



The DJC Newsletter

Inspiring
Meaningful
Workplace Cultures



October 2024

Check-In, Check-Up, Level-Up

Welcome to the October Edition of the DJC Successful Thinking Newsletter!

As we watch the leaves turn and feel the crisp autumn air, October not only heralds a change in seasons but also signals that it's time for a thorough check-in. This month, we're not just talking about any check-in—we're diving into the pivotal practice of evaluating our progress, making adjustments, and setting the stage for monumental changes. And yes, we're doing it with a touch of irreverence and a whole lot of heart.

This past year has been nothing short of a rollercoaster for me personally. From hospital scares that turned out to be wake-up calls about my health to the triumphant moments of personal and professional victories, 2024 has been a year of epic proportions. And all of it was possible because I took the time last October to really evaluate where I was and where I desperately wanted to be.

In January, a stark hospital visit revealed a cholesterol level that danced to the beat of its own wild drum, prompting drastic dietary changes and a journey that led to shedding 35 pounds by September. But that's not all—reflecting on my business last October led to a strategic pivot, throwing myself back into the speaking circuit and expanding my horizons to international stages. The result? A whirlwind of a year where I've been zipping across the country, engaging with diverse audiences, and celebrating personal milestones like giving my mother the trip of a lifetime at my daughter's wedding.

This Month's Feature Article: Mastering the Art of the Check-In - Your Blueprint for Big Wins

This article will guide you through the essential steps of conducting an effective self-review and

strategic planning session. We'll explore how regular personal and professional check-ins can lead not only to incremental improvements but also to significant breakthroughs. Learn how to use these insights to propel yourself into a sensational 2025.

Activity: The Big Reflect and Project

This month's activity is designed to help you harness the power of reflection and projection. You'll conduct a detailed review of your year, identify what changes propelled you forward, and set clear, actionable goals for the coming year. This isn't just about dreaming big—it's about planning meticulously and acting boldly.

Join me in making this October a foundational month for what promises to be an extraordinary new year. As we reflect on our journeys, let's prepare to ascend to new heights. Let's not just fall with the leaves—let's soar on the winds of our achievements and ambitions.

Here's to checking in, checking up, and leveling up our lives. Let's make the end of 2024 as unforgettable as its beginning.

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Mastering the Art of the Check-In - Your Blueprint for Big Wins

As the year winds down, it's crucial to engage in a ritual that can significantly influence our trajectory: the strategic check-in. This is more than a cursory glance at what we've done or a quick pat on the back for jobs well done. It's a deep dive into our actions, decisions, and outcomes—a process that, when done right, can set the stage for monumental shifts and remarkable achievements. It's a year in review before it's too late to actually achieve what you set out to do. It's a second change and an ideal pivot point. This has become my secret weapon for success and I believe you will find this just as empowering and rewarding when applied in your own life.

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The essence of a successful check-in lies in its ability to combine honest self-assessment with forward-thinking strategy. It requires us to sit down and engage with our experiences, sift through our successes and failures, and extract actionable insights. This exercise is not just reflective; it's directive—it guides our next steps and fuels our ambitions. For me, this process began unexpectedly in a hospital room, where the stark revelation of my health status became the catalyst for profound personal change. It was a moment of clarity that led to a series of decisions, each one aimed at not just improving my health but also redefining my professional engagements.

One morning after finishing up an early morning online class, I suddenly felt pressure in my chest. The tightening was intense, and then, the true fright came. While saying my goodbyes to the training participants and watching as their names disappeared one-by-one as they logged out of the classroom, a heaviness travelled up the left side of my neck and blackness filled my line of sight. Feeling I was about to black out, I instinctively grabbed the edge of my desk to brace my collapse. The darkness deepened and I succumbed to what was about to happen. But instead of going down, the darkness lifted. The pressure up the side of my neck was still present and intense and I knew this was something to take serious. This was different than anything I'd ever experienced.

Within moments I was rushing to get ready to head out the door to the local emergency room. I text my husband to let him know what had happened and that I was taking myself to the hospital. Little did I know how different my life would become just 24 hours later.

EKGs, blood tests and a barrage of questions from the doctors and nurses ensued. Within hours a determination was made to admit me for observation. The doctors were baffled. They were highly alarmed by my symptoms but couldn't pinpoint what was going on. They decided the best path forward was to conduct an echocardiogram, a stress test, and nuclear imaging.

The following morning when the cardiologist came with an update on what he had found, I had even more questions than I had when I arrived. Stating that I had not had a heart attack but he would like to send me home in a 30-day heart monitor to attempt to capture any anomalies within my heart rhythm, the news that followed was what got my attention.

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My cholesterol levels were through the roof; so much so that he was prescribing a statin to lower the levels.

High cholesterol?! I didn't know how this could be so. I felt that I had a decent diet and I exercised somewhat regularly (and sometimes not). Sure there were things that could be improved, but it wasn't so bad. Or was it?

Following this health scare, this check-in with my new reality, I made drastic changes to my diet, which not only helped me lose weight but also brought my cholesterol levels to enviable figures. But the check-in process didn't stop with personal health; it extended into my professional life.

Reflecting on my dissatisfaction with the status quo in my career, I realized the need for a more dynamic engagement with my work. This led to a bold move—reentering the speaking circuit and expanding my reach beyond local engagements to national and international stages. The result was nothing short of transformative, turning 2024 into one of the most exhilarating years of my professional life.

The power of checking in also played a pivotal role in how I approached personal milestones. Being able to organize a memorable trip for my mother to attend my daughter's wedding was not just a logistical achievement—it was a heartfelt contribution to my family's happiness, something that wouldn't have been possible without the insights gained from my regular reflections. There is power in focusing on the gauges on the dashboard, instead of aimlessly driving, not quite sure if you are truly getting where you want to go.

The strategic check-in is a tool that every one of us can wield with great effect. It demands that we ask tough questions: Are we truly where we want to be? Are the paths we're walking leading us to the destinations we've envisioned? What have we learned from the risks we've taken, and how can these lessons inform our future decisions? The answers to these questions lay the groundwork for our next steps, ensuring that we're not just moving, but moving in the right direction.

As we approach the final quarter of the year, let this process of reflection and adjustment be your guide. Take this opportunity to assess the progress you've made, understand the dynamics that have shaped your year, and plan your strategies for the future. This is not just about closing out the year strong; it's about setting the stage for a new year filled with even greater achievements.

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Is my health journey complete now that I have radically changed my diet, lost 35 pounds and designed in a consistent workout routine? Absolutely not. There are adjustments and additions to be made to greater enhance my health. Optimal results are not complacent. They require intentionality.

It is this intentionality applied to every area of my life over the past 12 months that have allowed me to transform my business, health, and life. Why start the year proclaiming, “I want something different?” Why not assess where you are now and get started laying the groundwork for a better future?

In the spirit of Eckhart Tolle’s enlightening principles in “The Power of Now,” understanding the importance of the present moment becomes a powerful tool for personal and professional assessment. Tolle teaches us that real power lies in recognizing the opportunities and realities of the present moment without the weight of past regrets or future anxieties. By grounding ourselves in the ‘now,’ we are better positioned to assess our current state accurately and thoughtfully design the future we aspire to. This philosophy aligns seamlessly with our strategic check-ins; it encourages us to harness the present to recalibrate our paths and set intentional, well-informed goals. As we engage in this deep reflection, we not only acknowledge where we stand today but also create a proactive blueprint for a future that aligns with our deepest desires and highest aspirations.

The check-in is an indispensable part of personal and professional growth. It’s a practice that keeps us aligned with our deepest values and highest aspirations, ensuring that our energies are not just spent, but invested wisely. As you embark on your own check-in this October, remember that the insights you gain today will light your path tomorrow. Let’s make these reflections count, transforming every insight into action that propels us forward, ever closer to our dreams.



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October Success Activity

The Big Reflect and Project

This month's activity invites you to harness the power of now to strategically plan your future. It's designed to help you reflect on your current situation, identify areas of improvement, and set realistic goals that align with your long-term aspirations. By anchoring yourself in the present, you'll gain clarity and direction that will empower you to move forward with purpose.

Current State of Reflection ①

Set aside a quiet hour with a journal or digital device for notes.

- Begin by writing down a description of your current personal and professional status. Focus on how you feel about your progress in various areas of your life such as health, career, relationships, and personal growth.
- Ask yourself questions like: What am I doing well? Where do I feel stuck? What could I improve? Be honest and non-judgmental in your assessment.

Alignment Check ②

Review your current goals or set new ones if they haven't been defined yet. Reflect on whether your current actions and environment are aligned with these goals.

- For each goal, write down what's working and what's not. This will help you identify the gaps between your current state and where you want to be.

Future Design ③

Based on your reflections, begin to outline what changes are necessary to bridge the gaps you've identified.

- Break these changes into small, actionable steps. For example, if you want to improve your health, a step might be scheduling regular workouts or planning a weekly meal prep.
- Set realistic deadlines for each action step to keep yourself accountable.

Visualizing Success ④

Spend a few moments visualizing yourself having achieved these goals. How does it feel? What does a day in this successful future look like?

- Visualization can be a powerful motivator and can help solidify your commitment to your goals.

Regular Review ⑤

Decide on a regular interval to revisit this activity. It could be monthly, quarterly, or whatever suits your needs. The key is consistency in checking in with yourself to ensure you're on track.

- Adjust your actions and goals as needed based on these regular reviews to stay aligned with your evolving aspirations.

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