

OVERCOMING

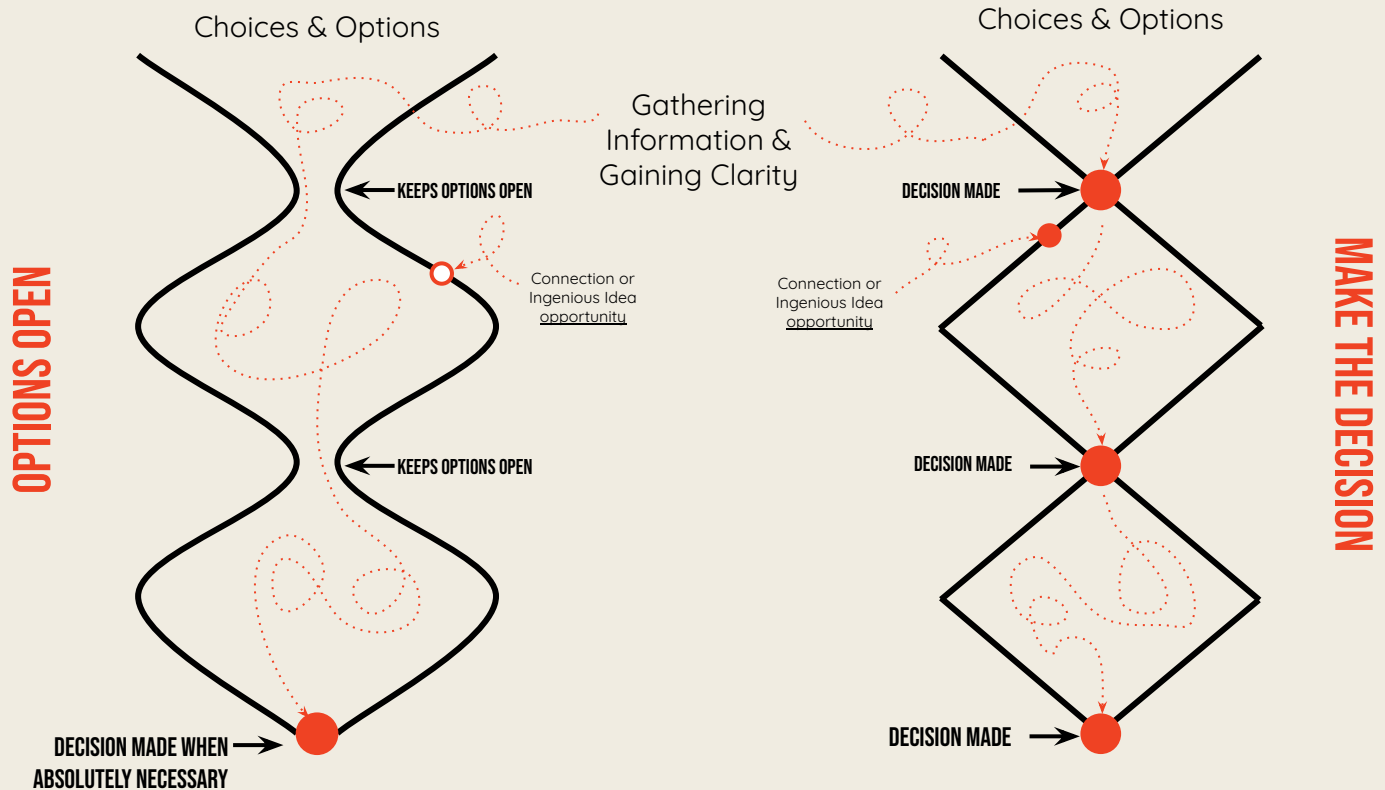
John & Ash Marsh

FCCI
INSPIRED
to
LEAD

Three **realizations** that opened our eyes and hearts

1. God made us uniquely different - Options Open vs. Make the Decision
2. We didn't have an aligned single vision - The power of **vision** and weakness of **division**
3. We were wearing a LOT of different hats - What **role** am I playing right **now**?

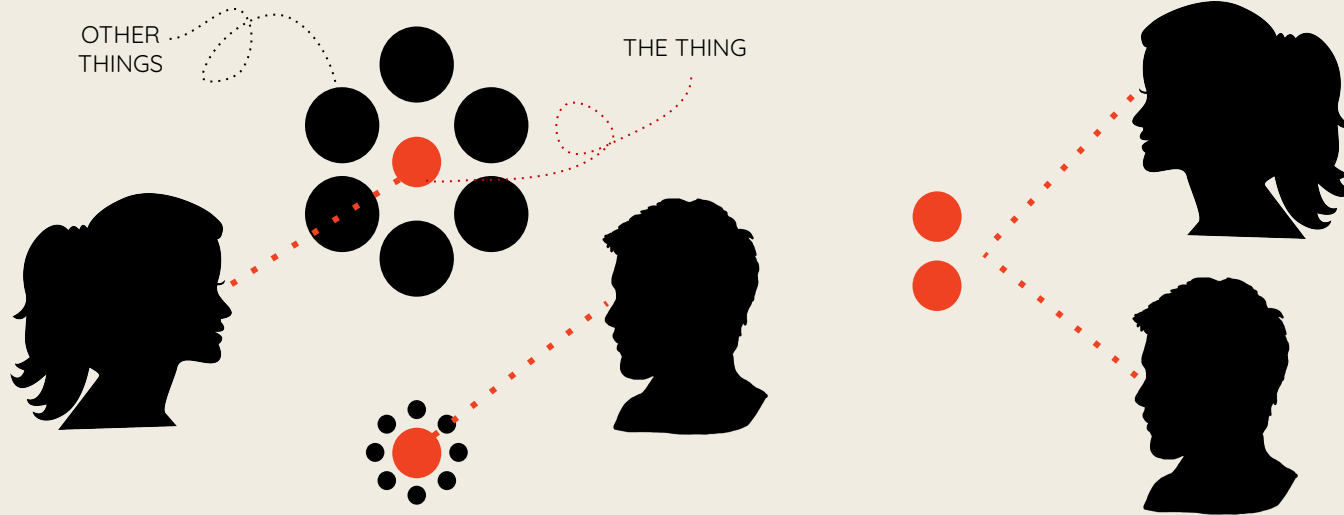
Options Open vs Make the Decision



VISION vs diVISION

THE POWER OF VISION AND WEAKNESS OF diVISION

WHERE THERE ISN'T VISION, THERE IS **DI**VISION



di·vi·sion /də'viZHən/ *noun* : disagreement between two or more groups, typically producing tension or hostility.

vi·sion /'viZHən/ *noun* : the ability to think about or plan the future with imagination or wisdom.

What **role** am I playing right **now**?



PROFESSIONAL

We all must play different roles and wear different hats throughout the day. Often there is confusion for ourselves and for others as to which “hat” we are wearing. There are so many hats that we can wear in our professional and personal relationships: leader, manager, owner, employee, steward, co-worker, friend, spouse, father, mother, sibling, counselor, mentor, coach, and the list goes on and on.

**MORE ROLES IN A RELATIONSHIP = GREATER
TENSION/CONFUSION**



PERSONAL

Blurry & Messy, the results of how we operated



Overcoming the Blurry & Messy

Our Annual Planning - step 1

5-F One Word Focus[©]

In this exercise you or you and your spouse/team will determine "ONE WORD" as a central focus for the year. An agreed upon word that summarizes the highest intention for the year. The lens through which you will look at everything and measure it against.

This Year's One Word: UNITY

Our Definition: The places of unity is the places commanded blessing show up!

Faith Statement or Scripture: PSALMS 133:3 - Behold, how good and how pleasant it is For brethren to dwell together in unity... For "there" the Lord commanded the blessing (good words) - Life forevermore.

5-Fs

FAITH

Faith is the foundation for our beliefs and one of the central elements to determining the peace we have with ourselves and others.

FAMILY

The family category really encompasses community as a whole; relatives, friends, colleagues, and more.

FINANCE

The category which most people understand how to measure. For us, finance isn't all about money, but how we steward what has been entrusted to us.

FUN

Fun refers to the things you do for the sheer joy of doing them. We believe this is an important area of life, amidst the stewardship of the other four categories, because we were designed to enjoy creation.

FITNESS

The fitness category is all about your physical and mental well-being. Fitness can include your physical body performance, the nutrition you take in, and also your mindset surrounding self image.

Overcoming the Blurry & Messy

Our Annual Planning - step 2

5-F Half a Dozen Things[©]

Half a Dozen Things (see example below) WHAT ARE MY HALF A DOZEN THINGS IN EACH AREA?
Ask yourself the question starting with THIS I BELIEVE...

FAITH

This I believe....

1. That God has a plan for me.
2. I am God's woman and in a new season of my life as a Wife, Mother, and Friend
3. God's blessings are abundant for our family.
4. I am responsible for teaching younger women in the faith with all that God has given to me.
5. God is Faithful to continue to work out all that He has begun with John and I, we have to do our part.
6. When I am still and anticipating God, I see Him and hear Him.



These are Ash's for 2023

Overcoming the Blurry & Messy

Our Annual Planning - step 3

Take the 5-F Couple Assessment[©]

The 5-F Assessment is a tool we use in our work with couples, individuals, and teams to measure and make an improvement plan for each area of life. The assessment is designed to be a current measurement of these five areas in your life: **Faith, Family, Fun, Fitness, and Finance**. After completing the assessment you will get a report containing your score for each category and where you have growth and alignment opportunities. Each question will be included in the report so you can track how your answers change over time.

Please rate (1 to 10) each statement based on your current thoughts, feelings, and beliefs. For the best results, do not rate each statement how you desire to be, but how you are currently.

Faith

I have a community of people who support me and help me grow my faith.

Disagree ● Agree

I am proactively adding value to my faith community.

Disagree ● Agree

Overcoming the Blurry & Messy

Our Annual Planning - step 3

5-F Assessment[®] Results

Score:

Faith: 73 Percent

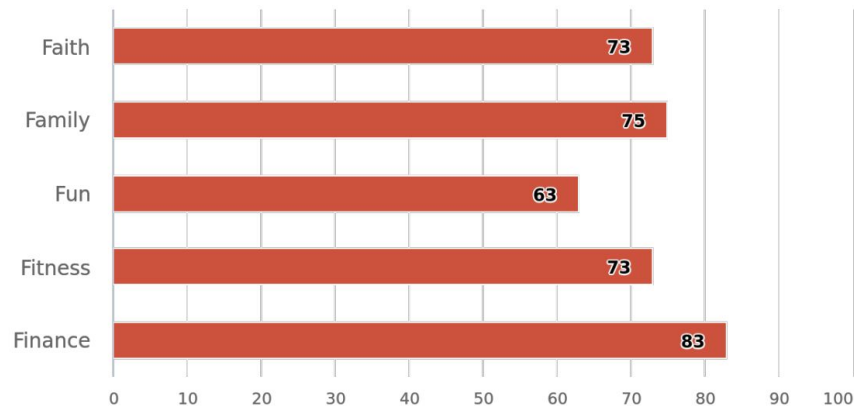
Family: 75 Percent

Fun: 63 Percent

Fitness: 73 Percent

Finance: 83 Percent

Overall Score: 74 Percent



Overcoming the Blurry & Messy

Access to the The 5-F Couple Assessment[©] and Next Steps



A few suggestions....

1. Compare your results with your spouse's results.
2. Discuss the difference between your scores, try to better understand why the results are different.
3. On the lowest scoring questions, think about and write out a few steps which you can take to improve them.
4. Be sure to focus on each of the 5-F categories, don't just work on one area of your life.

Overcoming the Blurry & Messy

Living life to match our 5-F values and goals

CURRENT YEAR START DATE: 1/1/2023
ENTER TYPE CODE IN CELLS TO THE RIGHT OF "DAY OF WEEK" CELLS

N Normal Schedule - In Town B Business Event - Out of Town V Vacations / Personal Travel H Holidays (O/R) FC Family Celebration / Event NX Normal Schedule - no guests
 BT Business Event - In Town VO Vacations / Personal Travel P Planning Time WE Weekend (normal) IT Internal Team Events

Instructions: The calendar has already been coded with each weekend as "N" and the remaining days as "W" (Normal Schedule). Step 1: Add holidays, planned vacations, events, and trips, and any family celebration/events. Step 2: Add any other known dates, work or personal, to plan your year. Plan your life, then plan your work!

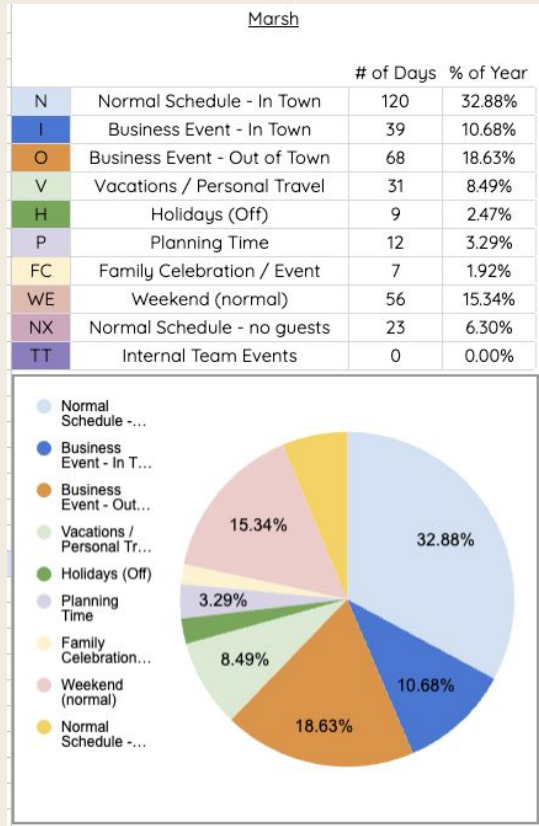
Word of the Year: **endurance!**

Q1 2023			Q2 2023			Q3 2023			Q4 2023		
January	February	March	April	May	June	July	August	September	October	November	December
1 S H New Years Day	1 W N	1 W N	1 S WE	1 M N	1 S NX	1 T O	1 T O	1 S O	1 W O	1 F O	1 F N PAY
2 M H New Years Day - celebrat	2 T N	2 T N	2 S WE	2 F N	2 T F N	2 F N	2 W I	2 M N	2 T O	2 S WE	
3 T N	3 F N	3 F N	3 M V	3 W N	3 S WE	3 T N	3 T N	3 T N	3 T N	3 F O	3 S WE
4 W I & Foster John Beyer in Opelia	4 S WE	4 S WE	4 T V	4 T O	4 S FC	4 T O	4 F O	4 M N	4 S O	4 S O	4 M N
5 T N	5 S WE	5 S WE	5 W V	5 F O	5 M N	5 T N	5 T N	5 T N	5 S O	5 S O	5 T N
6 F V Fly to NYC	6 M N	6 M N	6 T NX	6 S WE	6 T N	6 T N	6 S O	6 W I	6 F O	6 S O	6 W N
7 S WE	7 T N	7 T N	7 F NX	7 S WE	7 W N	7 M N	7 M N	7 T N	7 T O	7 T O	7 T NX
8 S WE AM 2M Fly to Bost	8 W N	8 W N	8 S NX	8 T N	8 T N	8 S WE	8 T N	8 F N	8 W O	8 W O	8 S WE
9 M V Josh Fly to Bost	9 T NX	9 T N	9 S M	9 T O	9 F N	9 S WE	9 W N	9 M N	9 T O	9 T O	9 F N
10 T V	10 F NX	10 F NX	10 M O	10 S WE	10 T N	10 T N	10 T N	10 S I	10 T N	10 T N	10 S FC
11 W V	11 S NX	11 S NX	11 T O	11 T N	11 T N	11 F N	11 F N	11 M I	11 W O	11 S WE	11 M N
12 T V	12 S NX	12 S WE	12 T O	12 T N	12 M N	12 T O	12 T O	12 T O	12 T O	12 S WE	12 T N
13 F V	13 M N	13 M V	13 T O	13 S WE	13 T N	13 T O	13 S O	13 W NX	13 F O	13 F O	13 W N
14 S WE	14 T V	14 T V	14 F N	14 S WE	14 S WE	14 F N	14 M O	14 T NX	14 S O	14 T T	14 T N
15 S WE	15 W N	15 W N	15 F N	15 M N	15 T V	15 T V	15 F NX	15 F NX	15 S WE	15 W T	15 F N
16 M V	16 T N	16 T N	16 S WE	16 T N	16 T N	16 W O	16 W O	16 S NX	16 M N	16 T N	16 S P
17 T V	17 F N	17 F N	17 M N	17 T O	17 W N	17 T O	17 S O	17 S O	17 T N	17 N	17 S P
18 W V	18 S WE	18 S WE	18 T N	18 T N	18 T N	18 T O	18 M O	18 M O	18 W N	18 S WE	BLOCKED PLANNING
19 T V	19 M N	19 M N	19 S WE	19 T N	19 T N	19 W N	19 S WE	19 T O	19 T O	19 S WE	19 T P
20 F V	20 M N	20 M N	20 T N	20 S WE	20 T N	20 T N	20 S WE	20 W N	20 F O	20 M N	20 W P
21 S WE	21 T O	21 T N	21 F N	21 S WE	21 T O	21 F N	21 M N	21 T T	21 S O	21 T N	21 T P
22 S WE	22 W N	22 W N	22 S WE	22 M O	22 T N	22 T N	22 T N	22 T N	22 S O	22 W NX	22 F H
23 M V	23 T N	23 T N	23 T O	23 T O	23 T O	23 S WE	23 W N	23 T N	23 M N	23 T T	23 M N
24 T V	24 F N	24 F N	24 M N	24 T O	24 W N	24 T O	24 S WE	24 S WE	24 T N	24 F N	24 T N
25 W V	25 S FC	25 S FC	25 T N	25 T O	25 T O	25 T O	25 M N	25 M N	25 S NX	25 S NX	25 M H
26 T V	26 S WE	26 S WE	26 T O	26 T N	26 T N	26 W N	26 T N	26 T N	26 T O	26 S WE	26 T P
27 F V	27 M N	27 M N	27 T O	27 T N	27 T N	27 T N	27 S WE	27 W N	27 F O	27 M N	27 W P
28 S WE	28 T N	28 T N	28 F O	28 S NX	28 M N	28 F I	28 M N	28 T O	28 T N	28 T O	28 T P
29 S WE	29 W N	29 W N	29 S O	29 T O	29 T O	29 T N	29 F O	29 F O	29 S O	29 W N	29 F N
30 M N	30 T V	30 T V	30 S O	30 T O	30 T O	30 W N	30 S O	30 S O	30 T T	30 T T	30 S P
31 T N	31 F V	31 F V	31 F V	31 W O	31 M N	31 T T	31 T T	31 T O	31 T O	31 S P	31 S P



Overcoming the Blurry & Messy

Living life to match our 5-F values and goals



We use our 5-F Calendar in two ways:

1. We use it as a planning tool to plan our year, ensure we are communicating travel and important events, and to know the priorities that are showing up in our lives.
2. We use it as an evaluation tool to evaluate how much time we are spending in the various areas of our lives and to evaluate if our time is lining up with our values and goals from our 5-F Planning.

Overcoming the Blurry & Messy

Living life to match our 5-F values and goals

Weekly Meeting

PRIORITIES FOR THIS WEEK	COMMENTS / LINKS	NEXT STEPS THIS WEEK
1. Pavilion (to settle: bar location to LW to settle) (to finish: grates, gutters and downspouts) Photo shoot to add to website		
2. Meet with Jeff & Vega about construction & focus		
DISCUSSION ITEMS FOR CONTEXT & FUTURE PRIORITIES		
PERSONAL - We usually have 2 to 3 items which we must discuss and get on the same page or items that need to get completed this week.		
CONNECTING - This is where we put 2 to 3 priorities that we must focus on this week surrounding connecting with others (individuals, couples, family, etc.)		
PRAYERS - This is where we put 2 to 3 prayer priorities for this week.		
PERSONAL & BUSINESS CALENDAR REVIEW - This is where we go through our google calendars and our annual planning calendar.		
BUSINESS REVIEW - For us, we go through each of the businesses we are involved in and document 2 to 3 priorities or focus areas for this week.		

THIS IS ABBREVIATED -
Usually 5 to 6 Priorities

Overcoming the Blurry & Messy

Access to the 5-F One Word Focus[©], 5-F Half a Dozen Things[©] forms,
and this presentation



THANK YOU!