weekly deposits. This will open the door to many other possibilities, and potential changes to my lifestyle. I will be able to purchase nice clothes and enjoy activities with my family. The more I practice communication over the phone with my job, the more confident and professional I will become. This combination of nice appearance, expanded freedom, increased revenue, and overall professional attitude will jumpstart my confidence, and motivate me to pursue other opportunities that may be at my disposal. My life will be much more enjoyable once I have a career that I can enjoy every single day of my life.

Achieved Accomplishments (Victory List)



1. JUCP Certified Instructor

The joint understanding and cooperation program is an Indiana Department of Corrections program designed to bridge

the gap in communication between offenders and staff through a variety of effective techniques, including by not limited to: Positive role modeling, redirecting negatives behavior, and reinforcing positive behavior.

2. Certified IDOL Office Manager

successfully completed a 3000 hour IDOL office manager apprenticeship program as a telecommunication sales representative. Here I demonstrated excellent creative, organizational, communicational and leadership skills in order to advance through various sales campaigns and scenarios. I received training and coaching from various top sales professionals which ultimately helped me to assume the role of research and development coordinator alongside business development.

3. PLUS Graduate and Facilitator

The Purposeful Living Units Serve is an excellent therapeutic community comprised of various programs designed to assist the offender population in developing skills and knowledge essential to reentry. Throughout my experience within the PLUS program I have served the community in the following ways:

a) 21 Laws of Leadership Facilitator

Presented and discussed John Maxwell's "21 Irrefutable Laws of Leadership" course to various offenders in the hopes of demonstrating practical ways to motivate one self, as well as influencing others in a positive manner.

b) Spiritual Literacy Facilitator

Presented and discussed 26 spiritual principles for those seeking to alter their perceptions of reality in a healthier fashion. Worked directly with management to track and record attendance as well as the scheduling of make-up classes for those in need.

c) Anger Management Instructor

Taught various anger management techniques through developing a weekly support group style session that includes: Developing an anger control plan, cognitive restructuring, conflict resolution, deep breathing, and muscle relaxation methods. I have incorporated multiple "anger exercises", as well as additional material from various sources to assist the program by introducing a more hands-on approach to learning.

d) Resume Building Instructor

Assisted multiple individuals cultivate a refined sense of job preparedness by presenting and discussing various resume styles and functions, interviewing skills, and effective job searching techniques. I have developed a mock interview simulation that has helped to provide a more comprehensive approach to learning.

e) Mentor

Currently upon writing this success plan I serve as a community role model by demonstrating good ethics in all affairs. I lead by example as I continue to participate in all programs, abide by all rules and regulations, respect others, and find creative ways to improve the overall quality of our culture.

4. Toastmasters Vice President of Education

I have successfully navigated through the Toastmasters club hierarchy to the officers' position of Vice President Education. I am entrusted with a plethora of responsibilities that greatly impact the overall performance of the club. Among other tasks, I am primarily responsible for all scheduling, keeping education progression records, submitting applications to our world headquarters, and ensuring that all members are well informed on club duties, policies, and procedures. I am also the winner of our 2016 humorous speech contest presented to an audience of sixty spectators.

5. Miscellaneous Accomplishments

Over the past two years I have studied various books pertaining to science, religion, philosophy, psychology,

communication, relationships, leadership, motivation, self-help, and business. I have written numerous speeches and presented them to small audiences, as well as a motivational series entitled, “Moments With Malzahn”. Lastly, I have been working diligently to develop and maintain healthier relationships with family, as well as forming new empowering friendships.

