



EXPERIENCE

Your connection to the Future ...



Experience



I wanted to express to everyone how important your experiences are.

They form what you are and what you will become.

They will help you find what lights you up and enables you to come alive and enables you to open what is in your heart to the world to become what you were meant to be.

They transform you.

All of this is to help you revisit, to remember your life, what do you want to carry forward?

Will you give yourself permission to do what is in your heart?

How about looking back at your experience now to re-make a plan for what you will become next?

Experience

I find the best plan to re-look at prior experiences or to plan new ones is when I cannot do them now. This could be: I am tied up and deep into an existing project, I am unmotivated to push through or I am just plain sick.

So let us start with looking at prior experience to find what may be next in the future for us.

What method do you use to evaluate your experiences and help you to determine what might be best next?

I propose two separate EXERCISES:

- A. A specific **Experience Evaluation** method
- B. An all in method to find your **Life Experiences**

A. A specific Experience Evaluation method

1. Why did you want going in?
2. Evaluation & Comparison
3. Missing what feeling now?
4. Make better how?
5. Do it again?
6. Change your life?



A. A specific Experience Evaluation method

1. What did you want going in?

Which CATEGORY ?

For some help see
Finding Your Criteria DB #9,
Focus Your Life DB #10

What HOPE or EXPECTATION ?

Example: Taking family on ‘almost slow travel’ ~ 3 weeks to Hawaii

CATEGORY: Spirit

EXPECTATION: Family Bonds / Wonder & Adventure

A. A specific Experience Evaluation method

2. Evaluation and Comparison

Example: Taking family on 'almost' ~ 3 weeks to Hawaii

This wants to be fun & easy
Evaluation meaning merit, worth or significance.
So, what was important?
Write it down.

Evaluation:	Family Bonds	10	Reconnected to one spot after being spaced around the world Walks, Hikes, Discussions – many moments alone with family in the woods.
	Wonder & Adventure	10	Beautiful fantasy forests, Scary overhangs, Wonderful waterfalls Running over rocks, climbing up & down rails – feeling so full in the pursuit of the journey – wanting it to never end.

Comparison:	Family to Hawaii	Felt both Adventure & Rest Perfect 'warm weather' with many sunny days Communication very easy & culture very similar
	Family to Peru	Felt Adventure Machu Pichu/Rainbow Mountain, yet also overwhelmed All cloudy days in Lima, yet sunny in Cusco & cooler throughout (winter) Overwhelmed in languages & culture, many ways different The natives of Peru were warm & open

A. A specific Experience Evaluation method

3. Missing what feeling now?

Example: Taking family on 'almost' ~ 3 weeks to Hawaii

Missing Feeling now:

Joy with Family on Vacation, just doing life together

'Closeness & Excite of a holiday' for straight weeks

Like opening new presents of every morning finding new things about your adult children since they left the nest, they used to call home. Contrasting what you thought you knew about them by finding something better they have become.

A. A specific Experience Evaluation method

4. Make it Better how?

Example: Taking family on
'almost' ~ 3 weeks to Hawaii

Better =?



Longer than 3 weeks

From together event everyday to having planned down days

Travel Hack *better* – improved with Peru trip credit card

Events planned by adult Children *more* - improved some with Peru trip sites

Connected through better planned questions

A. A specific Experience Evaluation method

5. Do it again?

Example: Taking family on 'almost' ~ 3 weeks to Hawaii

AGAIN?

Yes, absolutely – set aside budget for this!

We visited only two of the Hawaiian Islands enjoying the contrast between:
Big City bustle & Rural wilderness, loving them both

It made us want to understand more what each island might teach us with more time

We loved the weather, the adventure and the easy of island life

A. A specific Experience Evaluation method

6. Changed your life?

Example: Taking family on 'almost' ~ 3 weeks to Hawaii

CHANGES?

Make this a habit for as long as we can, taking adult children on adventure vacation
Bring questions of life while walking to ask of them and ask of myself
I need more Adventure & Wonder in my life

After a similar adventure in Peru: I need to write out all that I know, as clear as I can. This will be part of my **legacy**. This will force a place to **output** what I learn, to heal and to **create** material to **teach, mentor & coach** from. (bolded text are part of my Categories or Areas of Life that I focus on.)

For help see deeper blogs: Finding Your Criteria DB #9 & Focus Your Life DB #10

A. A specific Experience Evaluation method

Summary Checklist

1. Why did you want going in?
2. Evaluation & Comparison
3. Missing what feeling now?
4. Make better how?
5. Do it again?
6. Change your life?

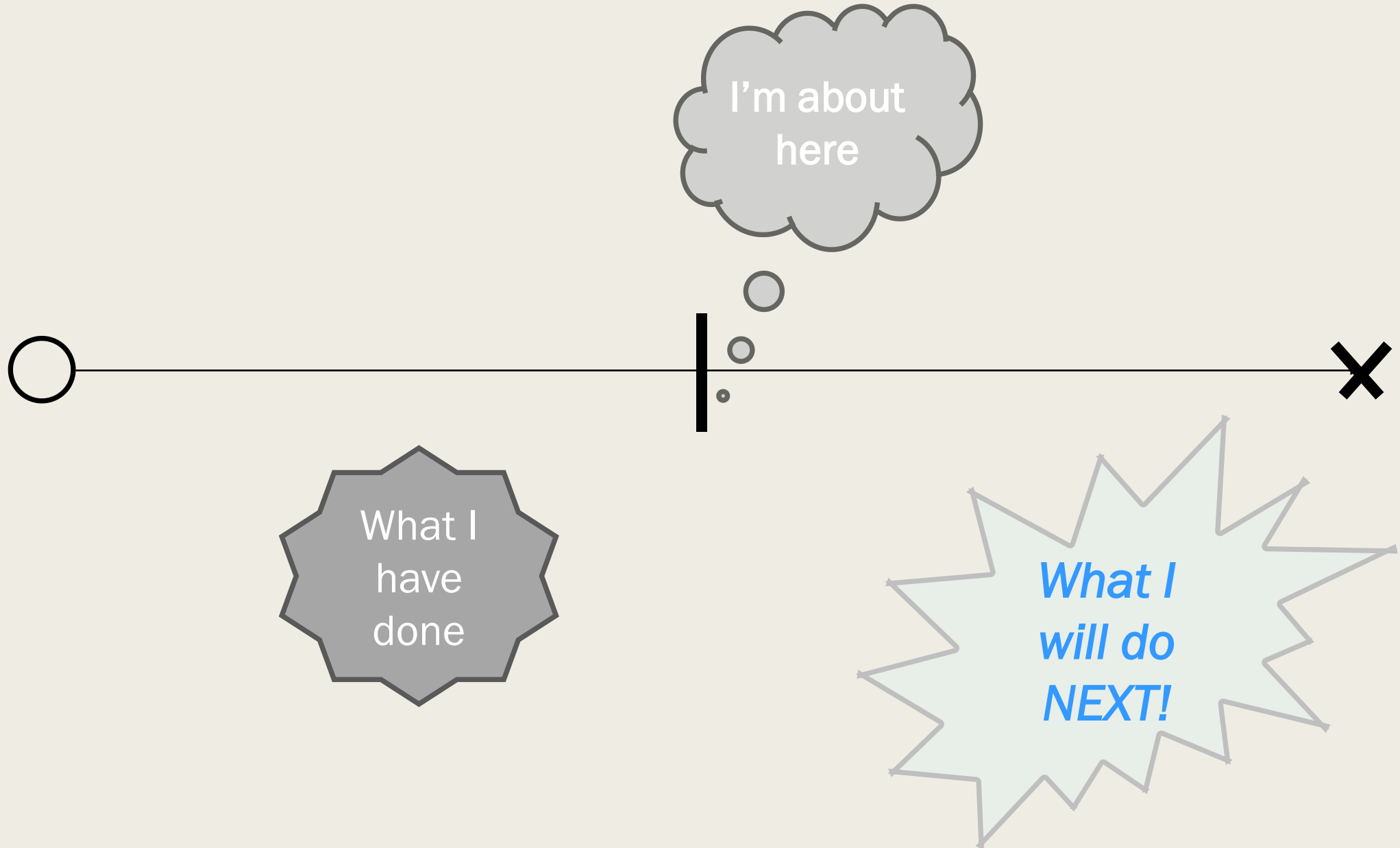
See next page for
Two examples in a
Spreadsheet format:
Taking family to Hawaii
and Road Trip to
Kansas.

(You can download
spreadsheet deeper blog
'EXPERIENCE' DB#14)

A. A specific Experience Evaluation method

Name of TRIP	WHAT DID YOU WANT GOING IN?	EVALUATION & COMPARISON		MISSING WHAT FEELING NOW?	MAKE BETTER HOW?	DO IT AGAIN?	CHANGED YOUR LIFE?
	1	2		3	4	5	6
Family to Hawaii	CATEGORY: SPIRIT	EVALUATION:					
	EXPECTATION I: Family Bonds	Family Bonds:	10 Reconnected to one spot after being spaced around the world. Walks, Hikes, Discussions – many moments alone with family in the woods.	Joy with Family on Vacation, just doing life together	Longer than 3 weeks From together event everyday to having planned down days Travel Hack better – improved with Peru trip credit card Events planned by adult Children more - improved some with Peru trip sites Connected through better planned questions	Yes, absolutely – set aside budget for this!	Make this a habit for as long as we can, taking adult children on adventure vacation
	EXPECTATION II: Wonder & Adventure	Wonder & Adventure:	10 Beautiful fantasy forests, Scary overhangs, Wonderful waterfalls Running over rocks, climbing up & down rails – feeling so full in the pursuit of the journey – wanting it to never end.	'Closeness & Excite of a holiday' for straight weeks Like opening new presents of every morning finding new things about your adult children since they left the nest they used to call home. Contrasting what you thought you knew about them by finding something better they have become.		We visited only two of the Hawaiian Islands enjoying the contrast between: Big City bustle & Rural wilderness, loving them both	Bring questions of life while walking to ask of them and ask of myself
		COMPARISON:					
	Family to Hawaii:		Felt both Adventure & Rest Perfect 'warm weather' with many sunny days Communication very easy & culture very similar			It made us want to understand more what each island might teach us with more time	I need more Adventure & Wonder in my life
	Family to Peru:		Felt Adventure Machu Pichu/Rainbow Mountain, yet also overwhelmed All cloudy days in Lima, yet sunny in Cusco & cooler throughout (winter) Overwhelmed in languages & culture, many ways different The natives of Peru were warm & open			We loved the weather, the adventure and the easy of island life	After a similar adventure in Peru: I need to write out all that I know, as clear as I can. This will be part of my legacy. This will force a place to output what I learn, to heal and to create material to teach, mentor & coach from. (bolded text are part of my Categories or Areas of Life that I focus on.
Road trip to KS	CATEGORY: LEGACY	EVALUATION:					
	EXPECTATION I: LEARNING	Learning	10 1st trip 2017 to McPherson College for summer program in PAINT - Basic & Advanced. 2nd trip in 2019 for METAL - Basic & Advanced. Many notes & videos, enough basic practice & instruction to do this well with more practice.	Accomplishment from corrected, repeated PRACTICE. Immediate feedback from seasoned & accomplished instructor in craft.	Go back to summer program at McPherson College and donate to this great program	Yes, scheduled for 2021	I know I want to spend a significant portion of my time learning and practicing craftsmanship to create 'works of art' and teach others
	EXPECTATION II: Wonder & Adventure	Wonder & Adventure:	10 1st trip in 2017 direct from South East with recent turbo install. 2nd trip in 2019 SE to FL then KS. Adventure in KS on way back, broke due to overly lean at cruise resulting in new friendships and learning all about transport business - all out of necessity.	Extreme learning by necessity. Stranded in middle of KS then MO forced me to grow. At the limits of knowledge, tools & time ...	FIND additional locations to learn the 'Forming Metal' Trade.	I enjoy the roadtrip - testing a newly built car and love the learning of new skills towards craftsmanship	
		COMPARISON:					
	Road trip to KS (twice)		Adventure fraught at first by being broken & alone, yet yielded increased trust in the Spirit in my life				
	Road trip to NV		Trip purpose was to go to SEMA, yet some of the hi-lights were visiting relatives and the walking the Grand Canyon				

B. An all in method to find your **Life Experiences**



Experience EXERCISE – Steps ~30 to 60 minutes

- Start with BLANK sheet and hold it lengthwise.
- Create a box in the upper right-hand corner and title it ‘Themes’.
- Write down what you have done so far. (Be short and brief. A simple list.)
- Consider **why** you did it, your single take away from it.
- Gather your ‘Themes’ in the upper-right hand corner box.

Experience – Thought Provoking, What is? ... AND WHY?

- Your Spirit Given Superpower
- 1%'s – areas you are the best
- Childhood – areas you loved
- Failures – how you came back
- High Points – top of the world
- Joy times – spirit lifted without bound
- Breaking out – times you stood apart
- Flow – time passed without notice
- The last time you 'felt in Flow' harmonious with your activity
- Praise you received – what you did
- Celebrations – the accomplishment
- A Voice – The Spirit said
- Stories – you tell yourself silently
- Stories – you tell others
- Favorite saying – what drives you to repeat it
- Theme song – your life in a nutshell
- Surrounded by Love – captured your heart

Question to ponder as you fill out the next two pages

The story of the EXPERIENCE of your life



Experience

EXAMPLE

THEMES

Draw/Art

- Parent memories – great
 - Cars, Cars, Cars
 - H.S. – Most Artistic
 - Art School or Engineering
- Why? Praised, Stability, Mind, Challenge, Learning, Hard, Freedom to choose

Baseball

- Stealing Bases & throw hard
 - Teamwork
 - Great Life Coaches
- Why? Making things happen, Pressure to perform

Run John Run

- Freedom
 - Winner around the Neighborhood
 - Cross Country & Track
 - Captain
 - Great teamwork
 - 'Relay Man'
 - Asthma – under & overcome
 - Coach – 2nd Father
- Why? Freedom, Love for Teammates, Pushing self, Overcoming, Leading

Ride John Ride

- Charity rides 100's
 - Freedom in the Mountains/Nature
 - Mt M – 8X, Road Titan 300 – 2x.
 - Ride SC – 3X, Ride NC – 1X
 - Cramping? – become a chemist
- Why? Freedom, Challenge & overcome, Break & then what?

Broken me & God Heals

- Asthma & Eczema – birth
 - Allergies to Everything!
 - Mono – sr yr
 - Broken bones & M.A. - 25
 - Double knee surgery – 35
 - Adrenal Failure/Overtrain – 40
 - Kidney Stones @ 6 gap - 41
 - Shingles – 42
 - Hyperthyroidism – 50
- Why? Time with Mom alone, Strive, Break, Learn to have FAITH, GOD HEALS, Uncertainty to Faith

Work1

- Dunkin Donuts – The scraper story
 - Yardwork – Loosen the cap story
 - Friendly's – Dishwasher – Ice cream maker
 - Honey Farms – Clerk to Security
- Why? Promoted to Position, Observe what people DO, Hate repetition, yet enjoy a challenge.

Work2

- We Build Jet Engines!
 - 7 yrs paying dues Blue Print (BP) maintenance
 - Standard Hardware story
 - Patents – vanished after left
 - Lead Large teams – RCA/fix it
 - Rotor Design Engineer
 - 1st Clean Sheet EJECTOR nozzle
 - Experimental/Black Challenge
 - Huge stretch – thinking harder
- Why? Understand what is most important, LEAD = HELP, Persistence & chipping away!

Work3

- CT no way to SC → Gas Turbines
 - Restart again – from the bottom
 - Patents again
 - Make ties that no one else sees
 - Greenbelt/Blackbelt stats – What Leadership does. BB → Technical Leader
 - RCA again – GM 'I need help' story
 - ATO - Lead Mega teams Module/GT
 - Everyone stretching equally?
 - MGR – 6 hr EMS story, move the middle & challenge the best
 - Module – 3X same time → Europe
 - Teach Leadership, focused Coaching.
- Why? A why of stretch goals, Adapt, reframe my reality, go beyond, be unreasonable somewhere.

Family & Spirit

- Married to partner to grow with Callie
 - 'Pookie' → Baby girl is here! Light up the room
 - Upward basketball to H.S. Swim to USC
 - Daughter – I'll decide when & what – Draw it
 - Gifted ctr to Governor's school to MICA
 - Son – You are not the boss of me!
 - "No No Daddy" stories
 - On the blanket story
 - Vacations, no longer Vacations
 - Teaching with Bride – Life Skills
 - A flash and they are gone ...
 - Kneemail
 - Bible Study meeting & growing with so many
- Why? Love is, Practice life, Broken yet whole, in God we trust, Saying goodbye to children to say hello to adults and friends.

- Challenges have formed me
- Freedom to choose & follow
- Leaner always
- Focus
- Uncertainty to Faith
- God heals
- Lead = help = Joy
- Coaching/Mentor/Teach growing with people
- Creating Options with them
- Experiment then Practice/mistakes to learn/grow
- Do something 'Unreasonable'
- Hate maintenance – reoccurring is tough
- Persistence - again
- Build stuff with hands
- Optimize it
- Experiences w Family
- Experiences >> stuff
- Love 'clean sheet creative'
- REFRAME life

Financial

- Read & Study keep it Steady
 - Save >>> Spend + INVEST
 - Retire – 42 nope 2008,@ 51
 - Simple Financial Ministry, Freedom for others
 - Monthly Trending & action
- Why? Freedom now to Help others, Methods & Execution, Back to Simple

Cars

- Restore Mustang
 - Race – learn singular FOCUS & TEST
 - Tune & Turbo
 - Folded Ball CRX story
- Why? Challenge, Experiment, It is all my fault/learn, step into the ring AGAIN.

Retirement to Re-wirement

- Why?
- REST what? NOPE
- Mentor/Coach/Teach
- Entrepreneur → fun
- Write → Legacy
- Design, Build, Test → Fabricate
- Road Trip again!

Why? Make more mistakes and learn faster, Must learn how to slow down, a since of urgency to learn/create a legacy.



Combine EXPERIENCES to FIND your THEMES

Freedom to choose & choose to lead – Art, Run, Ride, Lead, Financial Independence, Travel, HIS insights set my direction...

Teaching, Coaching & Mentoring to help others – Mentoring at work is #1, Teaching Personal Finances, Teaching Life Skills, Teaching Leadership, Teaching Essentials preparation, Teaching PLACE ...

Broken Body & God heals building Faith – Many times driven too hard, yet He put me back together again. Finding Faith.

Working with hands renews & challenges me – Designing, Building & Blowing-up, craftsmanship fulfills me.

EXPERIENCE

Summary

A. A specific **Experience Evaluation** method

1. Why did you want going in?
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B. An all-in method to find your **Life Experiences**

The image shows a worksheet titled "Experience" with a section labeled "EXAMPLE". The worksheet is divided into columns for "EXPERIENCE", "THEMES", and "SUMMARY". The "EXPERIENCE" column lists various activities and roles, such as "Teacher", "Coach", "Mentor", and "Crafter". The "THEMES" column lists related concepts like "Freedom to choose & choose to lead", "Teaching, Coaching & Mentoring to help others", and "Broken Body & God heals building Faith". The "SUMMARY" column provides a brief description of each theme.

Combine EXPERIENCES to FIND your THEMES

Freedom to choose & choose to lead - Art, Run, Ride, Lead, Financial Independence, Travel, HIS insights set my direction...

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