

Are you as good as you're ever going to be?


Stuff happens in busy schools -- Kids, weather, schedule changes, !#%* -- there's always "SOME-thing!"

Since you can't change anyone else, or control much of the stuff that happens at work, all you **REALLY** can do is ---

Do your Best, & Be a Positive Influence.

Tips for today:

- **Be Congruent**
- **Be Good at Reframing**
- **Be Good at Change**
- **Be Resilient**



1

It's not so much what happens; it's more what you do.

• **Be Congruent**

Congruence is when you play your "A" game!

Attitudes (Do what you think is right/best)

+ **Aptitudes** (Do your best, & keep getting better)

+ **Actions** (Choices -- what you say/do)

= Alignment / Congruence



Congruent Choices = Content, not regret ...

As long as you're getting your **"WIIFMs"**
(**W**hat's **I**n **f**or **M**e?)

2

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

"Pair & Share" -- List 3 observable behaviors of each:

 <p>Winner of the "Not My Job" Award - ADOJ</p> <p>"Get-Byers"</p> <p><u>Things you HEAR:</u></p> <ul style="list-style-type: none"> • "Good enough." • "It can wait." • "Not in my job descript." <p><u>Things you SEE:</u></p> <ul style="list-style-type: none"> • Doesn't volunteer/initiate. • Not engaged. • Lacks attention to detail 	 <p>DARE TO SOAR</p> <p>"Go-Getters"</p> <p><u>Things you HEAR:</u></p> <ul style="list-style-type: none"> • "I can do that; I can help." • "I love what I get to do." • "How can I do it better?" <p><u>Things you SEE:</u></p> <ul style="list-style-type: none"> • Seek best, not easiest idea. • Smile, act pleasant. • Learns from errors.
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3

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

• **Manage your own morale/"Self-talk"**

Ask yourself a question & listen to your response:

"What's REALLY going on?" (the "iceberg syndrome")

"What WIIFMs am I getting?"


"What deeper purpose called me to this work?"

"What are the trade-offs if I: <?>"

"How is this mindset serving me well?"

"What's the worst that could happen if I: <?>"

"What am I waiting for?"



4

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"**



5

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

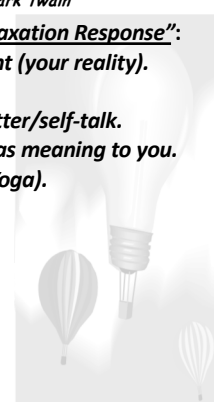
<p>Health</p> <p>Improved Sleep Less Sick Longevity Increased Energy More Exercise</p>	<p>Emotional</p> <p>More Resilient More Good Feelings More Relaxed Less Envious More Good Memories</p>	<p>Personality</p> <p>Less Materialistic Less Self-centered More Optimistic Increased Self-esteem More Spiritual</p>
<p>Social</p> <p>More Social Healthier Marriage Kinder Deeper Relationships More Friendships</p>	<p>Career</p> <p>Improved Management Improved Networking Goal Achievement Improved Decision-making Increased Productivity</p>	

6

"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.




7

Life is what happens when you're making other plans ...

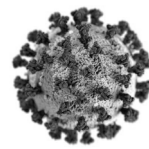
"Change" isn't new; you're already good at it.

"Change" gets a bad rap! That's because when it's a significant and challenging change it activates your "Fight or Flight" response.



When this happens you might "Freeze." You need to find your new "Flow" ...

COVID has caused many significant changes; we've created a "new normal." We still need to innovate and "Be good at change" to reach our next "new normal" & "new flow" ...



8


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.

9

Mary Lou & Kim's "Resiliency Rx / Rules for Rehab"

- Look forward; looking back can't change what happened.
- Don't place/hold guilt or blame re: life-changing event.
- Recovery is an emotional roller coaster. It's OK to cry & feel grief & loss; it's real. **Just don't get stuck in it!**
- Take things one day at a time, or it's a setup for disappointment. Be patient.
- Celebrate successes, large and small.
- Find people you trust to talk to/work with.
- Do the work, give it your best shot.
- Keep your sense of humor; laughter is Rx!
- Don't take it personal, keep your sense of humility.
- Don't let one event/situation/thing define you.
- Be grateful for who/what you still have, and still can do!

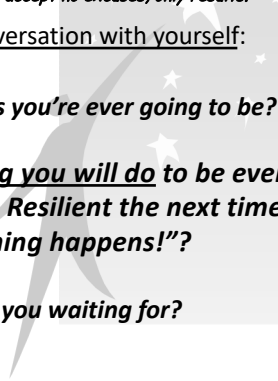


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There's a difference between being interested and being committed. When you're interested you do it only when it's convenient. When you're committed you accept no excuses, only results.

Have an honest conversation with yourself:

- Are you as good as you're ever going to be?
- What's the **1** thing you will do to be even more Congruent & Resilient the next time "SOME—thing happens!"?
- What are you waiting for?




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A couple of things to "note":

- **Subscribe to my free e-News** - 4 issues/year to inspire hope, improve skills to cope, & induce some fun. Sign up today, or e-mail me & write: "**Subscribe.**"
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