

MAKE 3 CHANGES™

# MONDAY

*missions*

JULY – FREEDOM

[WWW.MAKE3CHANGES.COM](http://WWW.MAKE3CHANGES.COM)



## Make 3 Changes™ Monday Mission #27: Declare Your Independence

When I think about independence and freedom, I think about the decisions and choices I've made that have gotten me to this point in my life. I think about the decisions and choices I make every day that either move me closer to greater freedom and independence or farther away.

Your **MAKE 3 CHANGES™ Monday Mission** this week is designed to get you thinking about where you desire more freedom in your life. Where do you need to declare your independence?

Freedom and independence are core values for me. I gotta have my space, my creative license, permission to let my freak flag fly high. Sometimes I resist it, shrink a bit, hide out, keep quiet, self-sabotage, dull my spark. Those are the times when my choices and decisions don't serve me well. Sometimes I'm aware of them, sometimes I'm not.

What 3 Changes are you willing to make to **Declare YOUR Independence**?

Use this simple framework to help you identify some ways you can move forward in your life. Grab an index card and a pen and answer these 3 questions.

- 1. What do you need to STOP doing?** If you're being honest with yourself, it won't take you long to come up with at least one thing you KNOW you can stop doing that will serve you in the short term AND the long term.
- 2. What do you need to START doing?** What is one thing you know you could start doing that would have a positive impact, a ripple effect on the rest of your life?
- 3. What do you need to CONTINUE doing?** You're probably doing some things right. What are they? Take a moment to capture those things you ARE doing to support yourself and be your best. Make sure they stay in the mix!

**Congratulations!** By taking time to explore these 3 questions, you've already shifted your awareness for the better.

### Make 3 Changes™ Monday Mission #27: Declare Your Independence

#### COMMIT TO THE CHANGES YOU WANT TO MAKE.

Write them down! Post them where you'll see them. Give them your attention.

Ask for accountability. **Experience the satisfaction that comes from living by design, not by default.**



## Make 3 Changes™ Monday Mission #28: Freedom of Choice

*"Freedom is realizing you have a choice."*

-T.F. Hodge

Can you remember a time when you didn't know you had options? I am amazed by the amount of freedom I have and enjoy now versus the amount of freedom I perceived I had 30 years ago.

Your **MAKE 3 CHANGES™ Monday Mission** this week is designed to get you thinking about where you desire more freedom in your life. Where do you think you have none and HOW can you see the choices and options that DO exist for you? How can YOU see your freedom?

What 3 Changes are you willing to make to **SEE YOUR OPTIONS?**

Use this simple framework to help you identify some ways you can move forward in your life. Grab an index card and a pen and answer these 3 questions.

- 1. Where in your life or work do you believe you have no choices or options?** This is a powerful list to make. Enlightening for some and a little confrontational for others.
- 2. From that list, which one are you willing to turn around to explore your options?** How could greater freedom or options in this area have a positive impact, a ripple effect on the rest of your life?
- 3. From that list, which are the ones are you willing to accept as your reality and make peace with?** There are some things about our life that cause us to feel trapped or stuck in a negative way. They can be an opportunity to practice acceptance, grace and accountability. Making peace with and accepting those things you aren't willing or able to change right now is also a type of freedom, isn't it?

**Congratulations!** By taking time to explore these 3 questions, you've already shifted your awareness for the better.

### Make 3 Changes™ Monday Mission #28: Freedom of Choice

#### COMMIT TO THE CHANGES YOU WANT TO MAKE.

Write them down! Post them where you'll see them. Give them your attention.

Ask for accountability. **Experience the satisfaction that comes from living by design, not default.**



### What is Make 3 Changes?

Make 3 Changes™ is a framework designed to help leaders move forward during times of change, challenge and opportunity. For more information about the Make 3 Changes™ framework and how you can use it to navigate changes in your world with more clarity, confidence and commitment, email [whitney@whitneybishop.com](mailto:whitney@whitneybishop.com).

### What are the Make 3 Changes Monday Missions?

These weekly missions are designed to get you thinking differently about various aspects of your life. Each month will feature several missions within a theme, helping you to build awareness, create alignment and take action. It is my hope they provide you with the tools you need to create positive and lasting change in your life, the lives of those you love, those you lead and those you serve. Always open to feedback about your experience. Let's have some fun and make some changes!

# Let's Talk

If you're interested in learning how you can Make 3 Changes™ in your life or in your organization, let's talk!

**Book a Make 3 Changes™ Consult** - you, me, 30 minutes and some straight talk about the 3 changes that would make the most difference in your life and work.

[WWW.MAKE3CHANGES.COM](http://WWW.MAKE3CHANGES.COM)

THE WHITNEY BISHOP EXPERIENCE • [WWW.WHITNEYBISHOP.COM](http://WWW.WHITNEYBISHOP.COM) • 502.338.3780 • [WHITNEY@WHITNEYBISHOP.COM](mailto:WHITNEY@WHITNEYBISHOP.COM)

*Whitney*  
BISHOP

# Whitney

BISHOP

Facilitator • Trainer •  
Accountability Partner



For more than 20 years, Whitney Bishop has engaged audiences as a facilitator, participant-centered trainer, and inspirational presenter on the national stage. She has crafted and delivered keynotes, workshops, and training seminars on communication, customer experience, career development, change management, creative problem solving, conflict resolution, and strategic planning.

Prior to leading the charge of her own company, Whitney served as an Executive-Director in the non-profit sector. Additional experience spans the higher education, healthcare, and hospitality industries. She has also been actively involved with, and has held executive positions with various volunteer organizations and service groups.

Whitney's passion is working with individuals and teams to create powerful shifts in awareness, opening the possibility for new and innovative solutions in life and in business.

**Whitney is available for:** *Keynotes, Breakout Sessions, Meeting Facilitation, Half-Day and Full-Day Workshops, Leadership Development, Training Seminars, and Consulting.*

## KEYNOTES & WORKSHOPS

Topics can be customized to best meet your event needs.

### Sessions Of Substance

Each session is designed to achieve YOUR ideal outcome.

- Participant Centered
- Personalized Content
- Experiential & Interactive
- Engaging & Memorable

### Meetings That Matter: How To Plan, Lead And Attend Meetings That Matter

These sessions are transformative for any organization or team that struggles with engagement levels and meeting effectiveness.

- Mindsets/Mantras You Need To Keep Moving Forward
- Critical Elements Of A Meeting Cycle
- Awareness Of What Fires You Up/Shuts You Down
- Create A Culture Of Accountability
- Manage Energy In The Room
- Leverage The Power Of The Group
- Problem Solve- Make Decisions & Create New Possibilities

### Time For Change: Strategies For Understanding, Managing & Leading In Times Of Change

This interactive presentation combines facilitation and training to help you understand how you process change and deal with the stress of transition, and how to lead others through times of challenge.

- Understand Who You Are In Times Of Change
- Questioning & Understanding Others In Times Of Change
- Becoming Mindful Of How Others Perceive Change
- Guide Communication
- Three Magic Questions For Moving Forward
- Mindsets To Hold
- Communication Strategies
- Dismantling The Illusion Of Control
- Create A Culture Of Accountability
- How To Be Solution Focused

### Fearless Facilitation For Leaders: Learn The Rules Of Engagement And Discover How To Fearlessly Facilitate To Achieve Greater Results.

- Designing A Space For Results
- Commanding The Space
- Engagement Strategies
- Manage Group Dynamics
- Manage Dysfunction
- Leverage The Power Of The Group
- Personal Awareness & How You Impact Others
- Manage Energy In The Room
- Create An Experience That Gets Results

### Other Topics Include:

- IMPROV For Leaders & Teams
- Strategic Planning With A Twist
- Creative Problem Solving Techniques & Decision Making Models

### Train-The-Trainer Series

- Engagement Strategies
- Group Dynamics
- Designing Your Ideal Meeting/Training Experience
- Addressing Dysfunction

## SPECIALIZING IN:

- Meeting Facilitation
- Team- Building Experiences
- Creative Ideation Sessions
- Training Design & Delivery
- Train-the-Trainer & Mentoring Programs For Meeting Facilitators & Trainers
- Integrating Experiential Elements
- Addressing Personal & Professional Change
- Communication For Collaboration

## PARTIAL CLIENT LIST:

Brown Forman  
Center for Accessible Living  
Childcare Network  
CliffDivers  
Idealogy Marketing + Design  
Leadership Southern Indiana  
LifeSpan Resources  
Louisville Metro Government  
NAWBO Louisville  
PaySound Financial  
Seven Counties Services  
Sparkspace  
SyncCore  
The Speaker's Studio  
University of Louisville



## TESTIMONIALS:

*After nearly 30 years in business management, I think I've seen every possible management training seminar/ leadership bootcamp/change management experience on the planet. I've walked out of many of them in the first two hours when I realized they were tired retreads of something else. What a breath of fresh air it is to experience Whitney Bishop! She brings genuine energy and excitement to problems that may be as old as dirt. She gets attendees engaged and is candid about her assessments and willing to say what needs to be said. If you aren't looking for change or improvement – DO NOT CALL HER. If you are, you can't call her quickly enough.*

**Maggie Payette Harlow** | Owner, CliffDivers, Signarama Downtown, Transworld Business Advisors

*I hired Whitney to create and deliver a workshop we called, "The Big Leap Event." Her energy, enthusiasm and engagement with the audience made this one of the best workshops we have ever produced at sparkspace. She has an amazing ability to make powerful concepts incredibly practical.*

**Mark Henson** | Chief Imagination Officer, sparkspace

*Whitney Bishop is all kinds of warm Southern smiles and friendly down-home charm, but make no mistake—She's incredibly passionate and serious about helping individuals and businesses effect positive forward change. Whether she's facilitating small-group interactive workshops or delivering keynotes to auditorium-sized audiences, one of Whitney's great strengths is to make direct contact with every face in the crowd so everyone feels just as welcome as if they were sharing a cup of coffee with her, all while instilling them with the personal power and inspiration to make lasting and positive change.*

**Don The Idea Guy** | Unusually Creative

## INTERESTED IN SCHEDULING AN EVENT?

Phone: 502.338.3780  
Website: [www.whitneyishop.com](http://www.whitneyishop.com)  
Email: [whitney@whitneybishop.com](mailto:whitney@whitneybishop.com)

 /WBExp

 @TheWBExp

 /whitneybishop

 /TheWBExp

