



[Silicon Valley Women in HR ... & Friends](#)

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How to Slay a Pirate: Lessons on Success from Sailing the Pacific

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Success:

- Defined as “the accomplishment of a plan or goal”
- Has 4 components:
 1. Intention
 2. Goal
 3. Effort
 4. Out of the ordinary routine

Pirates appear when you are contemplating going out of your comfort zone.

How to Slay your Pirates:

- A. Set yourself up for Success:
 1. Start with small but fulfilling changes.
 2. Create a supportive crew.
 3. Identify your gaps.
 4. Create accountability.
 5. Set your course.
- B. Navigate your Pirates:
 1. Get intimate with them > Confront them > Disarm them with:
 - a) Knowledge / Truth
 - b) Incredulity
 2. Overcome them with a compelling vision.

1. My dream goal:
2. Why it's resonant for me:
3. What are the stories you tell yourself about why you can't achieve it?
4. Which of these pirates speak to me?
 - That's just the way it is.
 - I don't have enough_____.
 - I am not enough.
 - The dream is too insignificant.
 - You shouldn't / You're selfish for wanting it.
5. Set myself up for success:
 - a) These are some small things I can do that keep me inspired:
 - b) These are people who will support me, or groups of like-minded people I can join:
 - c) Here's what I still need to know:
 - d) This is who I'd like to be accountable to: (trusted friend? Mastermind group? My crew? A coach?)
 - e) My game plan – my 'to-do' list of everything that's necessary to carry out the work that's necessary to achieve my goal, including dates – Use a separate sheet for this step.
6. Navigate my Pirates:
 - a) Refer back to #3 and #4 for what my pirates are saying to me. Here are the conversations I want to have with them. What's true? Where can I educate myself more on whether it's true? Where does it get ridiculous?
 - b) Here's my compelling vision. What it will look like when I've achieved my goal? Remember to refer back to #2 as a starting point.

Here is my commitment: _____