

From Values to Vision: Creating a Roadmap for Your FutureU

Wednesday, October 16
9:00-10:00am
Egypt Valley Country Club



Unveil Your Future U

With special guests: Michael Courtright, Lisa Novosad & Megan Tefft

**Enjoy coffee
& pastries
courtesy of**



**Moderated by
Josh May**



NOTES:

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Definitions:

Personal or professional **values** are the core principles and beliefs that guide an individual's decisions, behavior, and actions in both their personal and professional life. These values reflect what is most important to a person and serve as a moral compass, influencing how they interact with others, how they approach challenges, and how they define success and fulfillment.

A **vision statement** is a clear and aspirational statement that defines what an individual wants to achieve in their personal or professional life over a period of time. It serves as a guiding principle, outlining long-term goals and the desired future, often aligned with one's core values, passions, and strengths.

We invited our guest speakers to share a favorite book, podcast, quote, or other tips that relate to this topic, and they didn't disappoint!

Michael Courtright (mcourtright@greenridge.com):

Recommended Reading:

- Stephen Covey - "Seven Habits of Highly Effective People"
- Jeff Olson - "The Slight Edge"
- Simon Sinek - "Start with Why" (also available in a Ted Talk)

Josh May (lisa@polarisrealestate.com) -

One of the most crucial traits of a high-performing individual is self-awareness. It's something I always come back to, no matter the context. We all have different structures in our lives - family, business, and personal responsibilities - and being aware of what we need to stay disciplined, happy, and healthy is essential for moving forward with intention and clarity. Accountability and structure are vital for me because they enable me to be effective. I also believe we have a daily choice: to play offense or defense. When we're on offense, we control our day. When we're on defense, the day controls us as we react to circumstances.

Recommended reading: The Power of a Positive Team by Jon Gordon.

Lisa Novosad (lisa@novosadrealty.com): Over the years, I've gathered a few pearls of wisdom. One of the most valuable is fiercely protecting the time you set aside each morning for mindset, meditation, and gratitude. While it's tempting to jump straight into the day, starting with this discipline creates a foundation for productivity and balance. Another key is living a life of service and continuously striving to evolve as a person. It's the greatest gift you can give - not only to yourself but to those around you.

Favorite Quote: "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you." ~ Derek Jeter

Favorite TED Talk: "Grit" by Angela Lee Duckworth

Recommended Reading: "Outliers" by Malcolm Gladwell and "The Pursuit of Excellence" by Harish Dash.

Megan Tefft (megantefftrealstate@gmail.com):

I believe in the power of working smarter, not harder, and I love hearing about the tools and strategies that have brought others success - both the wins and the setbacks. Learning from others is invaluable, but I also believe that simply copying someone else's approach won't necessarily lead you to the same outcome. We each have our own uniqueness. I'm a strong advocate for trusting your instincts and staying true to your values. Success doesn't need to come at the cost of who you are. The path to achieving your goals will - and should - look different for everyone.

Recommended Reading: "Everything is Figure Outable" by Marie Forleo

Inspiring Podcasts: We Can Do Hard Things and The Ed Mylett Show