

Welcome!

@LearnLifeHere / @PDXWiIT / @BethAdeleLong

jesseca @ LearnLife.org

[LinkedIn.com/groups/13571231](https://www.linkedin.com/groups/13571231)

Wifi: moovelGuest / p: welcome2moovel

Why We Are Here

LearnLife exists to teach life skills.

What We Do

We connect people to roadmap goals, champion each other, and achieve our goals.

How

LearnLife is creating an ecosystem of people, partners, and resources for young professionals to master life skills.

Agenda

- Part I Roadmap Goals
- Part II Envision Them
- Part III Champion Each Other

SMART Goal

Specific	What is your goal?
Measurable	How will you measure it?
Actions	What needs to be done to achieve it?
Resiliency	What are your barriers, how will you overcome them?
Timeline	Be specific on this too <i>Why is this your goal?</i>



The greater the
obstacle, the
more glory in
overcoming it.
Moliere

Science Behind Goal Achievement

Community Champions

Natural selection mandated us
to be in groups to survive

*Michael Gazzaniga,
neuroscientist and psychologist*

Mentors Matter

The most successful people in business
have this in common

Richard Branson, Virgin

Small Wins

Lead to big wins

The Power of Habit, Charles Duhigg

Intrinsic Motivation

Autonomy / Mastery / Purpose

Drive, Daniel Pink

VISION BOARD



Connect With Us

1. Name
2. Goal
3. Need
4. Offer

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Solution

