

Re: Creating more harmony in your own life & relationships, & nourishing your Roots in Relationships & Resiliency:

- You can't help anyone unless you take care of yourself first.
 - You can't change or control anyone except: **Yourself**.
 - You can't change or control many of life's "changes," yet you are always **100% responsible for how you respond**.

So, the best you can do is:

- Be Congruent, practice "Bettery."
- Be Good with People, be a Positive Influence on others.



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Choose a job you love & you never work a day in your life. -Confucius

• Be Congruent, Practice "**Bettery**"

Congruence is when you play your "**A**" game;
It's how you feel when you're doin' watcha like and likin' watcha doin'!

Attitudes (What you think is right/best)
 + **Aptitudes** (Skills, abilities, & practicing "**Bettery**")
 + **ACTIONS** (Your **Choices** -- what you say/do)
 = **Congruence, the ability to Thrive!**

Congruent Choices = Content, not Regret ...

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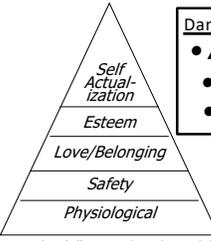
Choose a job you love & you never work a day in your life. -Confucius
"Pair & Share" -- List 3 observable behaviors of each:

"Get-Byers"	"Go-Getters"
<p><u>Things you HEAR people say:</u></p> <p><u>Things you SEE people do:</u></p> 	<p><u>Things you HEAR people say:</u></p> <p><u>Things you SEE people do:</u></p>

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People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily. - Zig Ziglar

What Are Your "**WIIFMs**"
 (What's In It For Me?)



Maslow's "Hierarchy of Needs"

Dan Pink, "Drive":

- **Autonomy**
- **Mastery**
- **Purpose**

Achievement
Advancement
Belonging
Challenge
Excellence
Power
Recognition
Responsibility
Satisfaction

What WIIFMs are you getting from your job right now?

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"We need to learn how to deal with volatility & disorder - to navigate situations in which the unknown predominates & understanding is limited." - Nassim Taleb, Economist

- **Are you as good as you're ever going to be?**
 Know how to learn, and where/how to find **accurate** info, observe people who can do what you aspire to, update your skills, learn something new, keep getting **better**.
- **Be "Anti-fragile"/Resilient re: "Purple Swans"** -- unexpected events that are hugely consequential.
 Expect/Anticipate future "**Purple Swans**" and what you can do, so you won't "break" if & when!
 Accept ambiguity and uncertainty.
 What "pandemic" lessons have you learned?
 What are your "Ah-hahs" re: future closings/re-openings, as well as other program challenges/innovations?

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One's doing well if age improves even slightly one's capacity to hold on to that vital truism: "This too shall pass." - Alain De Botton

• Manage your own Morale

Have an "Honest Conversation w/yourself"
(Ask yourself a question & listen to your response; it's your "truth")

- What's **REALLY** going on?
- What deeper purpose called me to this work?
- What WIIFMs am I getting?
- What are the tradeoffs compared to _____?

Manage your own "Self-Talk" ...

- How is this mindset serving me well?
- What's the worst outcome if I: (?)
- What am I waiting for?

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Don't cry 'cause it's over. Smile 'cause it happened. - Dr. Seuss

• Reframe the situation

opportunityisnowhere (No-Where / Now-Here)

Reframing is being able to perceive a situation, reality, set of facts in more than 1 way, that still fit the facts.

When you start to feel down, or exaggerate, or "Awfulize":

- Self-induced laugh
- Just Breathe (2-4-6)
- "Attitude of gratitude"

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When we will our minds with blessings and gratitude, an inner shift in consciousness can occur. As we focus on the abundance in our lives rather than what we lack, a wonderful blueprint for the future begins to emerge. - Sir John Templeton

"How Gratitude Can Change Your Life," by Amit Amin

<p>Health</p> <ul style="list-style-type: none"> Improved Sleep Less Sick Longevity Increased Energy More Exercise 	<p>Emotional</p> <ul style="list-style-type: none"> More Resilient More Good Feelings More Relaxed Less Envious More Good Memories 	<p>Personality</p> <ul style="list-style-type: none"> Less Materialistic Less Self-centered More Optimistic Increased Self-esteem More Spiritual
<p>Social</p> <ul style="list-style-type: none"> More Social Healthier Marriage Kinder Deeper Relationships More Friendships 	<p>Career</p> <ul style="list-style-type: none"> Improved Management Improved Networking Goal Achievement Improved Decision-making Increased Productivity 	

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They say the only person who really likes change is a baby in a poopy diaper.

• Be good at Change & Transition

Change: An event(s) that leads to something "different."
Transition: How you respond.
Transition process: "Old" >> "Neutral Zone (NZ)" >> "New"

The "NZ" is home of 4 fears:

- Failure
- Unknown
- Rejection
- Success



Change can also create "**Perfect Stress,**" to help you **RISE** to the test!

• Reframe: "What's possible?," not just "What's wrong/different?"
 Focus on what you CAN do, not just on what you can't.

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"I've experienced many terrible things in my life, a few of which actually happened." - Mark Twain

Know how to activate your "Relaxation Response":

- Change your external environment (your reality).
- Reframe the situation.
- Monitor & control your mind chatter/self-talk.
- Focus on a word or phrase that has meaning to you.
- Deep diaphragmatic breathing (Yoga).
- Progressive muscle relaxation.
- Physical exercise.
- Singing or laughing.
- An "Attitude of Gratitude."
- Prayer.
- Forgive, or ask for forgiveness.
- Let it go.

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Be Resilient

• Patience	• Discipline	• Hope
• Tenacity		• Humility
• Have a friend		• Humor

Be good with People, Be a Positive Influence on others.

"I don't like that person very much. I ought to get to know them better."
 -Will Rogers

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There's a difference between being interested and being committed. When you're interested you do it only when it's convenient. When you're committed you accept no excuses, only results.

The call to "**Bettery**": What will I DO?

My Personal Promise to myself:

- 1 thing I WILL DO to be more Congruent & be Good with People so I can continue to:
 "Do watcha like, Like watcha do, do-lika, do-lika, do-lika, do-lika, do!" is --

The WIIFMs to do this are --

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