



The OSUAP Connection

Issue #37

December 31, 2018

Know an Admin
who is new to
The Ohio State University?
Please forward this
Newsletter to her or him!

Inside this issue:

Homework 1

Buckeye Wellness 2



OSUAP Goals

- ◆ Encourage professional development
- ◆ Develop leadership skills
- ◆ Network with peers

Special Notes:

- Professional Development
Opportunity: Participate in the planning and facilitation of the upcoming Campus Campaign—contact
Michelle.Pennington@osumc.edu
for details
- Weather-related resources and closing reminders [details](#)
- From all of us to all of you:
Wishes for a Very Happy and Successful New Year!

Who'd Like a Little Homework? *by Michele Woodward*

December 10, 2019

Hello there!

It's that time of year. That time when we draw one year to a close and prepare for a new one.

I don't know about you but sometimes I get to December 10th and ask myself whether I accomplished anything at all in the entire year. I'm so focused on the here and now that I've forgotten what, oh, February of last year was really like. (I think it was cold. And I **think** I got my knee replaced...?) But real accomplishments? They are all distant, fuzzy memories at best.

Have you ever noticed that we tend to discount the things that come easiest to us? As if some measure of struggle is required to make anything we've done "worth it".

Last week I did a little exercise with myself and I invite you to join me in this wee bit of homework - just 10 steps - because once I completed this process myself, I felt a lot more accomplished. And also rather awesome, in a total Ron Burgundy kinda way.

Step 1: Grab yourself some paper and a pencil. Or pen. Or colorful marker. Really, don't get hung up on what you're writing with. It's a distraction. What was I saying? Oh, yeah...

Step 2: Optional beverage of your choice.

Step 3: Flip your calendar to January 1, 2018.

NOTE: "Flip" may be a euphemism for clicking on a back arrow until you get to January 2018. Access your calendar however you keep a calendar. And if you don't keep a calendar, then you have no homework. Have a lovely day!

Step 4: Look at that first week of January, 2018. Anything interesting or unusual? Stuff you forgot? Stuff you forgot you accomplished? Write it down on your paper.

Step 5: Go through every week of the year and make notes.

Step 6: Look at your paper. You got more done than you thought you did, right? Go ahead, say it: "Wow! Look at me!"

Step 7: Replenish your beverage.

Step 8: Look again at your paper. Look at all those things you got done. Now, ask yourself a question: "What do those accomplishments say about my goals for 2018?"

(I never said this homework was going to be an easy A, y'all.)

Step 9: If you set goals before 2018 started, compare your actual results to the goals you set out to achieve. How did you do? If you had no goals for 2018, it's likely that some sneaked up on their own when you take a look at your accomplishments. Capture those, and be amazed at the ability of your subconscious to make things happen on your behalf.

(Continued on page 2)

THE OSUAP EXECUTIVE COMMITTEE

Effective Sept. 1, 2018

President: Quanetta Batts
Vice-President: Gina Scarver
Secretary: Katrina Matthews
Treasurer: Heidi Hamblin
Membership Chair: Roxann Damron
Member-at-Large: Will Bryan
Immediate Past President: Tricia Hohl

Have suggestions for the Newsletter?

Want to share some good news?

Let us know!

Email: [Michelle Pennington](mailto:Michelle.Pennington@osu.edu)

Chair, Communications Work Group

Please be sure to submit suggestions by the 1st of each month to be included in the Newsletter!

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Professionals Group

<http://u.osu.edu/osuap>

Columbus, Ohio 43210



THE OHIO STATE UNIVERSITY

*"Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of **PLANNING**."*

~ Gloria Steinem

Upcoming Important Dates

1/1/2019	New Year's Day— Offices Closed
1/7/2019	Spring Semester Begins
1/11/2019	OSUAP Bi-Monthly Meeting: TBD 12-1pm in room 190 Doan Hall
1/21/2019	Martin Luther King Jr. Day— Offices Closed

(HOMEWORK from page 1)

Step 10: Now, knowing what you know about 2018, what do you want to do more of in 2019? What do you want to never do again? What do you want more than anything? What's your dream? What would feel great to accomplish in the coming months? Write that down. Then make a promise to yourself to do one thing each week in 2019 to make that thing happen.

Easy.

Bonus Question: If you fell short or didn't accomplish what you wanted to accomplish in 2018, what's one small action you can do today to at least get momentum going in your favor? Even an eensy-weensy step in the right direction still gets you headed in the right direction. And if you actually accomplished what you set out to do in 2018 (virtual pat on the back to you!), how could you amplify that thing for the coming year? Or build on it? Or solidify it?

Or maybe choose something wholly new? Think about the possibilities!

You have this one life, this one moment in time. Don't wait. Don't put off your hopes and dreams and fondest desires.

You have the power to make things happen. You've done it, and you're going to do it.

And it's going to be so gratifying when you get to December 10, 2019, do this exercise again, and say to yourself, "Wow! Look at me!" because you moved - maybe slowly, sure, but you moved - closer and closer to the thing you've always wanted to do.

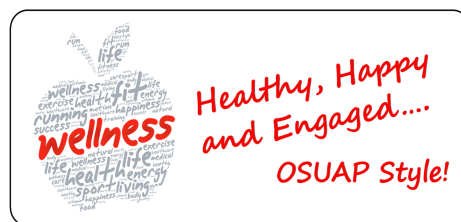
Michele

Michele Woodward's Personal Planning Tool! (Free Download)

What do you want to accomplish next year? Want a plan? A plan that will work? This comprehensive and totally free Personal Planning Tool will help you get clear and

make tangible goals for next year. And back it up with solid action steps to get where you want to go.

<http://michelewoodward.com/resources/>



Become a Buckeye Wellness Innovator!

Buckeye Wellness has welcomed over 500 Buckeye Wellness Innovators into the program since 2012.

Faculty and staff at Ohio State can share their passion for health and wellness with colleagues through the Buckeye Wellness Innovators program. Innovators promote university-wide wellness

initiatives and the One University Health and Wellness Strategic Plan by:

- Communicating health and wellness activities to their colleagues
- Encouraging and motivating colleagues to participate in wellness initiatives
- Planning and conducting wellness activities
- Working collaboratively with the Office of the Chief Wellness Officer, Buckeye Wellness, Your Plan for Health and the OSU Health Plan to promote health and wellness

For details and to apply:

<https://nursing.osu.edu/offices-and-initiatives/buckeye-wellness/buckeye-wellness-innovators>



Michele Woodward is the author of several books and has appeared as an expert in *The Wall Street Journal*, *The Washington Post*, *Harvard Business Review*, *PsychologyToday.com* and other key outlets. She's a sought-after speaker, leads workshops and classes around the country, and writes a [popular blog](#).

In practice for over fourteen years, Michele Woodward is a Master Certified Coach who has coached executives across the U.S. and around the world, from Japan and Australia to Latin America and Europe. A former Reagan White House official and corporate executive, Michele works primarily with senior leaders who want to be more effective in their work, grow their strategic vision and expand their leadership skills. Over the years, Ms. Woodward has trained and mentored hundreds of other coaches and is considered a "coach's coach."

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