

Exodus Acronyms

SMART - KISS - GRIT - SWOT - IALAC - THINK

by Gordon W Brown

There are several acronyms we've used in Exodus that can help each of us to stay on a life-giving journey. Any one of these guiding reminders, taken to heart, can be helpful, if not instructive or even inspiring.

SMART - Basic to Exodus is the Contract and foundational to the Contract is that it is SMART. It stands for Specific, Measurable, Achievable, Relevant, and Time Framed. We use SMART as a guideline to forming all the goals and other elements of the Contract. Their expanded definitions are explained in other papers, but the importance of SMART cannot be overestimated.

KISS - This one is generally know as Keep It Simple Stupid. We can couple this instruction with Specific from above. Complicated, or overly detailed future planning or goal setting can result in plans that may be un-Achievable. KISS is not intended as an insult, but as a wake up call to the idea that simplicity in daily living and goal setting is key.

GRIT - The Exodus program requires long term commitment to begin to live as the New Man or New Woman and to live intentionally. GRIT = Goals Require Initiative and Tenacity. We will accomplish nothing if we wait for the authorities or our family or friends to provide our tools and roadmaps, and we need "stick-to-itiveness." I am reminded of a quote from Cee Lo Green, "Insistence is not a virtue. Persistence is a virtue."

SWOT - Sometimes referred to as SWOT Analysis or the SWOT Test. This can be a good way to evaluate any plan being considered for your personal goals, Practical Projects, or for any project proposed to any group. SWOT = Strengths (areas you do well or advantages of your organization); Weaknesses (areas to be improved); Opportunities (external factors that may contribute to you or your group and can build up your strengths); Threats (potential problems/risks caused by external factors that you or your group may face).

IALAC - I once attended a seminar while training as an Army case-worker. We did many exercises to explore personal challenges and self-esteem. We were offered this acronym to remind ourselves of our personal value and strength. IALAC = I Am Loving And Capable.

Finally, I came upon this one quite recently. The above acronyms tend to refer to planning and improvements in self-worth and intentional living. The next one does that as well, but also refers to how to engage with others, and for Exodus members, may be particularly helpful when seeking to improve Family Ties, or in strengthening and improving other relationships.

THINK - Hallmarks of anxious communication include negative self-talk, reacting in the heat of the moment, over-explaining yourself, and obsessive attention to overanalyzing decisions. Before you speak, ask yourself the following:

- Is it Truthful?
- Is it Helpful?
- Is it Insightful?
- Is it Necessary?
- Is it Kind?

These acronyms are straightforward and easy ways to remember and cling to life-giving and intentional principles.