



UTM Liberating Practices



1. Strategic Focus Review

- Use Mind Mapping or your own time mgt system once a month to identify your challenging C-'s (tasks/projects/open issues)
- Then plan C- Power Hours
- *Note: Helpful to do this review with a buddy*

2. C- Power Hours

- First fill out your Power Hour Companion and share it
- Check-out with buddy → Learning edge? Next steps?
- *Note: Doing it with a buddy deactivates my fears thru connection*

1. Strategic Focus Review agenda

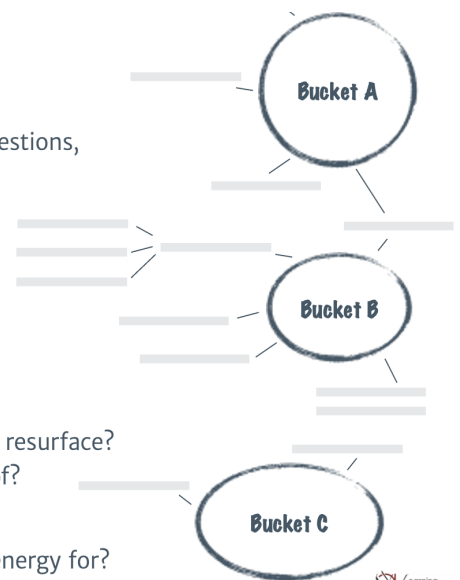
[Take stock strategically and flag your C-]

- **5-10 min. Connect and share**
How have you been doing since the workshop? What has been alive for you? What have you been struggling with and what has given you energy?
Be as authentic and vulnerable as possible, of course!
- **20 min. Update your Mind Map** (and whatever prioritization system you are using) in silence
 - What additional projects, open issues, to-dos etc need to be added? Which ones can you cross off? You can also reflect on the questions we initially asked for you to create your Mind Map:



Mind-Mapping Prompt

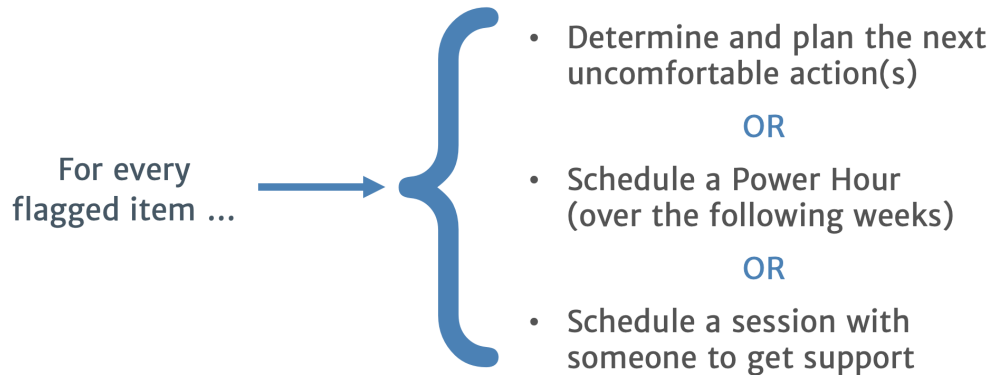
- What is on my mind? E.g., projects, big to-dos, questions, concerns, inspirations
- What do I feel needs (my) attention?
 - What do my surroundings need?
 - What does the business need?
 - What do I need?
- Where do I feel ATM, stressed, tension, triggered? What keeps me up at night?
 - What problems/crises are surfacing/continue to resurface?
 - What longer term issue are they symptomatic of?
- Where do I want to see evolution/improvement?
 - What opportunities or issues do I have élan or energy for?





- Am I progressing toward my strategic challenges? Am I avoiding anything? Am I forgetting anything?
- Tag the items you feel an “away” response with a C-
- Put a star by the C- items that are particularly important and that you care about and yet will likely get delayed or avoided or those on which you have made small or no progress
- **15 min. Paired sharing**
 - What themes or other learnings are you noticing?
 - Ask for help to unpack a thorny open issue, including brainstorming on what might be your learning frontier—and possible next steps.
- **10 min. Plan it!**

For every starred C- (if possible), do the following:



- For a Power Hour, see if you can plan it with your buddy or reach out to another activity partner.
- **5 min. Debrief on the entire call**



2. Power Hour agenda

[Lean into your learning frontier on a delicate important C-]

- **5 min. Connect and share**

How have you been doing since the workshop? What has been alive for you? What have you been struggling with and what has given you energy?
Be as authentic and vulnerable as possible, of course!

- **5 min. Get ready**

- If you haven't planned which subject to cover in this Power Hour ahead of time, refer back to your Mind Map from the seminar (and any other prioritization system you are using) and identify the uncomfortable C- items you have been avoiding. Then choose one of them for this activity.
- Rate between 1 and 5: How energized/inspired do I feel about it? (where 1= feeling heavy/worried/numb and 5= feeling extremely inspired/excited)
- Fill out the "Power Hour companion" prep questions (attached)

Power Hour Companion	
Fears	Purpose
Mind Chatter	

- Rate between 1 and 5: How energized/inspired do I feel about it? (where 1= feeling heavy/worried/numb and 5= feeling extremely inspired/excited)
- **5 min. Pair share the essentials** (what you will be working on, your fears and your purpose)
- **40 min Power Hour**
- **5 min. Debrief on how it went for you**
(Any realizations, roadblocks, learning edges? Any next steps to plan for?).