

# CLAY STAIRES

Coach – Consultant – Speaker - Trainer

## NAVIGATING CHANGE

### GETTING YOUR LIFE IN BALANCE AND ON THE RIGHT COURSE!

*"Who we are in the present includes who we were in the past."* **Fred Rogers**  
*"... if you don't have peace, it isn't because someone took it from you; you gave it away. You cannot always control what happens to you, but you can control what happens in you."* **John Maxwell**

*"A great life starts within"* **Malka Maxwell**

*"If you don't build your dream someone will hire you to help build theirs."* **Tony Gaskins**

- A. I feel very productive in my daily life.
- B. I can easily measure my productivity using numbers.
- C. I am a wonderful time manager.
- D. I am annually setting new goals for my life because previous goals have been met.
- E. I take time everyday to strategically schedule my day.
- F. If a task is on my list for the day, there is a very high probability that it will get done.

- A. I am able to take quick action on my decisions.
- B. I don NOT procrastinate.
- C. I regularly seek counsel from trusted sources on action steps I am considering.
- D. I rarely experience the "deer in the headlights" moments.
- E. I don't dwell on actions that led to negative results.
- F. I am not stubborn and can quickly adjust my actions.

- A. I am able to make decisions easily?
- B. I am focused and don't usually get caught in "going around in circles"?
- C. For the most part, I have a history of making good decisions.
- D. I make decisions that CHANGE my circumstances rather than waiting for the circumstances to change my decisions.
- E. Once I make a decision, I confidently stick with it.
- F. If I get stuck on a decision, I quickly seek counsel from a qualified, trusted source.

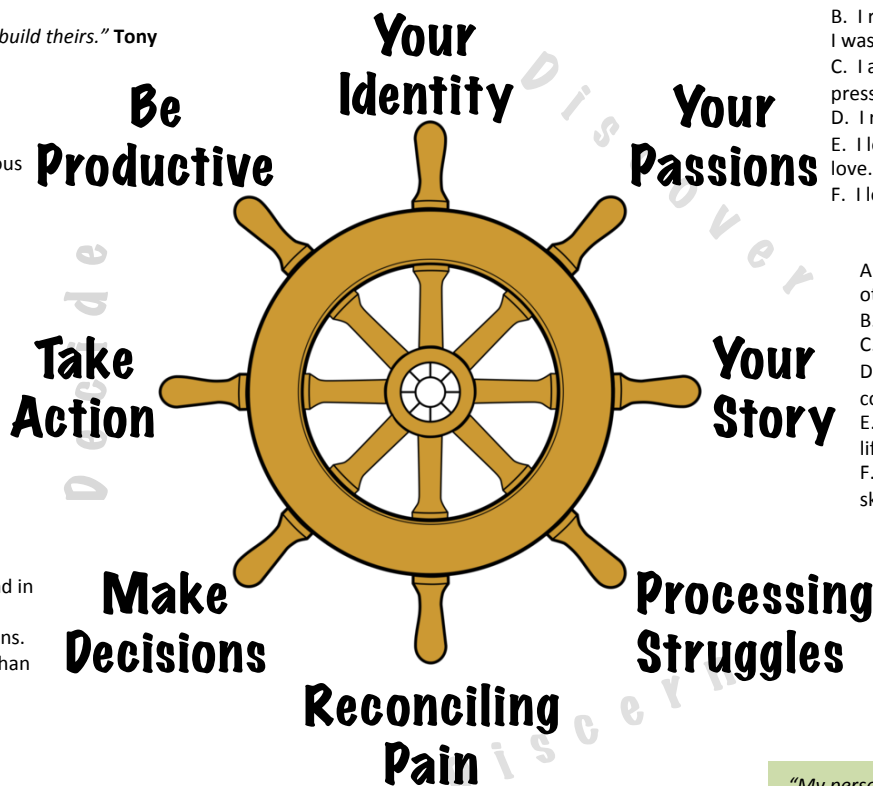
### Who Is Clay Staires?

- Founder of The Leadership Initiative
- 25 Years Of Leadership Development
- 3x Missouri State Coach Of The Year
- Who's Who Among American Teachers
- Teacher Of The Year
- Skiatook Chamber Citizen Of The Year
- 10 Years Executive Experience



**"CLAY KNOWS HOW TO PROCESS STRUGGLES!"**

- A. I have a very strong sense of WHO I am outside of my daily duties.
- B. I can list at least 3 people that deliberately helped me discover my true identity after I moved out from my parents.
- C. My current occupation is directly in line with WHO I am.
- E. I can tell someone about "WHO" I am in a way that inspires them to want to discover their identity.
- F. I am convinced that my life is on the right course of my choosing.



- A. I have worked through forgiving those who have hurt me in my past.
- B. I have found the rich value in the painful experiences from my past.
- C. I don't feel limited or "held back" by events in my past.
- D. I spent an entire season of my life with a qualified person that helped me learn new perspective on painful experiences in my past.
- E. When I think of the negative experiences I've endured, I don't feel the sting or the pain anymore.
- F. I am confident that my past hurts are not influencing my present decisions in a negative way.

## Evaluate Your Personal Wheel Of Navigation

Rate Each Statement Around The Wheel on a Scale from 1-10

(10 being 'You totally agree')

*"Clay likes to use experiential and hands on learning when at all possible and is very effective at finding practical application to the concepts he is teaching. He is a gifted and passionate communicator whose language and delivery is captivating and engaging."* **Danny Kittinger**

- A. I have identified the 3-5 activities that truly ignite the passions in my life.
- B. I regularly feel fulfilled in my life because I know I am doing what I was made to do.
- C. I am doing what I WANT to do and not what I feel obligated or pressured to do.
- D. I regularly spend time each week doing what I love to do.
- E. I love my job/occupation because it allows me to do the things I love.
- F. I look forward to going to work most days.

- A. I am able to share my life story in a way that inspires others to embrace their own story.
- B. I have shared my life story with multiple people.
- C. I regularly write in a journal to document my story.
- D. I am easily able to connect with other people and start conversation.
- E. I have a very good understanding of how events in my life have shaped me in a positive way.
- F. I have embraced my story and have few (if any) hidden skeletons that I keep from others.

- A. I rarely get angry or really frustrated.
- B. I rarely feel overwhelmed by my circumstances or my responsibilities.
- C. I regularly take time out of my week to recharge and re-evaluate where I'm headed.
- D. I rarely feel my life is out of control or out of balance.
- E. I meet at least twice a month with a mentor/coach.
- F. I read at least one book a month in areas I want to grow.

*"My personal experience has proven that the misconceptions I had about the transition I was experiencing was brought to light by Clay, by his offering a different interpretation of my situation he opened my eyes to see the possible....where I was looking at the impossible."* **Bob Townsend**

**How Can I Contact Clay?**

[www.claystaires.com](http://www.claystaires.com) - 918-798-0852

**Call Today And Let's Get Started On Getting You UNSTUCK!!**