



**UPGRADE
YOURSELF!
You're
Worth It!**

**MCRA VIRTUAL CONVENTION
SEPTEMBER 26, 2020**

U.P.G.R.A.D.E.

U - UPSELL YOURSELF, USE YOUR TIME

P - PARKING LOT, PARTNERSHIPS

G - GOALS

R - REFLECTION, ROLE MODELS

A - ADAPTABILITY, ACTIVATE, AFFIRMATIONS

D - DRIVE, DIVERSIFY

E - EXCEL, EXPERTISE



Unique, Uplifting, Utilize, Unyielding,
Unselfish, Unify, Usefulness, Unwavering,
Unlimited, Uncomfortable



USE YOUR TIME

TIME WILL PASS WHETHER YOU MAKE GOOD USE OF IT OR NOT! YOU MAY AS WELL DO SOMETHING WITH IT!

INSTRUCTIONS: Imagine your **PERFECT MORNING** routine...how would you feel, what would you wear, who you be with and where would you be?

A large, empty rectangular box with a light grey background, intended for the user to write their response to the instructions.



USE YOUR TIME

TIME WILL PASS WHETHER YOU MAKE GOOD USE OF IT OR NOT! YOU MAY AS WELL DO SOMETHING WITH IT!

INSTRUCTIONS: Imagine your **PERFECT AFTERNOON** routine...how would you feel, what would you wear, who you be with and where would you be?

A large, empty rectangular box with a light grey gradient background, intended for the user to write their response to the instructions.



USE YOUR TIME

TIME WILL PASS WHETHER YOU MAKE GOOD USE OF IT OR NOT! YOU MAY AS WELL DO SOMETHING WITH IT!

INSTRUCTIONS: Imagine your **PERFECT EVENING** routine...how would you feel, what would you wear, who you be with and where would you be?

A large, empty rectangular box with a light grey background, intended for the user to write their response to the instructions.

P

Passionate, Powerful, Patience, Positive,
Proud, Proactive, Prodigy, Praise, Perfection

PARKING LOT

RELEASE IT...

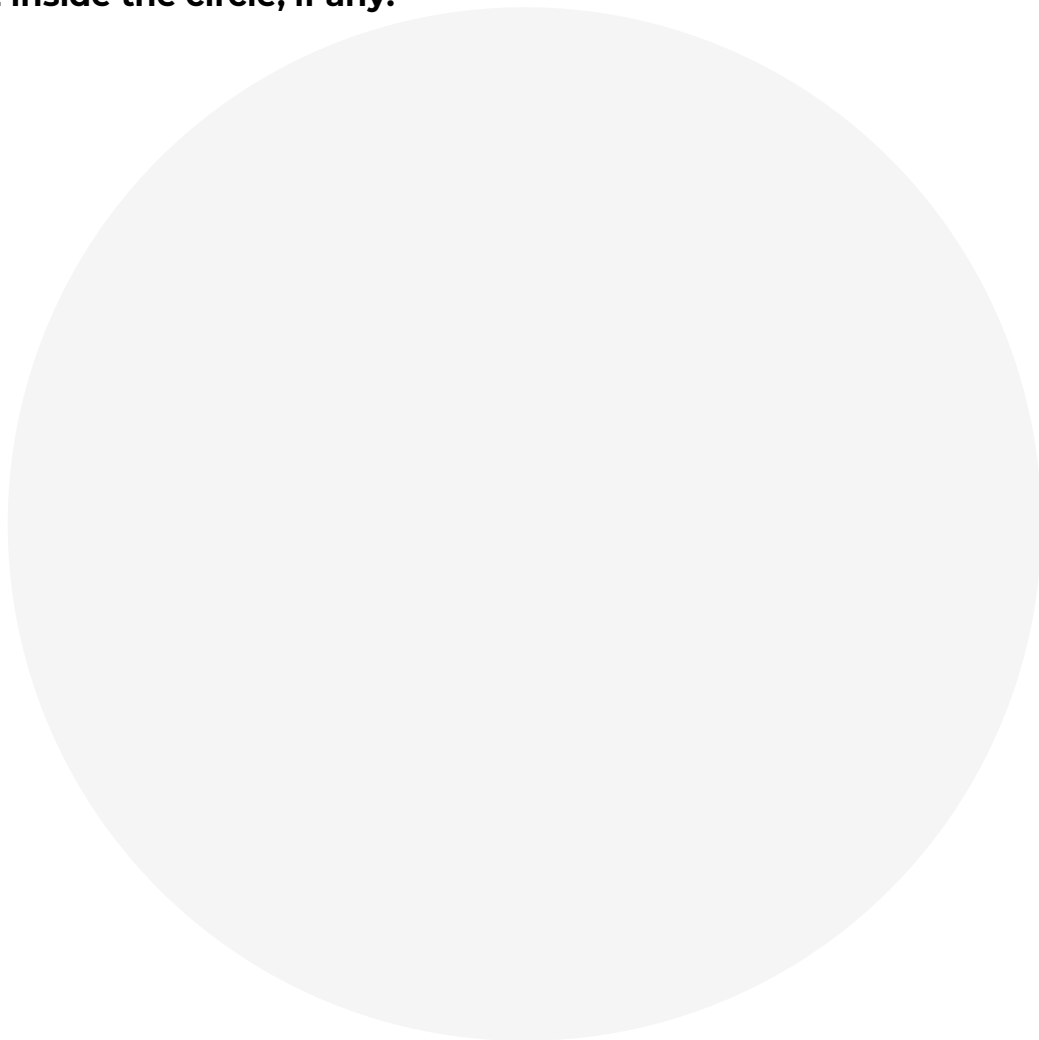


PARTNERSHIPS

PERSONAL

INSTRUCTIONS: INSIDE THE CIRCLE, write the names of the people in your personal life whom you believe bring value to your life; the ones who truly support you and who you know you can count on.

OUTSIDE THE CIRCLE, write the names of the people you would LIKE TO BE inside the circle, if any.



SUPPORT CIRCLE



PARTNERSHIPS SPIRITUAL

INSTRUCTIONS: INSIDE THE CIRCLE, write the names of the people in your spiritual life whom you believe bring value to your life; the ones who truly support you and who you know you can count on.

OUTSIDE THE CIRCLE, write the names of the people you would LIKE TO BE inside the circle, if any.



SUPPORT CIRCLE

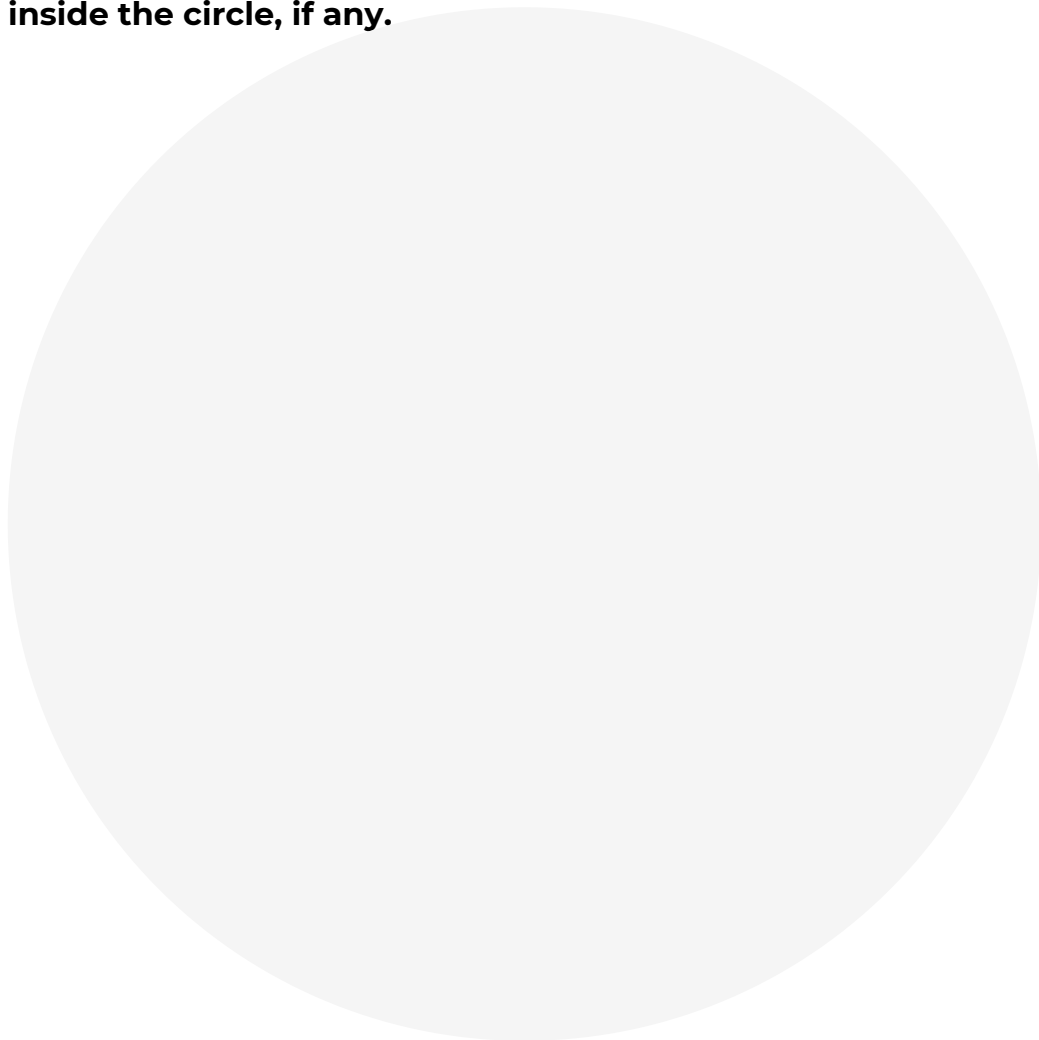


PARTNERSHIPS

BUSINESS/PROFESSIONAL

INSTRUCTIONS: INSIDE THE CIRCLE, write the names of the people in your business/professional life whom you believe bring value to your life; the ones who truly support you and who you know you can count on.

OUTSIDE THE CIRCLE, write the names of the people you would LIKE TO BE inside the circle, if any.



SUPPORT CIRCLE

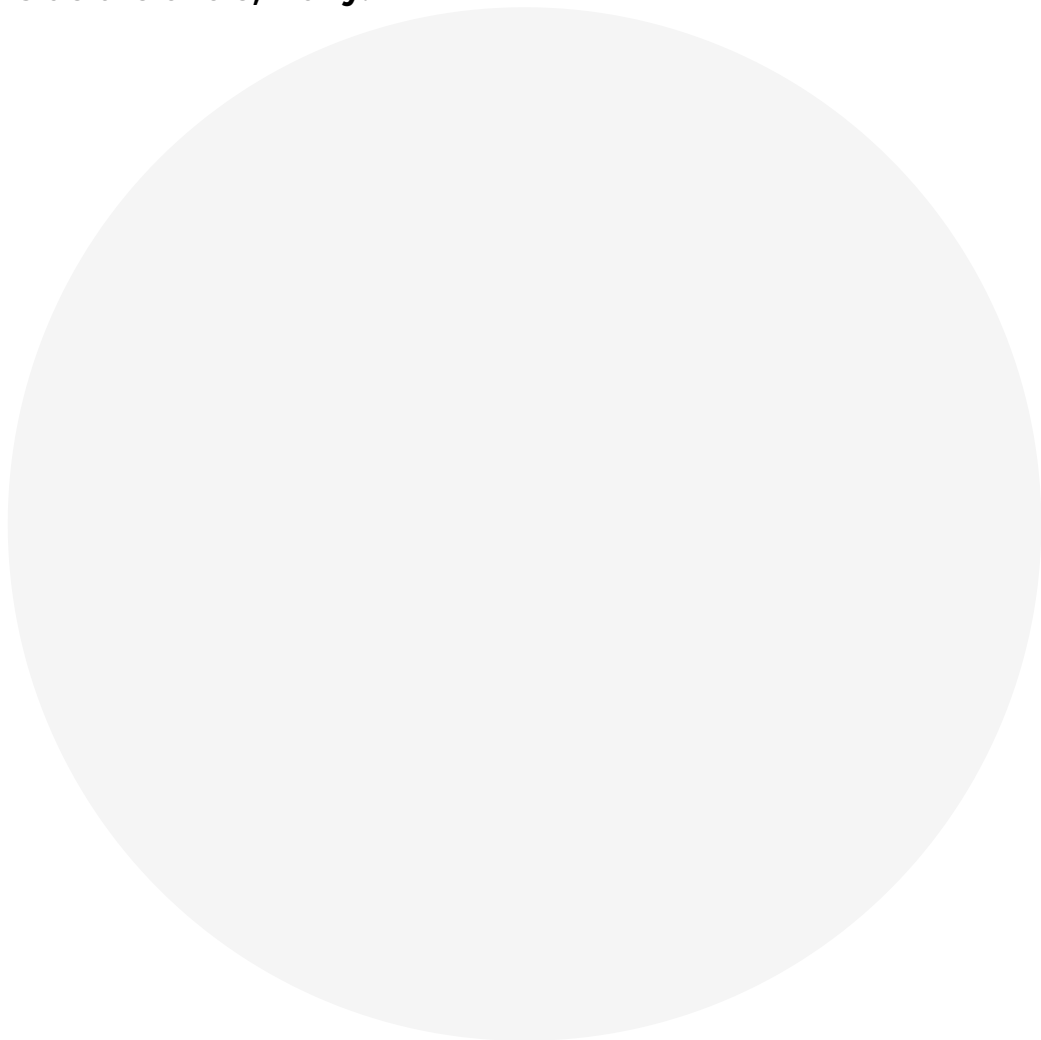


PARTNERSHIPS

HEALTH

INSTRUCTIONS: INSIDE THE CIRCLE, write the names of the people in your spiritual life whom you believe bring value to your life; the ones who truly support you and who you know you can count on.

OUTSIDE THE CIRCLE, write the names of the people you would LIKE TO BE inside the circle, if any.



SUPPORT CIRCLE

G

Goals, Genuine, Growth, Gold, Generosity,
Grind, Guardian, Guidance



W.I.G

WILDEST IMAGINABLE GOALS

INSTRUCTIONS: What would you do personally and/or professionally if you were guaranteed to succeed? If money was not an issue, if time was not an issue, what would you do? Fill as many blocks as possible...and THINK BIG!





W.I.G. WORKSHEET

WILDEST IMAGINABLE GOAL

QUESTION #1: What are your goals and vision for the future?

QUESTION #2: What obstacles are in the way of your goals and vision?

QUESTION #3: What more could you do to reach your goals and vision?



W.I.G. WORKSHEET

WILDEST IMAGINABLE GOAL

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R

Respect, Relentless, Rational, Rest, Radiance,
Robust, Reflection, Reward, Reveal,
Responsibility, Relevant, Reputation



REFLECTION

WHERE WILL YOU BE 5 YEARS FROM NOW IF YOU CHANGE NOTHING AT ALL?

QUESTION #1: What challenges are you struggling with at the moment?

A large, empty light grey rectangular box intended for the user to write their response to Question #1.

QUESTION #2: What is ONE thing you could change TODAY that would get you closer to ONE goal you've listed?

A large, empty light grey rectangular box intended for the user to write their response to Question #2.



REFLECTION

TAKE PRIDE IN EVERY ACCOMPLISHMENT

INSTRUCTIONS: Under **OLD STORY**, write down today's date and at least one thing you want to accomplish or improve. Set an alarm for 30 days from today. Come back and update yourself with your **NEW STORY**. Rinse and repeat every 30 days!

OLD STORY

NEW STORY

A

Amazing, Awesome, Activate, Able, Authentic,
Achieve, Adaptable, Abundance, Action,
Appetite, Ascension



AFFIRMATIONS

INSTRUCTIONS: Each time a negative thought enters your head, replace it with a POSITIVE AFFIRMATION

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:



ACTIVATE _____

INSTRUCTIONS: Fill in the blank above with one thing you want to tackle, then answer the questions below

QUESTION #1: WHAT DOES SUCCESS LOOK LIKE?

QUESTION #2: WHAT'S STANDING IN YOUR WAY?

QUESTION #3: WHAT HAVE YOU DONE TO TRY TO SOLVE THE PROBLEM?

QUESTION #4: WHAT WILL HAPPEN IF YOU DON'T TAKE THIS STEP?

QUESTION #5: WHAT ARE YOUR NEXT STEPS MOVING FORWARD?

D

Dynamic, Diversify, Daring, Desire, Discover,
Dreamer, Driven, Development, Deserve,
Diversity, Deep-rooted

E

Effect, Expert, Energy, Empathetic,
Excellence, Enough, Establish, Enjoy,
Excitement, Elite



**WRITE DOWN EACH ROLE YOU
COULD PERFORM OTHER THAN
BEING THE COURT REPORTER.**

A large, empty rectangular box intended for writing down roles other than being a court reporter.

THE BUILDER

There was a man who was an efficient builder. He had worked for years in a large company and had reached the age of retirement. His employer asked him to build one more house. It was to be his last commission.

The builder took the job but his heart was not involved. He used inferior materials; timber was poor and he failed to see the many things that should have been clear to him had he shown even his normal interest in his work.

When the house was eventually finished, his employer came to him and said, "The house is yours. Here's the key. It's a present from me." The builder immediately regretted that he had not used the best materials and engaged the most capable workers. If only he had known that the house was for him.

Author unknown



INTRODUCING STENOVATOR PATHWAY SOLUTIONS, INC., (SPS), A NONPROFIT ORGANIZATION, 501(C)(3), FOUNDED IN JUNE 2020. THE OVERALL MISSION OF SPS IS TO INCREASE PUBLIC AWARENESS OF THE STENOGRAPHY INDUSTRY, TO RECRUIT, MOTIVATE, TRAIN AND TO FINANCIALLY SUPPORT PROMISING HIGH-PERFORMING STUDENTS AND NEW PROFESSIONALS COMING INTO THE COURT REPORTING INDUSTRY.

CONNECT WITH THE PRESENTER

**KIMBERLY XAVIER, TX CSR
TCRR, TMRS, CART LEVEL III
RDR, CRR, CRC, CRI, CMRS,**



“The only way to do great work is to love what you do. If you haven't found it yet, keep looking.”

Steve Jobs

HAVE QUESTIONS?

**Stenovator Pathway Solutions, Inc.
PO Box 224988
Dallas, Texas 75222
TheStenovator@gmail.com**

