



RESPOND → PLAN → RETURN STRONGER

Gaps: The Space Between Where You Are and Where You Want to Be

PRESENTED BY David Rafeedie



A gap is the space between where you are and where you want to be.



Everyone Has Gaps

- Gaps in the growth of a business.
- Gaps in personal growth: physical, emotional, or spiritual.
- Gaps in professional growth.
- Gaps in leadership skills or behaviors.
- Gaps in teams.
- External environmental gaps.



The Unknown Middle





Five Important Principles for Closing Gaps

- 1. You must be intentional.
- 2. You must know where you want to go.
- 3. You need a strategy with measurable action steps.
- 4. You must be brutally honest with yourself.
- 5. You need accountability.



<u>Step One</u>: Understand Where You Are.

You must know exactly what *A* looks like.







Prioritize and write down a gap or two in your life or business you want to close.





<u>Step Two</u>: Understand Where You Want to Be.

You must have a clear picture what you want *B* to look like.







Write down a short but detailed description of where you want to be with regards to the gap you want to close.



<u>Step Three</u>: Understand Yourself.

Self-awareness is a key concept in closing gaps.





Step 3: Know Yourself



<u>Step Four</u>: Shift your thought patterns.

If you keep thinking the same things and expecting different results you will be disappointed.



Neuroplasticity.

Your brain has the capacity and the ability to change and form different thought patterns and habits.



The Replacement Principle

- 1. Think about what you are thinking about.
- 2. Compare it to the information you now have.
- 3. Replace it with what you now know.



Take a Moment

- Brainstorm with yourself and write down words that describe how you see the gap you are working to close.
- Circle the words that seem to show a pattern.
- Write a sentence or two description, including the circled words, of the gap you are closing.

<u>Step Five</u>: Strategize on closing the gap.

The plan to close the gap is the roadway to get you to your destination.



S.M.A.R.T. Goals

Specific Measurable Achievable Relevant Time bound



We all need acountability

Who will hold you accountable?



"Remember, 'accounting' and 'accountability': nothing in common."



The Unknown Middle







For a conversation to explore a coaching relationship:

info@davidthecoach.com

520-709-1860



