

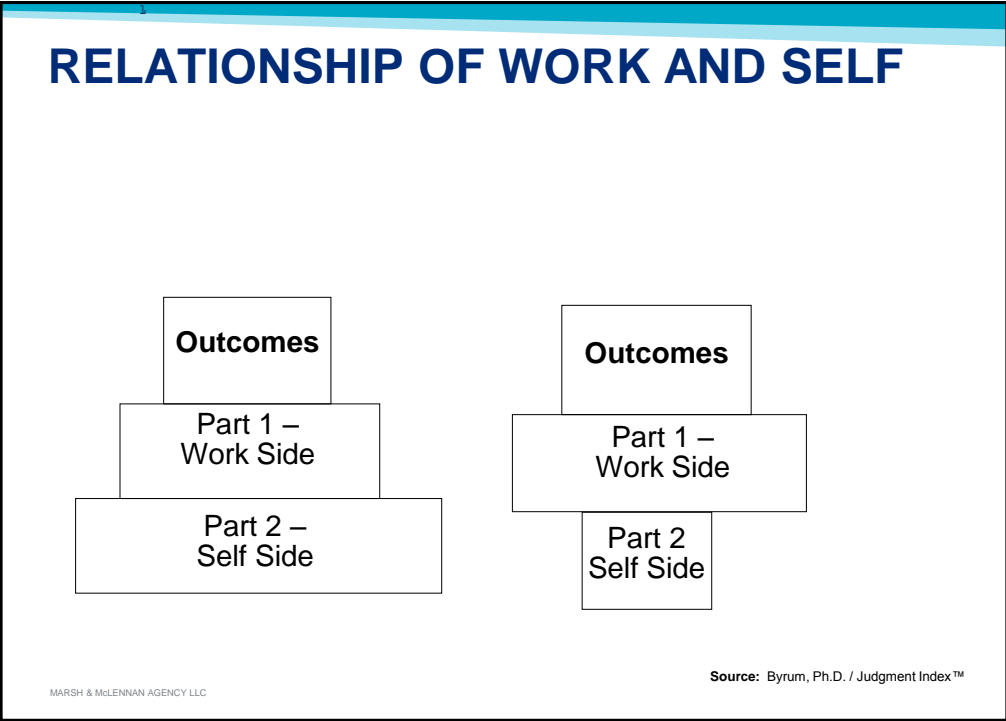
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WORLD CLASS. LOCAL TOUCH.

IT'S ALL ABOUT ME: WHY PUTTING YOURSELF FIRST IS CRITICAL TO LONG-TERM SUCCESS

August 15, 2013

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 Health Management Services Manager
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SELF FIRST!



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THE CRISIS OF CAPACITY

- **Humans are NOT Computers!**
 - Continuously, at high speeds, for long periods of time, running multiple programs at the same time.



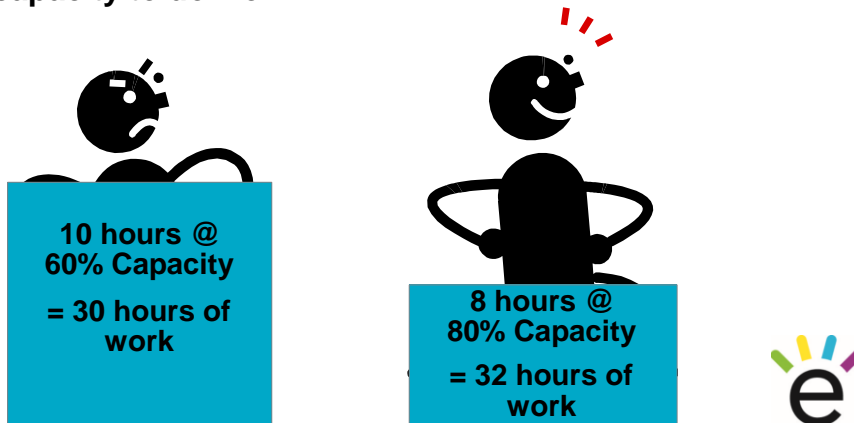
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Source: Tony Schwartz (The Energy Project, www.theenergyproject.com)

CAPACITY AND ENERGY

Energy (n).

The capacity to do work.



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July 26, 2013

Source: Tony Schwartz (The Energy Project, www.theenergyproject.com)

THE IMPORTANCE OF ENERGY

The New Values Exchange

Values

- **Physical Health:** Quantity of energy; renewal for sustainability
- **Emotional WB:** Quality of energy; how you feel influences how you perform
 - *Core emotional need = to feel valued*
- **Mental Clarity:** Capacity for focus (myth of multi-tasking)
- **Spiritual Significance:** Serving a mission/purpose bigger than yourself

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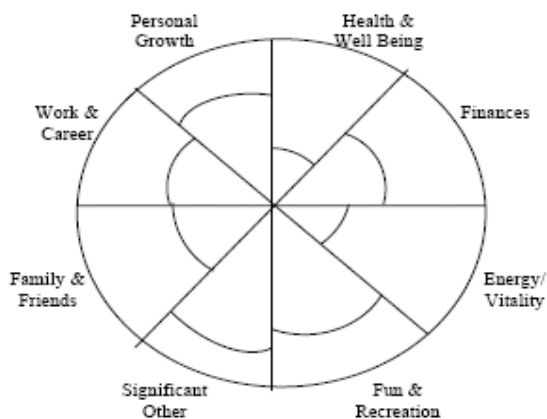
How to Renew Each Value:

- **Physical:** food, exercise, sleep, rest
- **Emotional:** managing triggers, cultivating positive emotions
- **Mental:** Flexible focus, quieting the mind
- **Spiritual:** connecting to a purpose (leaders inspiring others)

Source: Tony Schwartz (The Energy Project, www.theenergyproject.com)

LIFE BALANCE ASSESSMENT

- Example:



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LIFE BALANCE REFLECTION

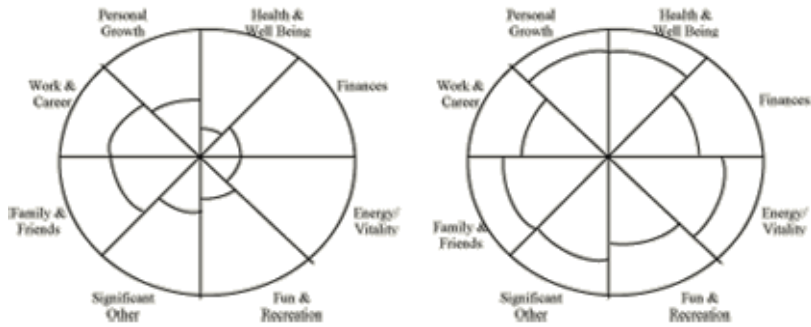
- Notice your overall perceived balance.
- In looking at your LBW, what stands out for you
- What does balance look like for you? How do you know when you're balanced?



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LBW EXAMPLE

- Initial LBW and 3-months later:

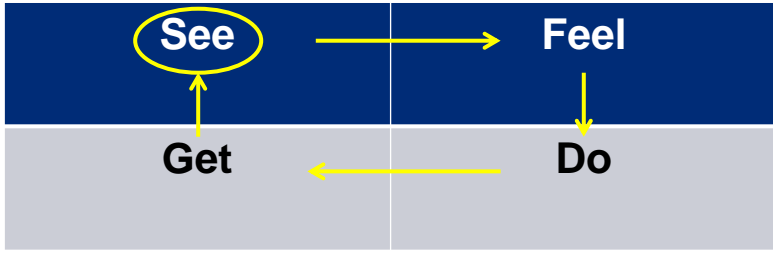


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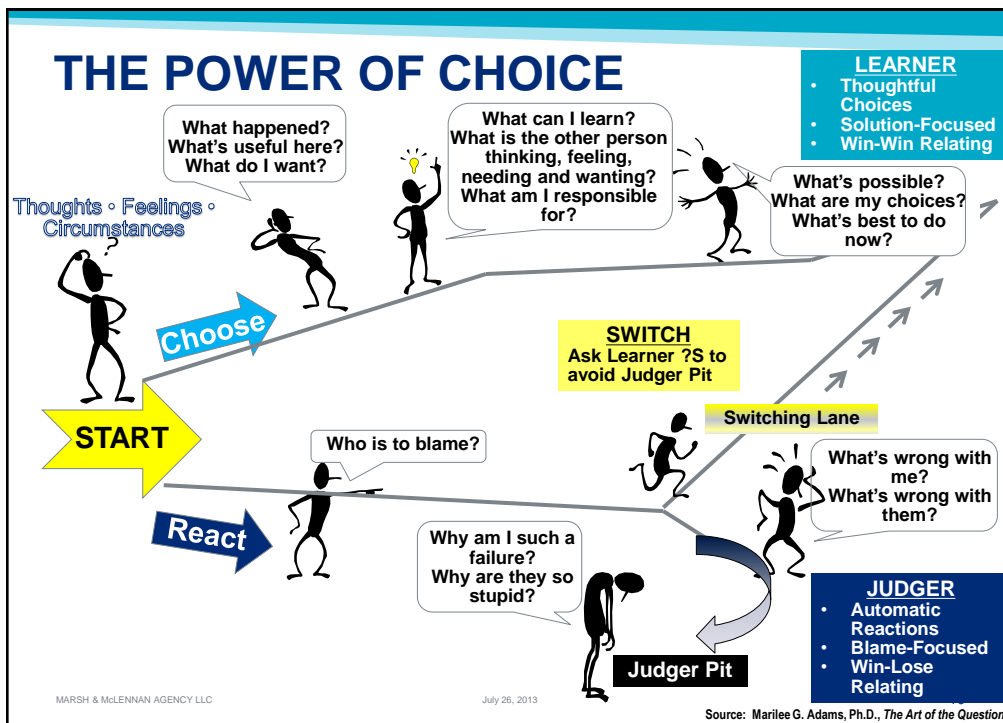
THE FRAME



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Source: Paul Bernabei (www.top20training.com)



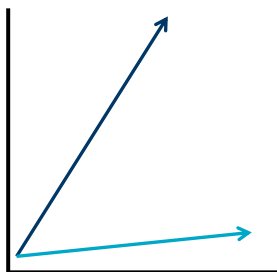
RECOGNIZING THE RUTS

- Continuous growth and learning is essential to living powerfully.
- **Are you stuck in your ways or in a rut?**
 - Are your habits/stories/judgments serving you?
 - What are you gaining by holding onto your old ways?



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TOP 20 VS. BOTTOM 80



- **Bottom 80s:**

- Change nothing
- Change what we do
- **Blame** (need to be right)

- **Top 20s:**

- Get Curious
- Change how we SEE it

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Source: Paul Bernabei (www.top20training.com)

HOW WE SEE THINGS

Above the Line

- Positive view on life and how we see the world
- Energetic moods and emotions
- Positive attitudes & beliefs
- Hopeful and optimistic
- Power to control my life

Below the Line

- Negative view on life and how we see the world
- Depressing moods and emotions
- Negative attitudes & beliefs
- Hopeless and pessimistic
- Powerless victim of life

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Source: Paul Bernabei (www.top20training.com)

THE SELF-DECEPTION BOX

• How I Start to See MYSELF:

- Victim
- Hard Working
- Important
- Fair
- Sensitive

• How I Start to See OTHERS:

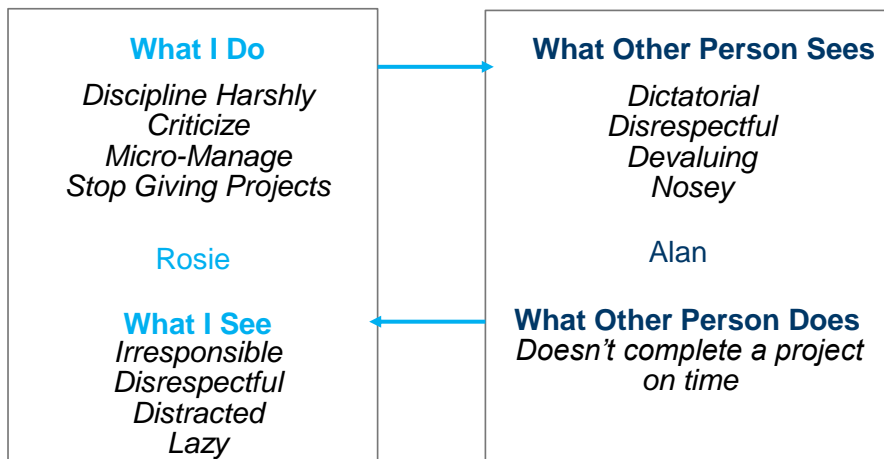
- Lazy
- Inconsiderate
- Unappreciative
- Insensitive
- Faker

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Source: The Arbinger Institute, *Leadership and Self Deception* (2010)

RECOGNIZING WHEN YOU'RE IN THE SELF-DECEPTION BOX



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Source: The Arbinger Institute, *Leadership and Self Deception* (2010)

SELF-DECEPTION IN ORGANIZATIONS

- **Symptoms of Self-Deception:**

- Lack of Motivation
- Lack of Commitment
- Stress
- Communication Problems

- ***Organizations are severely crippled by these symptoms but often don't even know they're carrying the "germ" causing them.**

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Source: The Arbinger Institute, *Leadership and Self Deception* (2010)

GETTING OUT OF YOUR SELF-DECEPTION BOX

- **Don't try to be perfect. Do try to be better**

- Don't look for others' boxes. Do look for your own.
- Don't' accuse others of being in the box. Do try to stay out of the box yourself.
- Don't give up on yourself when you discover you've been in the box. Do keep trying.
- Don't deny that you've been in the box when you have been. Do apologize.
- Don't focus on what others are doing wrong. Do focus on what you can do right to help.
- Don't worry whether others are helping you. Do worry whether you are helping others.

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Source: The Arbinger Institute, *Leadership and Self Deception* (2010)

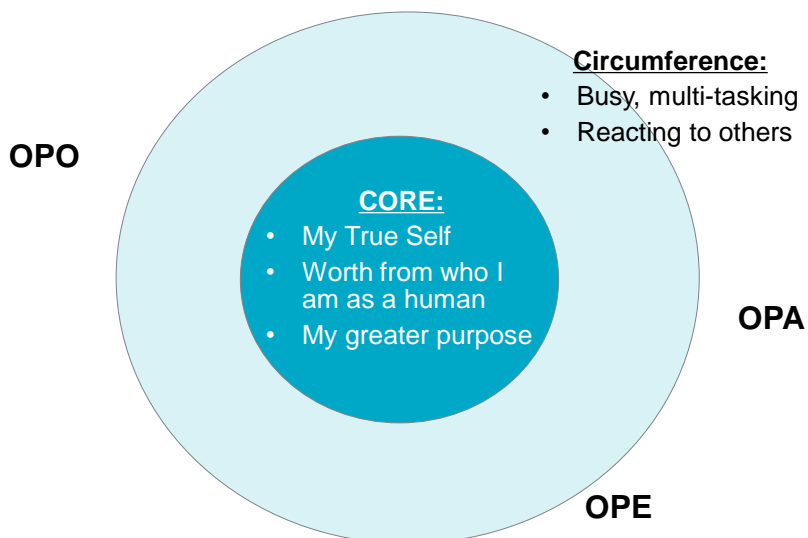
IMPORTANCE OF RESILIENCY

• Characteristics of Resilient People:

- Don't sweat the small stuff.
- Able to be at their best and maintain a sense of balance when faced with "big stuff" or major challenges.
- They are flexible but durable and have a better ability to "go with the flow"
- They come back stronger in the face of adversity.

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WHO'S REALLY RUNNING YOUR LIFE?



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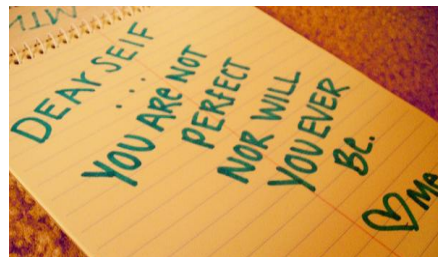
Don't *SHOULD* on me!



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BUILDING RESILIENCY

- Put things into perspective.
- Be mindful of what comes out of your mouth.
- Practice acts of gratitude.
- Life in the present moment.
- Pay it forward.
- **Stop Settling!**
- Give yourself a break.



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LIVING WITH INTENTION

- **YOU** must come first!
- **“What am I wanting for myself in THIS MOMENT?”**
- Make small, incremental changes
- Ask for the support you need
 - Proactively offer support for others
- Give yourself credit for even small changes.

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“SHAKING THE TREE” STORY

- When will you know you’ve had enough and what will it take for you to start living with intention?
- **Do you wait for life to happen or do you create it?**



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PERFECTION IS RESERVED FOR FAIRYTALES...

OH DEAR, I'M AFRAID I HAVE ALREADY **SLAYED** THE DRAGON, **DEFEATED** THE EVIL QUEEN AND **SAVED** THE KINGDOM.

BUT IT IS **TRULY SPLENDID** YOU ALL OFFERED TO HELP!

WHAT IF **WONDER WOMAN** WAS A **DISNEY PRINCESS**?

MARSH & WALKO

BALANCE ISN'T STATIC!

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THE GREMLIN EFFECT

- **The Gremlin:**

- The part of us that hates change, that prefers the status quo, that would just assume keep us small in our lives.
- Acknowledge the Gremlin for what it is and then get clear about what is most important to you.

“The chief cause for failure and unhappiness is trading what we want MOST for what we want NOW.”

~Zig Ziglar



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LESSONS FROM A 2 YEAR-OLD



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