

Session Nine – Structure and Success

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Introduction

Definition and Aspects of Structure

“The capacity to direct one’s resources toward a goal over time.”

1. Future oriented
2. Free choices based on values
3. Incremental behaviors toward a long term goal
4. Internally driven

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5. Detail orientation not a necessity

How Structure is Developed

1. Internalizing external structure from a loved position
2. The developmental path
3. Order, challenge and correction
4. The cycle: structure-success-further structure-further success

Obstacles to Structure

1. Lack of fuel

2. Internal chaos

3. Lack of definition

4. Structure divided

Skills to Develop Structure (Becoming a Structure Monster)

1. Deal with the internal obstacles

2. Monitor derailing triggers

3. Create relational places to help

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4. Create task places to help

5. Identify high result behaviors

6. Define yourself in relationships