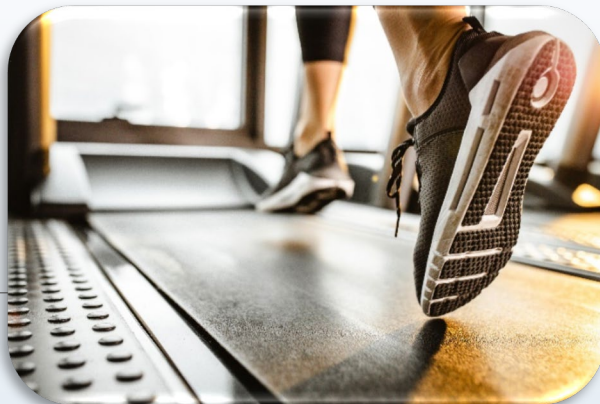


Personal Development



PRESENTED FOR RISK
MANAGEMENT ASSOCIATION -
COMMERCIAL LENDING SCHOOLS

TERESA MIDGETT
VICE PRESIDENT
SENIOR FACILITATOR
FIRST CITIZENS BANK



“BEGIN With the END in Mind”



The Importance of “*The Dash*”

1962 - 2042



Just Imagine...

It's Your 80th Birthday Party

Use your imagination

Make an investment in
yourself

Pause a few moments to
reflect



Imagine...

Who is the first person to speak? Write down their name and their relationship to you.

In your current state, what would they say?

In your ideal state, what would you hope they would say?

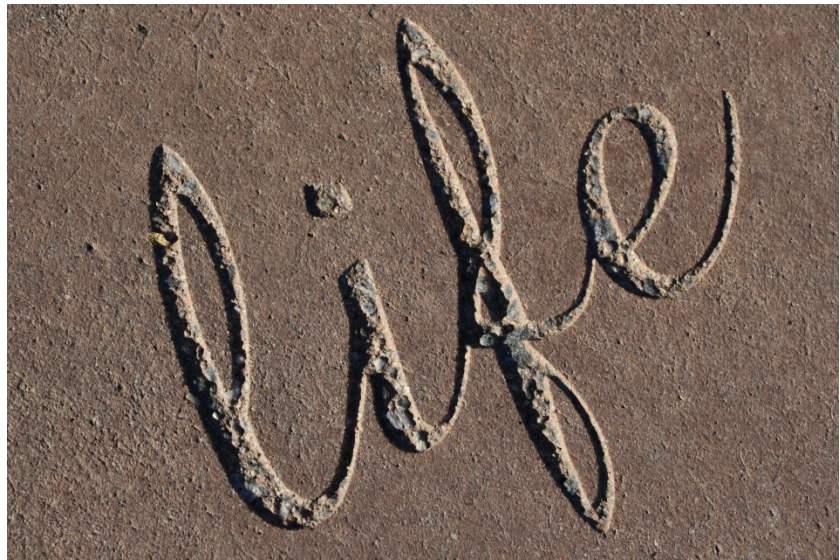


TIME Management vs

LIFE MANAGEMENT

“Most of us spend too much time on what is urgent and not enough time on what is important.”

- Stephen Covey



Time Management Exercise...

Urgent Matters

Non-Urgent Matters

Time Management Matrix

	Urgent	Not Urgent
Important	I - Crises - Pressing Problems - Deadline Driven Projects, meetings, preparations	II - Preparations - Presentations - Values Clarification - Planning - Relationship Building - True Recreation - Empowerment
Not Important	III - Interruptions, some phone calls - Some mail, some reports some meetings - Many proximate pressing matters - Many popular activities	IV - Trivia, busywork - Junk Mail - Some phone calls - Time wasters - "Escape" activities

“The Main Thing is to Keep The Main Thing the Main Thing.”

- Stephen Covey, 7 Habits

Simply put, your Big Rocks are your **priorities**. They are the tasks, projects, or goals you absolutely want to accomplish.

Big Rocks are your mission-critical objectives—not items on a messy, sprawling to-do list.



BIG ROCKS

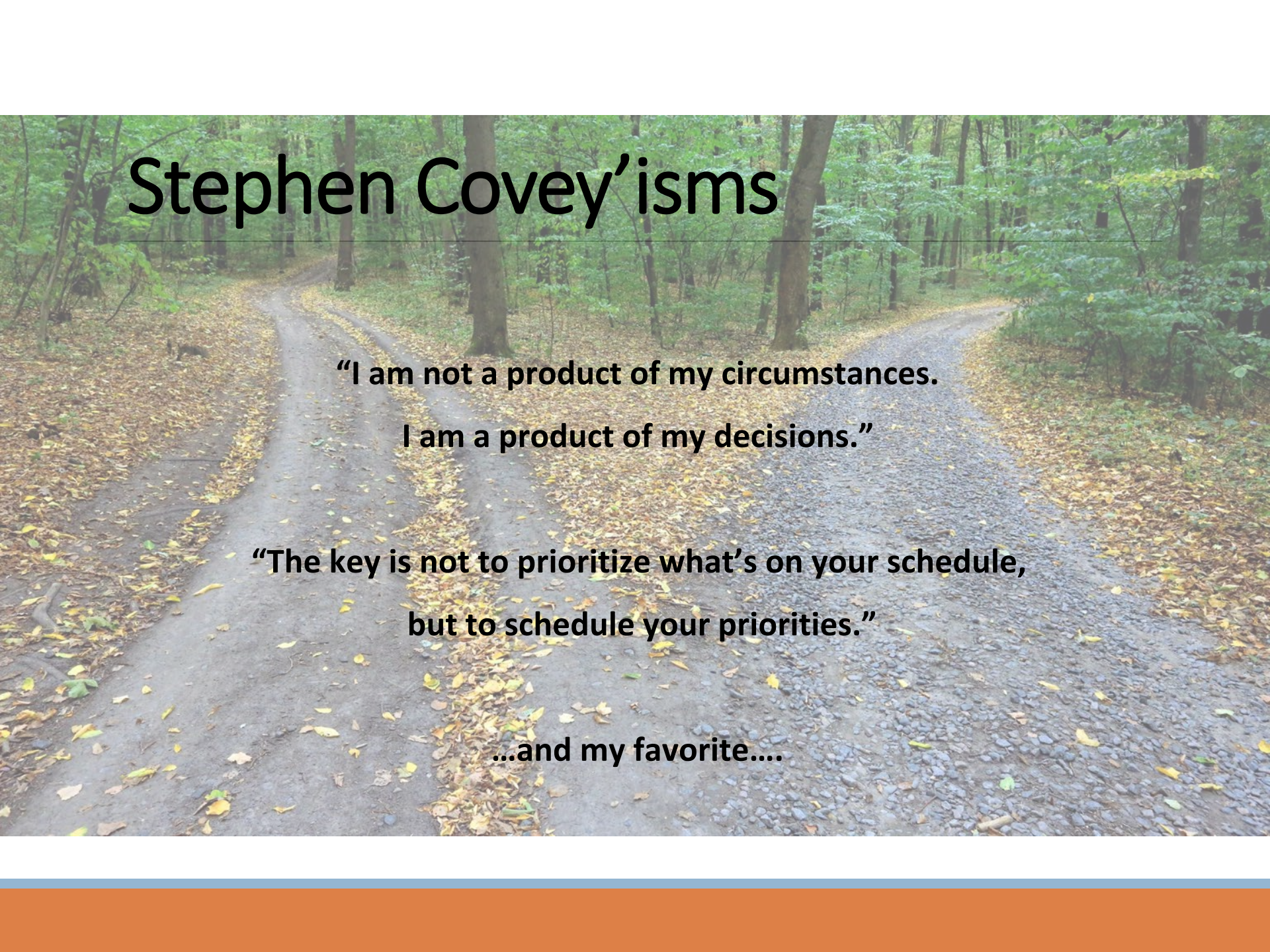
Video Demonstration

[The Jar of Life - Bing video](#)

Big Rocks are built on a principal taught by Stephen Covey in the 80's, yet are still applicable, perhaps even more, today. Stephen Covey, author of The 7 Habits of Highly Effective People inspired Life Management when Time Management was the rave.



What are your Personal BIG ROCKS ?
What are your Professional BIG ROCKS ?

A photograph of a forest path covered in fallen yellow and brown leaves. The path is made of gravel and dirt, and it leads into a dense forest of tall trees with green foliage. The lighting is soft, suggesting an overcast day.

Stephen Covey'sisms

**“I am not a product of my circumstances.
I am a product of my decisions.”**

**“The key is not to prioritize what’s on your schedule,
but to schedule your priorities.”**

...and my favorite....

“Live, Love, Laugh, and Leave a Legacy”

Live with mindfulness and intent to be the
person you want to be remembered as.

Live YOUR dash!!