

flight **2023**

Optimizing Your Transition Into the New Year.

The Worksheet

What's Inside?



- 15 Guiding Wisdom That Covers Life, Productivity, Relationships And Your Mental Health.

- 11 Action Steps to Measure Your Progress.



Optimizing Your Transition Into the New Year.

What's This About?

Hi!

My name is Abraham Ologundudu, I am an award-winning changemaker, designer and storyteller. I partner with leaders to simplify and solve social and business problems, through the power of design and strategy.

I love leadership because I believe the process of becoming is more important than “The Becoming”. If we don’t capture processes, we can’t replicate results.

Towards the end of last year, I got 3 amazing people in my circle to share major wisdom and applicable lessons from 2022, that we can harness for a more fruitful 2023..

This worksheet is just a condensed version of our discussions, and the action steps to help you apply the timeless and practical truths from the sessions.



Abraham Ologundudu
Convener, Flight 2023

1. Everything is not what it seems.

Give people grace.

Action:

Revisit conclusions you had made before consulting the people involved.

2. Have 'connect' groups. Join communities.

Have 'connect' groups. Join communities. Belong to groups. Follow the right people on social media. Define your values and follow those who reinforce it.

Action:

Search for communities to join. Ask on your WhatsApp, LinkedIn or even Instagram. Or ask a person directly.



Join Lifesaver

3. Have a 5 year, 10 year plan.

Practice visualization.

Action:

Get a journal for your goals and vision.
Get a coach.



Join 7DSmart plug

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4. Save. Have investment! In people, properties.

People can save you where your money is totally useless. Invest in people. Look for something to support and support it well. If you're already a part of something, ask yourself if you've given it your best this year.

Action:

What can I invest in right now?
Who can I invest in right now?

5. Have a time marked for God in your daily schedule.

It's not easy to serve God in a fast paced environment, like Lagos. That's the truth. But It's not impossible! Why do you resume work everyday? Because there's a time for it? Why do you attend an event at a particular time, day and week? Because it was scheduled to happen on that day!
If you ain't doing it, it's not on your schedule.

Action:

Pick a time of the day that will be your time alone with God!



@Joananuoluwa

Founder, Lifesaver
Intervention Initiative

1. 'One' is not enough to do significant things.

2. Celebrating the greatness in others reflects that you are a person of value and can recognise it.

3. Giving is the number one key to access (for relationships at all levels).

4. You have to be intentional about connecting with others. Even if it doesn't come naturally to you, just do it.

5. Consistently work on being relevant and valuable. You'll attract the right people.

Action:

Curate a list of people to connect with and reach out to them

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@Oluwatobi_Adesanya
Creative Director,
Heart2World

1. Self Love is a Profit Venture/ Sales Strategy.

It is not proven to enhance your mental health. Self development, posturing and branding does and it's not an emotional venture.

Action:

Practice Personal Development & Benevolence.

2. Express Your Emotions but be wary of Experiencing them.

Emotions are there to check you not to lead you. They are pointers not navigators. Don't follow your feelings.

Action:

Practice Expressive Journaling.
Name the emotion. Write how you feel and not what had happened.

3. Human performance is not just about work.

Human performance model considers ADL, Work & Productivity, Leisure, Rest & Sleep. It's not just work. How well are you doing in the other areas of your life?

Action:

Rate your performance.

4. Forgive yourself, people around you, and GOD

You only know in part, so make excuses for people. You're healthier for it.

Action:

Write down the names of everyone that has hurt you in the past. Against each name, write how they made you feel. Burn the note up and let it go! Release them.

5. Gratitude

The human mind was designed to instinctively think survival. Negative thoughts thrive more in the brain. A grateful lifestyle, changes your world view and shifts you from surviving to thriving.

Action:

Keep a gratitude journal.



@BoluOnasanya
Occupational Therapist
Founder, Joyed Up

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FRIEND



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Let's Connect

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