



TIME
TO
RELAX



Upleveling Your Game for Productive Professionals: A Hero's Journey

Presented by:
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Hello!

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Objectives

1

Discuss the delicate work-life “balance”.

2

Explore how to practically approach productivity as a professional.

3

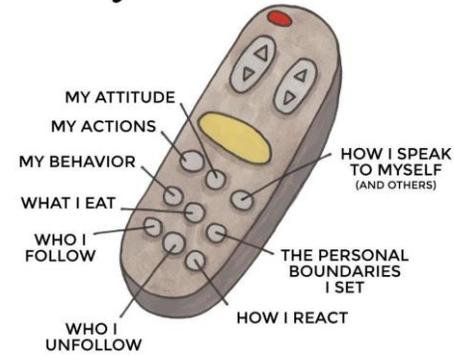
Learn specific strategies to develop and support positive stress management and healthy habits.

THE GOAL ISN'T
TO GET RID
OF ALL YOUR
NEGATIVE THOUGHTS
AND FEELINGS;
THAT'S IMPOSSIBLE.
THE GOAL IS
TO CHANGE
YOUR RESPONSE
TO THEM.

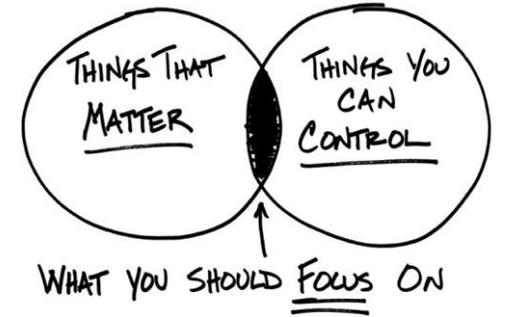
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mandarangel

*Don't worry
about what
you can't
control*

Things I can control



Migi Carter

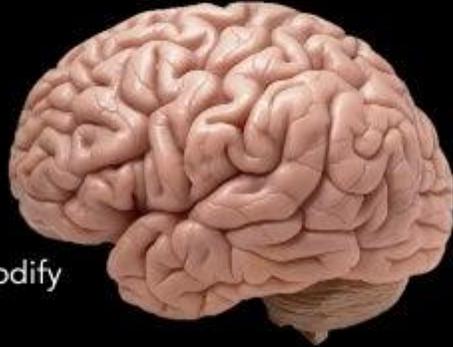


BEHAVIOR GAP

From Autopilot to Awareness

System 1

Autopilot
Fast
Implicit
Effortless
Associative
Difficult to control or modify
No self-awareness

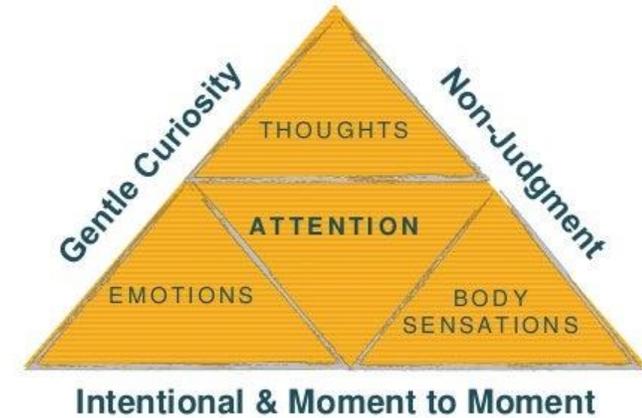


System 2

Slow
Serial
Explicit
Effortful
Logical & skeptical
Deliberately controlled
With self-awareness

"System 1 runs the show, that's the one you want to move." – Daniel Kahneman

TRIANGLE OF AWARENESS



Embrace the Freedom of "Wants"

You feel you need something outside of yourself in order to be whole and happy.

You need to have a million dollars.

You need that person's approval.

You need that position or promotion.

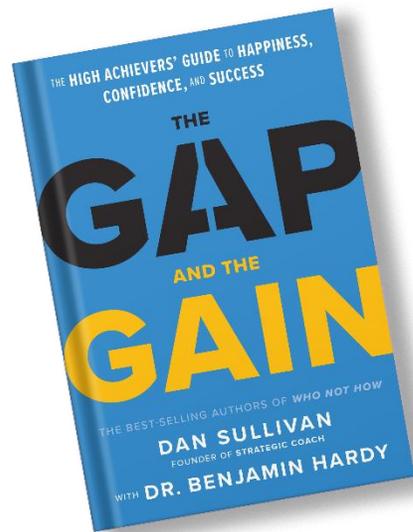
You need to be a particular size or shape or to look a certain way.

When you're driven by need, rather than want, you have an urgency and desperation to fulfill that need. The problem is that "needs" are unresolved internal pain, not something you can solve externally.

Bill Wilson, the co-founder of Alcoholics Anonymous, said, "All progress starts by telling the truth." ♥

But when you're in the GAP, you avoid looking inside. You avoid facing the truth that you're miserable. Instead, you continually search and seek outwardly to fill the GAP inside.

By focusing on the GAIN in his life, Jansen was happy and successful before winning the gold. He didn't need that medal to make him happy. He was already there.



Many people have lots of experience but very little learning.

When you're in the GAP about any experience, that experience becomes somewhat of a trauma to you. The word *trauma* may sound extreme, but trauma, by nature, is an experience you've framed as negative, which you avoid, and which creates ongoing dysfunction and debilitation in your life.

When an experience is framed in the GAP, you haven't learned from it. You haven't taken ownership of it. Until you actively learn from a GAP-experience, you're stuck. You won't be able to move forward until you frame the experience as a GAIN. Until you choose to be grateful for the experience and better off because it happened.

Once you get yourself in the GAIN, you become better.

You're no longer bitter.

You're grateful for every experience.

You're living your life based on your own success measurements—which you yourself have chosen. ♥

You embrace "failing" (i.e., *learning*) because you're actively converting every experience into learning and growth—GAINS.

Seth Godin said:

"The rule is simple: the person who fails the most will win. If I fail more than you do, I will win. Because in order to keep failing, you've got to be good enough to keep playing."^{12,13}

WHEN YOU PLAY TO THE WHISTLE, YOU STOP WATCHING THE CLOCK. NO NEED TO PUT A TIMELINE ON SUCCESS, BUT RATHER FOCUS ON THE HABITS THAT WILL GET YOU THERE. form every experience into a GAIN.

By defining your own measure of success, and by actively growing through your experiences, you'll continually be shocked by how far you've come.

You'll regularly look back at where you previously were and see accelerated growth.

You'll see increasingly tangible and measurable progress.

Your progress will be startling to most outsiders, because many people spend enormous amounts of time in the GAP, which means they aren't converting their experiences into learning. It means they aren't utilizing every experience to refine how they define and measure success.

When you're in the GAIN, you become unstoppable.

When you're in the GAIN, your progress becomes increasingly measurable to yourself and everyone around you.

Yet, the more you're in the GAIN, the less you compare, compete, or even care what other people think about you.

Being in the GAIN leads you to becoming increasingly unique and self-determined as a person. By no longer measuring yourself against externals, and by transforming every experience into a GAIN, you become a highly unique and incomparable person to anyone else.

You're playing your own game.

You're seeing new progress every day.

You're defining what your own experiences mean.

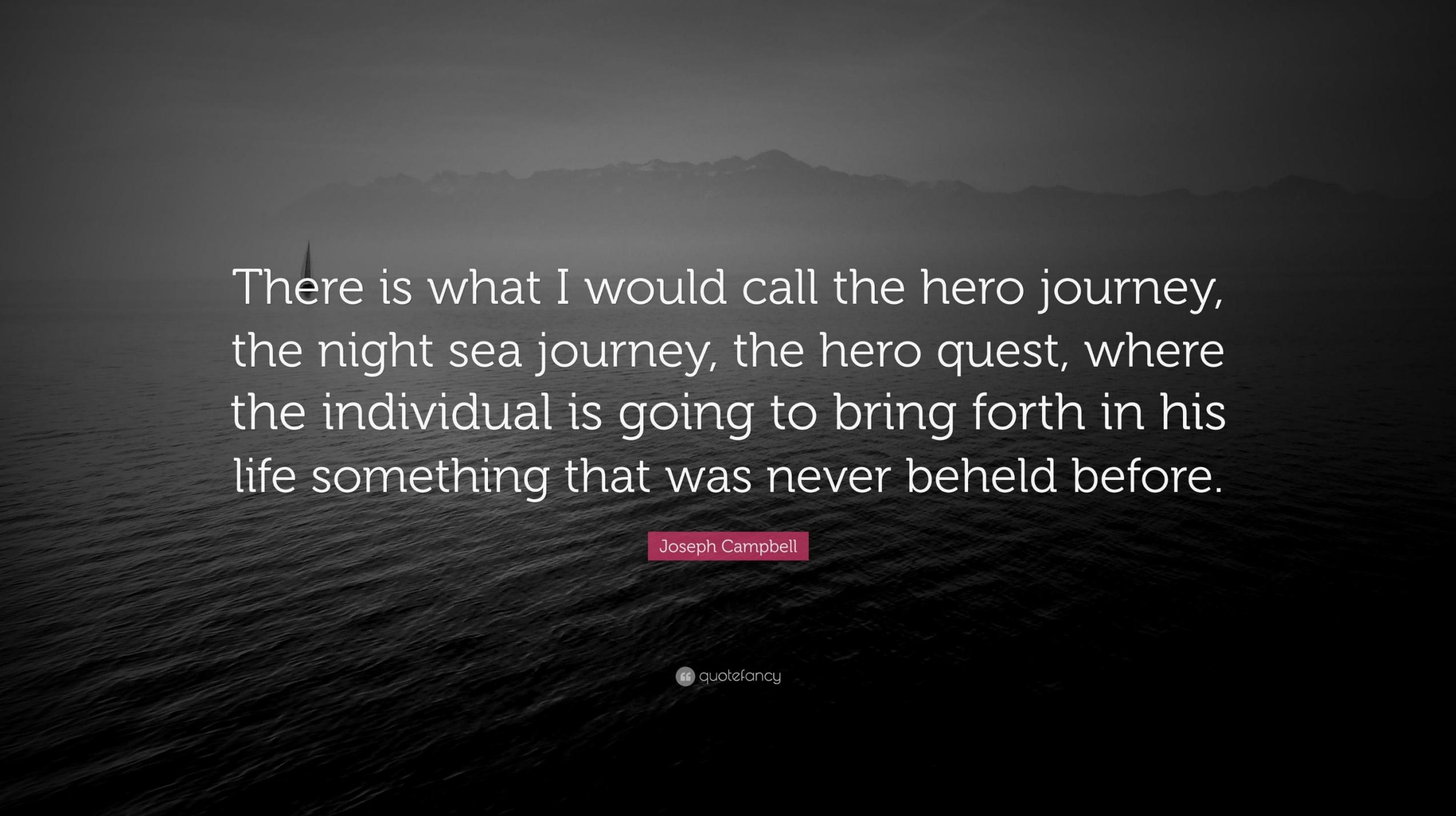
You're loving your life.

BE IN THE GAIN FOR OTHERS

"The meaning of life is whatever you ascribe it to be."

—JOSEPH CAMPBELL¹⁴

HOLD TO READ



There is what I would call the hero journey, the night sea journey, the hero quest, where the individual is going to bring forth in his life something that was never beheld before.

Joseph Campbell

“

If you are falling...dive.

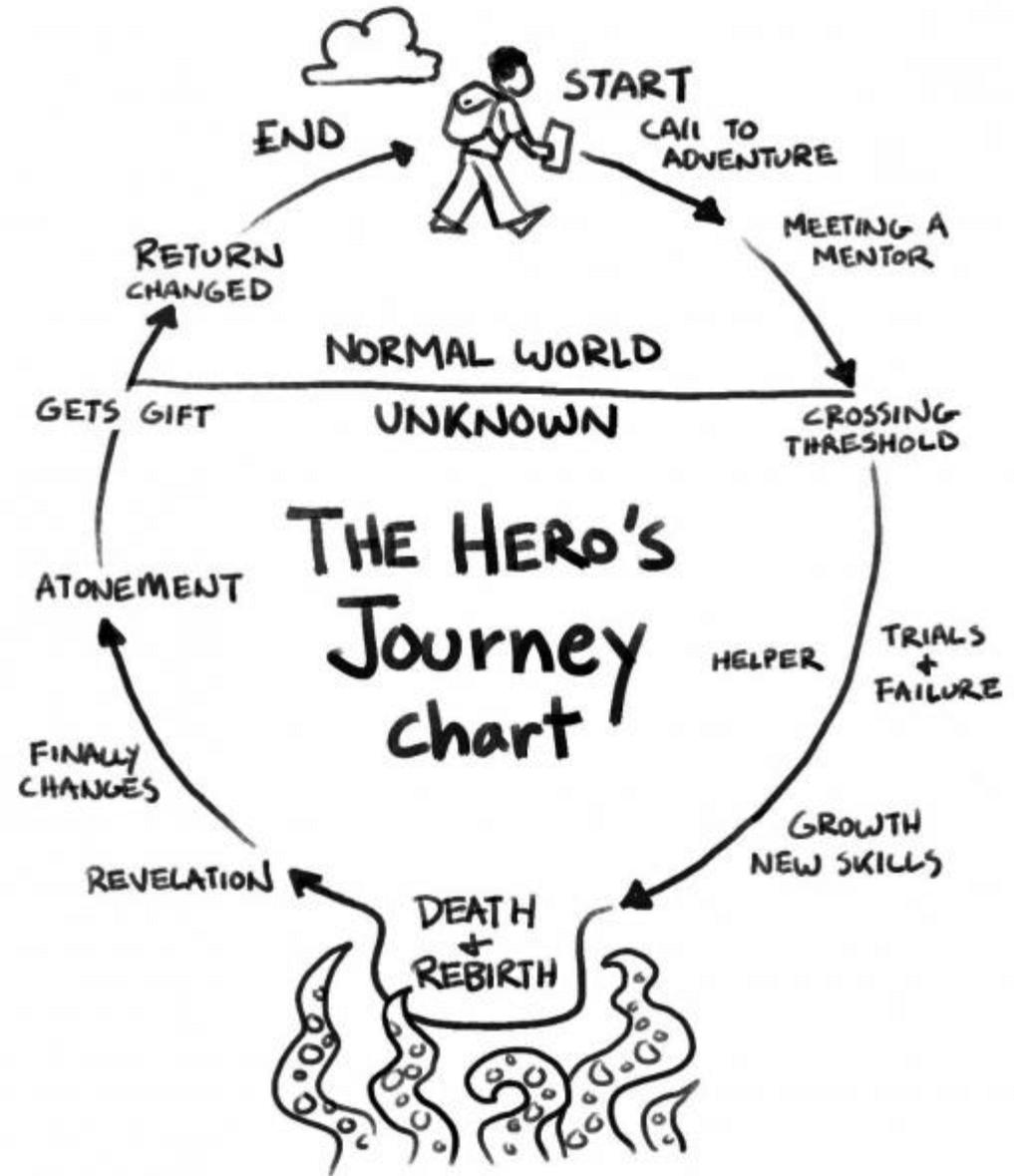
We're in a freefall into future.
We don't know where we're going.

Things are changing so fast,
and always when you're going through
a long tunnel, anxiety comes along.

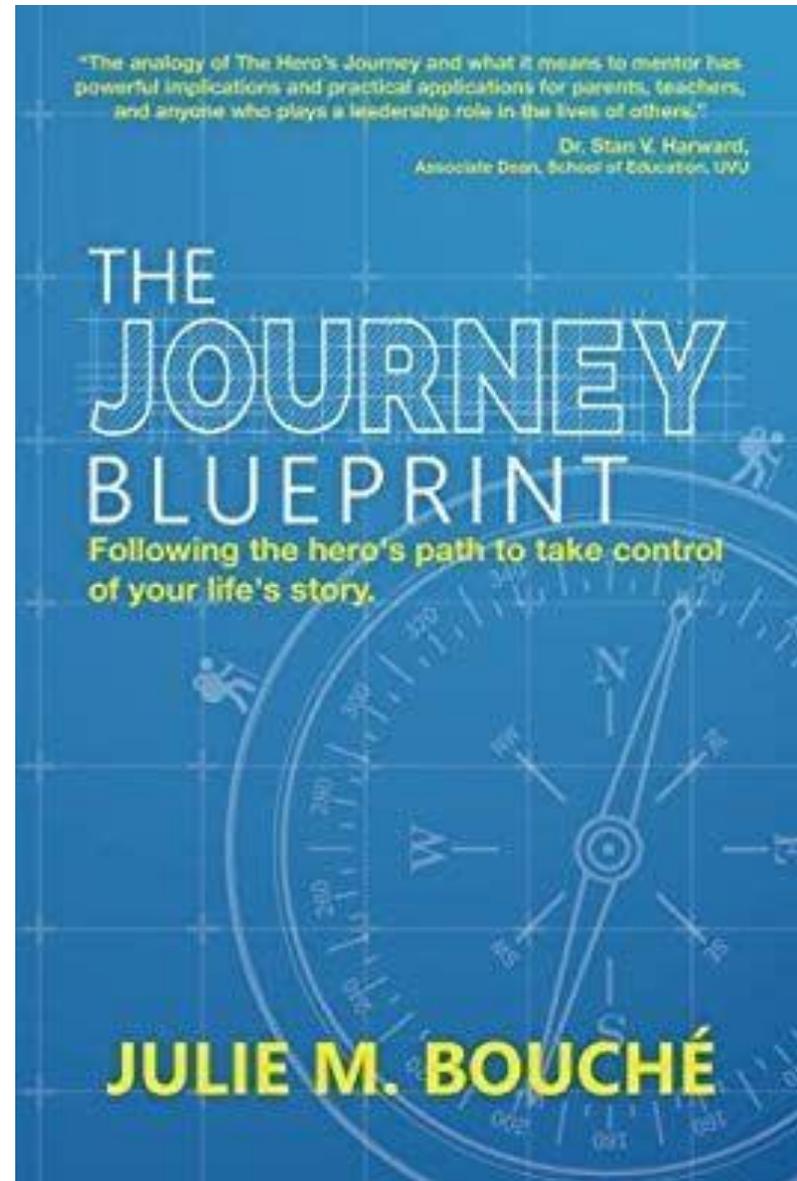
And all you have to do
to transform your hell into a paradise
is to turn your fall into a voluntary act.

It's a very interesting shift
of perspective and that's all it is
...joyful participation in the sorrows
...and everything changes.

Joseph Campbell



The Hero's Journey & Why It Matters in Leadership





IMPACT OF STRESS

Stress Defined

stress

/stres/

Noun

A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Stress is also the mental & physical result of a lack of tools (or the perceived lack of tools) to cope with the demands or pressures of a situation.



More About Stress

- Stress is the body's automatic response to any physical or mental demand placed on it.
- Stress is an expected and necessary part of life.
- Adrenaline & Cortisol are hormone responses to stress.
- Fight or Flight response is elicited.
- Sometimes we also **FREEZE!**
- Stress has positive and negative effects.
- Moderate levels of stress may actually improve performance and efficiency.
- Managing stress may also help foster **resilience**.



Stress Terms

Stress: any disturbance in a person's normal balanced state.

Stressors: any stimuli perceived as a challenge or physical or emotional threat.

Triggers: the cue for a stress response.

Factors: types of stress.

Acute: Time-limited events that threaten a person for a relatively brief period provoke acute stress.

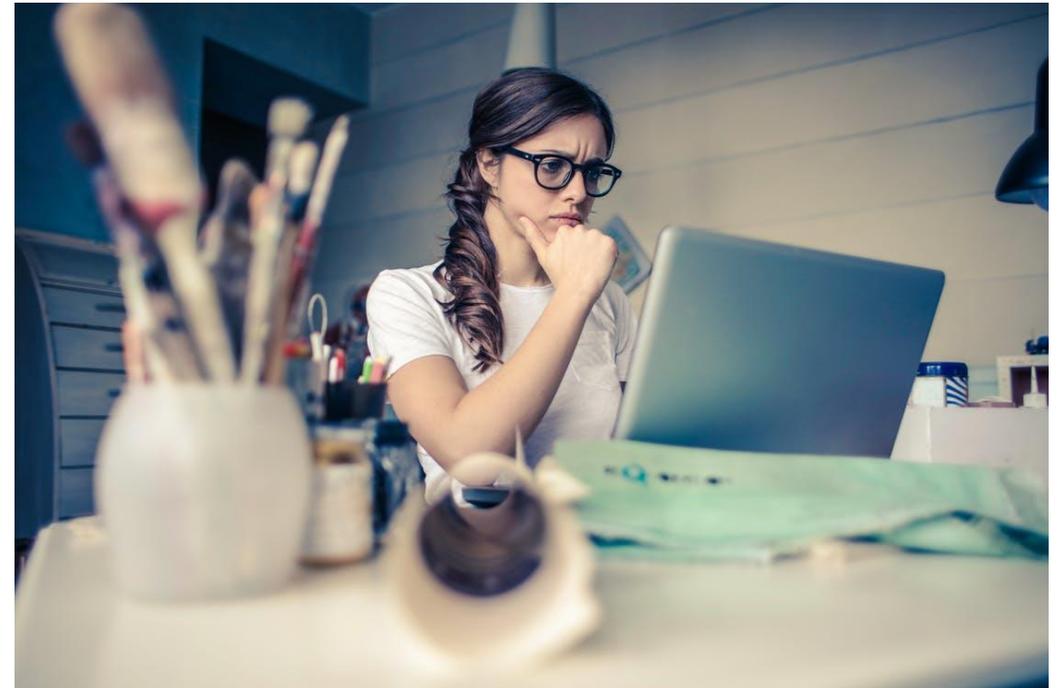
Chronic: Occurs in stable conditions and results from stressful roles.

Posttraumatic stress disorder (PTSD): an acute stress disorder that begins when a person experiences, witnesses, or is confronted with a traumatic event.

- May include flashbacks (recurrent and intrusive recollections of the event).

Stressors

- Family Relationships
- Masking/Social Distancing
- Business and School Closures
- Financial Concerns
- Employment & Internships
- Housing Concerns
- Caregiving Responsibilities
- Maintaining Relationships
- Health/Illness Concerns
- Feelings of Uncertainty
- Busy schedules
- Work/Life Balance



Stress Factors

Internal:

- Illness
- Anxiety

External:

- Death/loss
- Natural disaster

Developmental:

- New job/responsibilities
- Aging parents

Situational:

- Divorce
- Parent-child dynamic

Stress Overview

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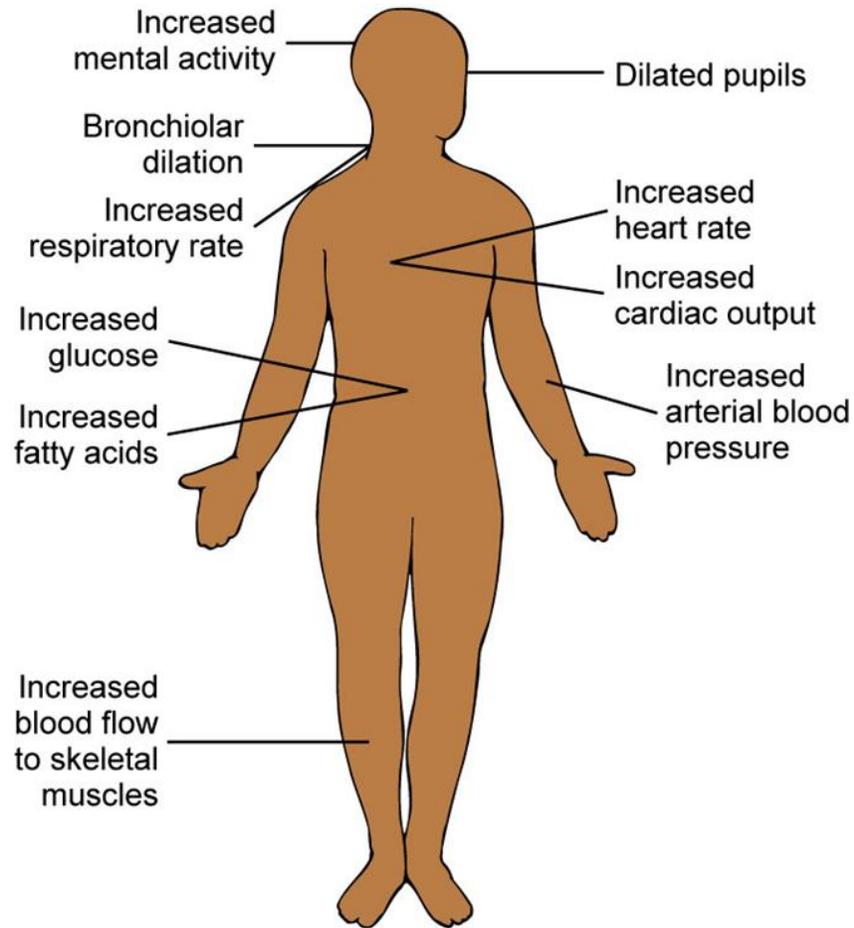
Triggers

Identify your individual triggers for stress.

- Write down 3-5 triggers for you.
- Try to avoid or limit your triggers.
- Explore self-care and stress management strategies to help you cope.
- Decide how you will respond when you are triggered.



Responses to Stress



Psychological Responses to Stress:

- Anxiety
- Fear
- Anger, hostility
- Depression

Physiological Responses to Stress:

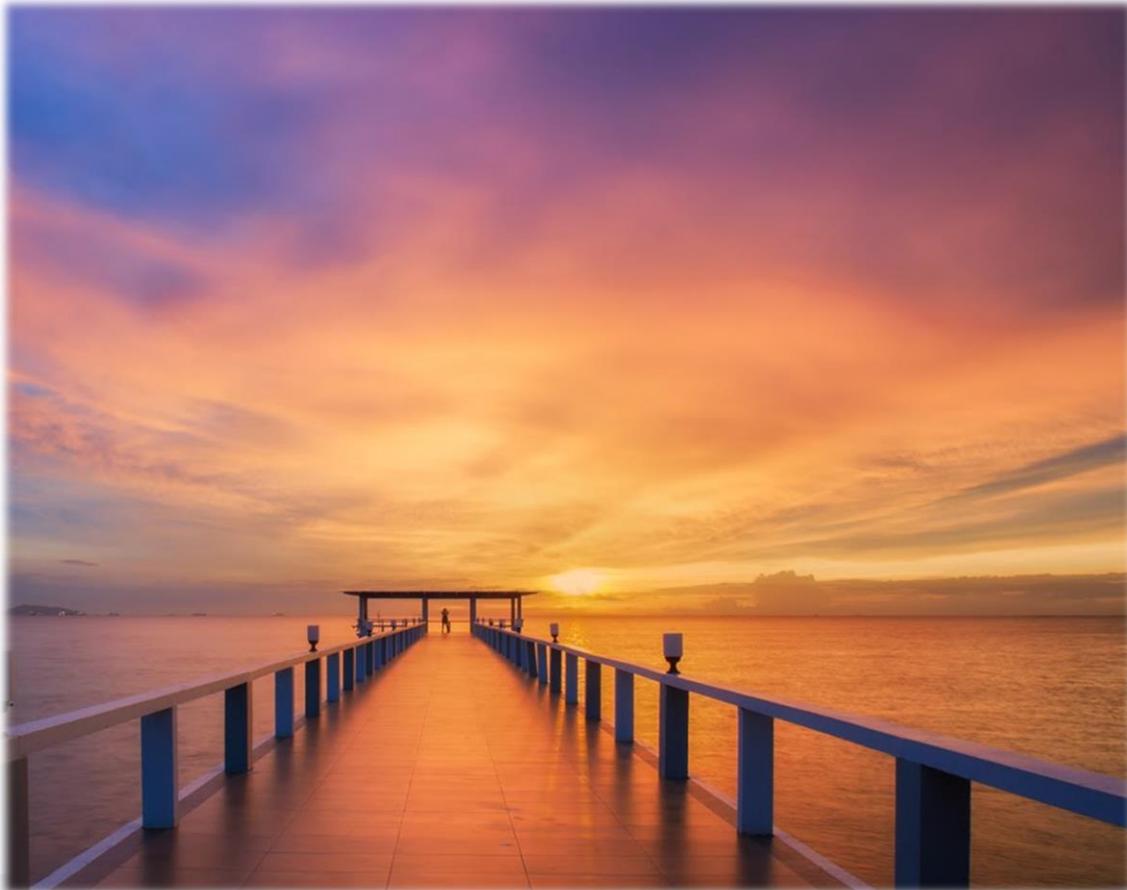
- Fight-or-flight responses (immediate stress)
- Cortisol release (long-term stress)
- Freeze Response



Approaches to Stress Management

- Altering the stressor.
- Adapting to the stressor.
- Avoiding the stressor.

Adaptation to Stress



Coping: the strategies a person uses to assess and manage demands.

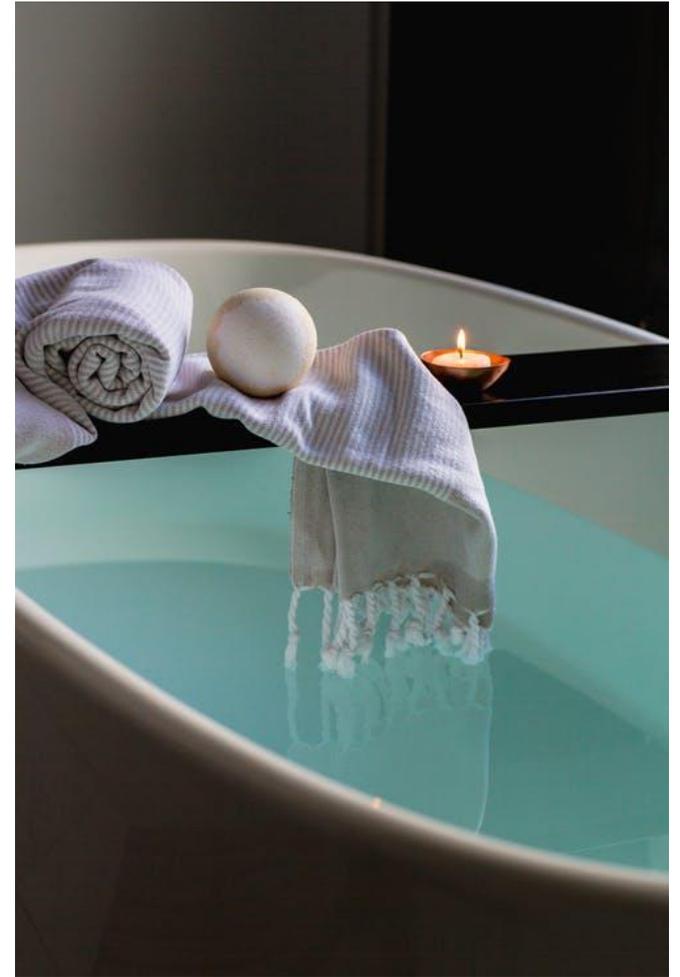
Resourcefulness: the ability to find quick and clever ways to overcome difficulties.

Resilience: the capacity to recover quickly or “bounce back” from difficulties.



Manage Stress Well

- ✓ Physical health improves
 - more energy and stamina
- ✓ Emotions stabilize
 - positive attitude
 - hopeful/happier
- ✓ Ability to focus improves
 - able to learn and achieve



Stress Management

Stress Management Techniques:

- Relaxation techniques
- Meditation
- Visualization or imagery
- Biofeedback
- Acupuncture
- Chiropractic adjustment
- Massage
- Reflexology
- Other: humor, music, art, dance, journaling

Health Promotion Activities:

- Nutrition
- Exercise
- Sleep and rest
- Leisure activities
- Time management
- Avoiding maladaptive behaviors



**OVERCOMING
OVERWHELM**

The Overwhelm Equation

- *“Overwhelm” is busy with an added dose of anxiety and stress and a deficit of support and time. – Ted Riter*
- Busy + Anxious + Stressed – Support – Time – Rest = Overwhelm
- How to solve the equation?



1. Know when/where to start.
2. Know what to do.
3. Take action.
4. Prioritize and Schedule Rest.



Overwhelm Overview

- **What is it?** Feeling overcome by an intense and unruly emotion that something is too challenging to manage and overcome.
- **When does it happen?** When a person believes the stressors are far too great to manage, they become overwhelmed — which means that any number of causes are possible.
- **How do you address it?** By taking small baby steps in managing your stress and responses.



Seeds of Overwhelm

- Unrealistic expectations of self or others.
- Taking on too much responsibility or commitments.
- Putting too much pressure on yourself or others.
- Seeking perfectionism.
- Unwilling to let go of control.
- Identifying as an overachiever.
- Glorifying “busy.”



Sources of Overwhelm

- Relationship Challenges
- Physical or Mental Health
- Work Demands
- Poor Nutrition
- Financial Distress/Insecurity
- Significant Life Changes
- Time Constraints &
- Fast-paced Life
- Death/Grieving
- Saying yes too much
- Personal Traumas
- Sleep Challenges
- Pandemic Life
- Political Climate
- Always connected
- Social Media & 24/7 News
- Decision Fatigue
- Uncertainty
- Comparison
- Hustle Culture



Symptoms of Overwhelm

- Anxiety
- Depression
- Stress
- Strong Emotions – Anger, fear, guilt, or shame!
- Tearful or Crying
- Withdrawal or Isolation
- Maladaptive Coping
- Mental or Physical Fatigue/Exhaustion
- Compassion Fatigue
- Burnout
- Feeling Stuck (Think Freeze Response to Stress.)



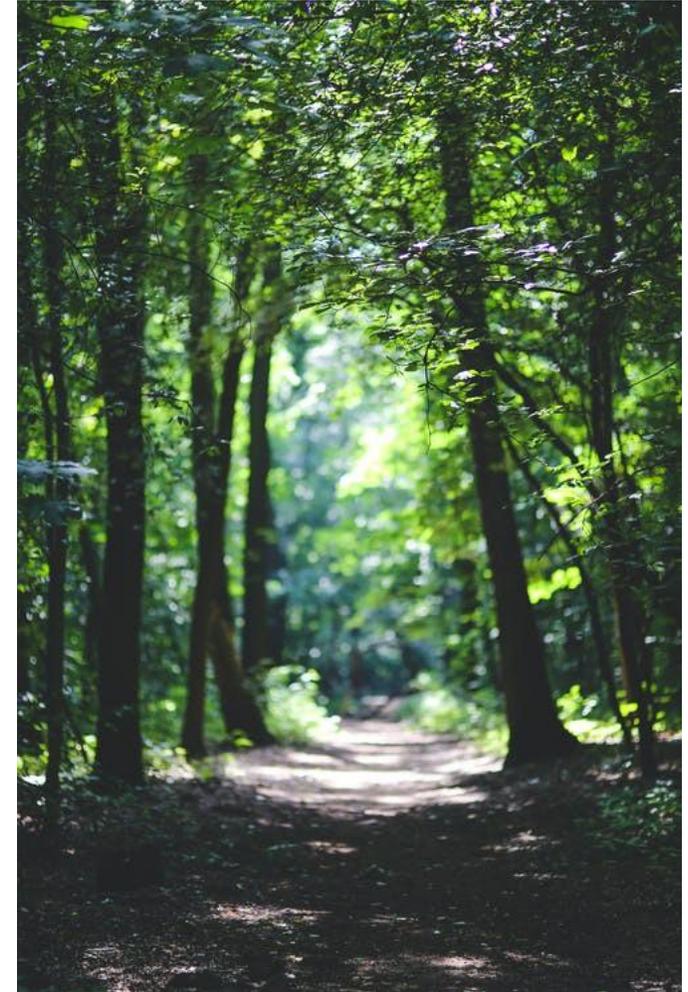
Stop the Overwhelm

- 1. Acknowledge & accept your feelings.** Use acceptance as a tool to work through those uncomfortable feelings. All emotions are part of the human experience.
 - 2. Reframe your thoughts.** Ask yourself if this thought is helpful.
 - 3. Take a brain break.** Unplug, take a walk or a nap, take small action steps.
 - 4. Be present in the moment. Ask What's Important [Right] Now (WIN)?**
 - 5. Know your resources and ask for help. Get an accountability partner. Take action! Action builds self-trust, momentum, & motivation.**
- Baby steps! Small progress is still progress.**



A Path Forward

- Push pause. Stop living on auto-pilot. Be conscious.
- Get to know yourself, again.
- Take time to self-reflect & journal.
- Do a Brain Download. Jot down thoughts, feelings, & to-dos.
- Pinpoint the primary source of overwhelm.
- Challenge your assumptions.
- Set healthy boundaries.
- Prioritize. 1 thing per day!
- Delegate, delete, or delay.
- Minimize distractions (e.g., tech, devices, social media).
- Take frequent breaks throughout the day/week.
- Apply the 5-minute Rule. If you can do it in 5, do it now!
- Step “Outside the Box.” Get perspective!
- Crowdsource for help.
- Cultivate silence & solitude.
- Focus on your needs first.
- Track and manage your time. Try time blocking.
- Are you a consumer or a producer? Consume less information.



Practical Steps to Overcome Overwhelm

- Set an alarm. Get dressed to shoes every morning.
- Wear a watch. Set alarm reminders.
- Use a calendar (e.g., digital or paper planner).
- Schedule everything and “Timeblock” your day.
- Organize your space at home, work, and in your car.
- Start by decluttering, donating, and tidying.
- Track your daily habits and take inventory.
- Automate routines and rhythms (e.g., Grocery shop every Saturday morning).
- Prepare the night before.
- Check the weather and pick outfits for the week.
- Sunday Evening Check-ins.
- Use Chore Charts and Cleaning Routines.
- Carve out space for thinking and decision-making.
- Give yourself space to manage your stress.
- Pick 1 thing and just get started.
- Stop researching and do it imperfectly.





RESILIENCE'S ROLE

How well do you
“bounce back”
after challenges?



Resilience Defined

According to the *American Psychological Association* (2019), resilience is “the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors.”



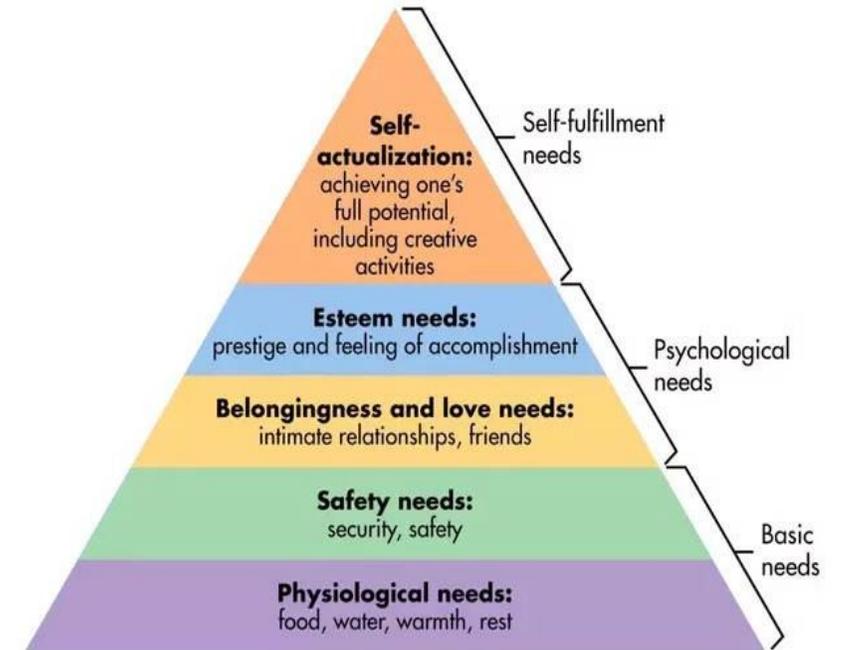
Health Defined

- Health is more than the absence of disease!
- A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity (WHO, 1947).
- A state of being that people define in relation to their own values, personality, and lifestyle.



Lifestyle's Impact on Health

- Many variables influence how a person thinks and acts.
- Health beliefs can negatively or positively influence health behavior or health practices.
- Health beliefs and practices are influenced by internal and external variables.
- Our **needs** drive our approach to health and wellness. Think Maslow's Hierarchy of Needs.



Resilience & Health

Resilience and health have an important relationship.

One affects the other.



So, let's take back control!

Let's build or rebuild *self*-trust.

Reminder: Resilience develops amid adversity.

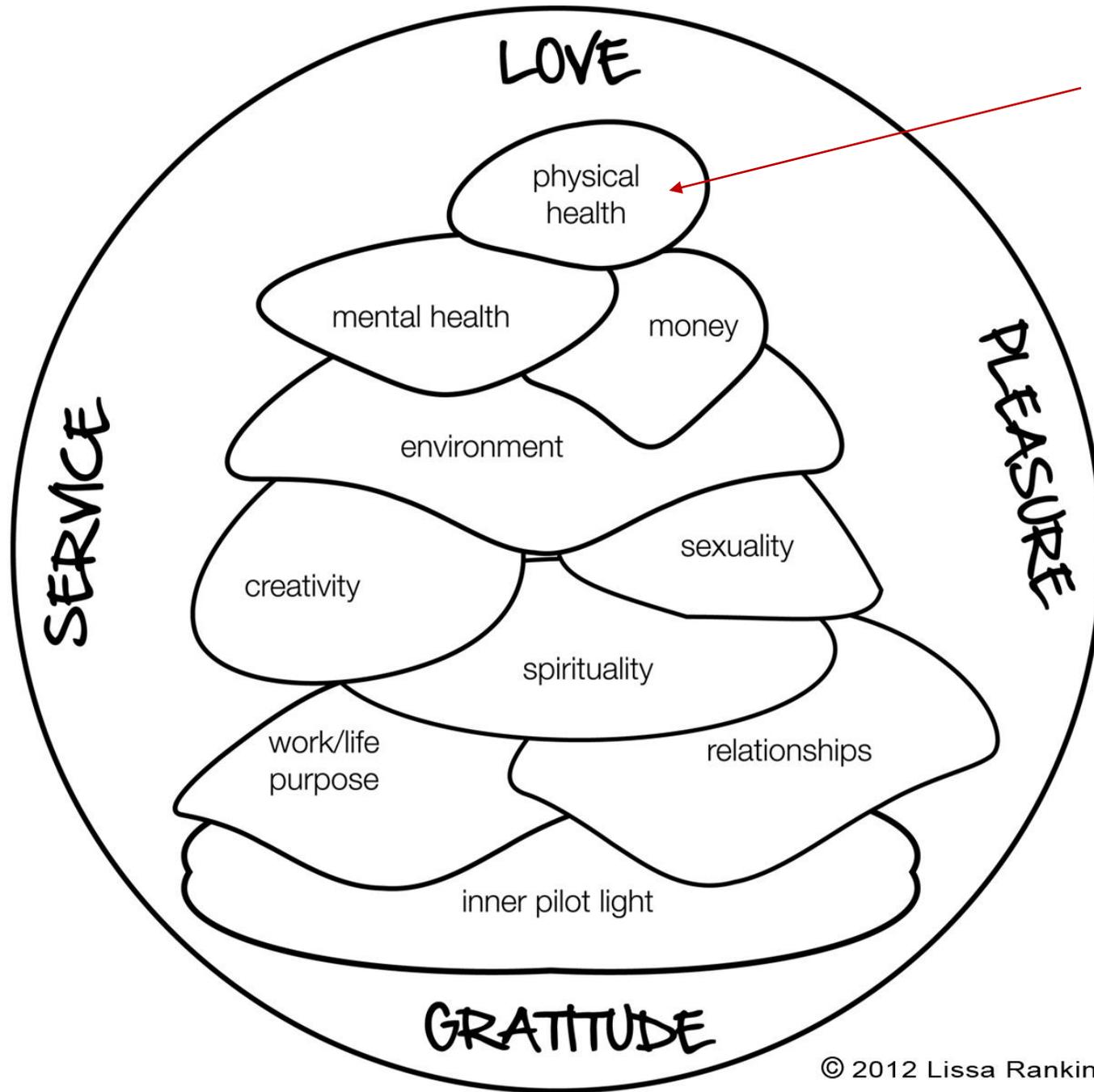


5 Key Skills

Five Key Stress Resilience Skills

1. Self-awareness.
2. Attention – flexibility & stability of focus.
3. Letting go (1) – physical.
4. Letting go (2) – mental.
5. Accessing & sustaining positive emotion.





The first stone that topples!

Mind, Body, & Spirit are intimately connected.

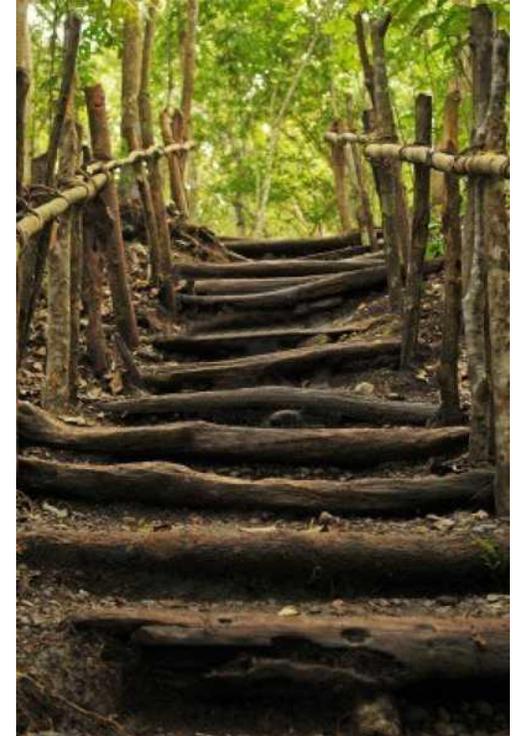
Self-Trust & Responsibility

How to develop self-trust.

- Feel your feelings.
- Create a positive relationship with your inner critic.
- Make self-care a priority. Listen to your body.
- Choose your advice sources carefully.
- Notice how it feels when you don't trust yourself.
- Let go of habits/routines that undermine your self-trust.
- Notice when you self-sabotage & procrastinate.
- Advocate for yourself.
- Keep a daily promise to yourself.

Responsibility

If you don't take responsibility, *your ability to respond* to xyz...you are giving your power/agency away to someone or something else.





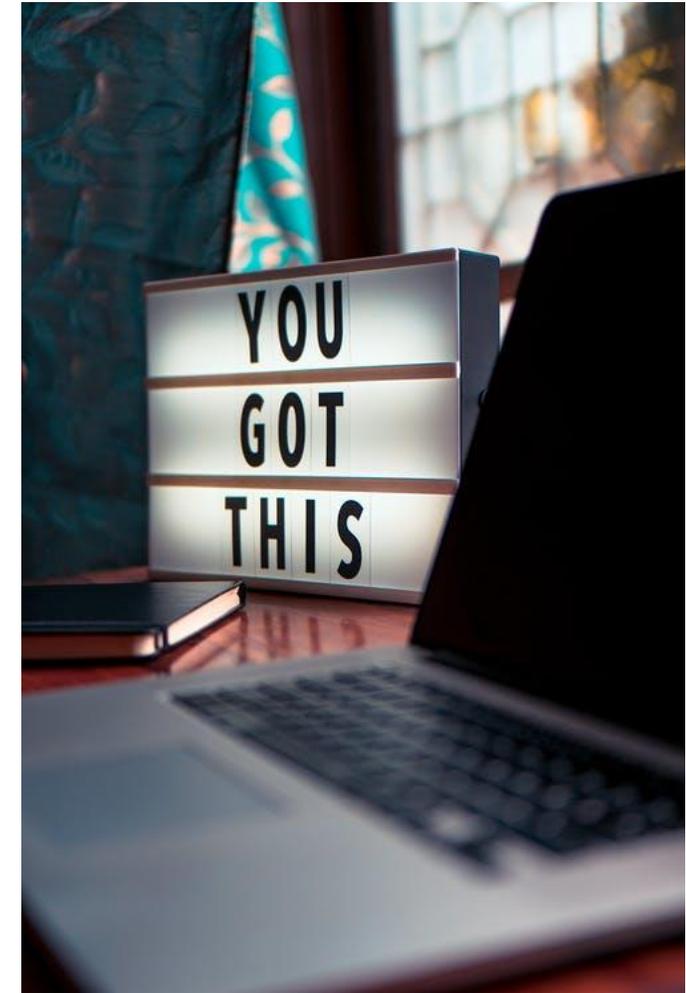
How Do I Build Self-Trust?

- Develop positive self-talk
- Caring for your Inner child
- Having healthy boundaries
- Being able to say 'no'
- Take time to self-care
- Validating your feelings
- Know and align with your values – keep your word
- Developing unconditional self-love
- Allowing mistakes and learning from them
- Ask for help when you need it
- Set realistic goals
- Trusting your intuition
- Forgive yourself
- Set small goals that you can achieve

@PSYCHOTHERAPY.CENTRAL

Cultivate Calm

- ✓ Acknowledge your feelings. It's okay to feel stressed.
- ✓ Stay informed but take breaks from the news.
- ✓ Offset stress with positive calming activities.
- ✓ Remain hopeful and optimistic.
- ✓ Plan and prepare for the unexpected.
- ✓ Control the controllable.
- ✓ Take care of your mental and physical needs.
- ✓ Practice mindfulness.
- ✓ Focus on your breathing.
- ✓ Avoid Numbing Out!



Remember

- You are enough.
- ~~You can't pour from an empty cup.~~ You do not need to earn rest.
- Practice the Wellness Basics – Get sleep, hydrate, nourish your body, move your body, & meditate.
- Repeat affirmations.

Today, I am strong.

I carefully choose what goes on my calendar.

This too shall pass.

One task at a time is enough.

It is okay to rest.

I am doing the best I can.

I release the need for perfection.

Today, I choose joy.



Positive Reframing

Circumstances: **I am trying to work in the middle of a pandemic.**

Thoughts: My life is so hard.

Feelings: Overwhelm

Action: Nothing or Feeling Stuck.

Results: Life is stressful.

Let's retrain our thoughts.

Here's a new thought to think that is more helpful:

"I am strong, and I can change things if I want."

If we think this new thought, maybe our model (and life) will slowly begin to change.

C: **I am trying to work in the middle of a pandemic.**

T: I am strong, and I can change things if I want.

F: Hopeful

A: Get to Work!

R: Things start to change.

Journaling is a helpful tool for self-reflection.



Notice that the circumstances did not change...the thought changed!

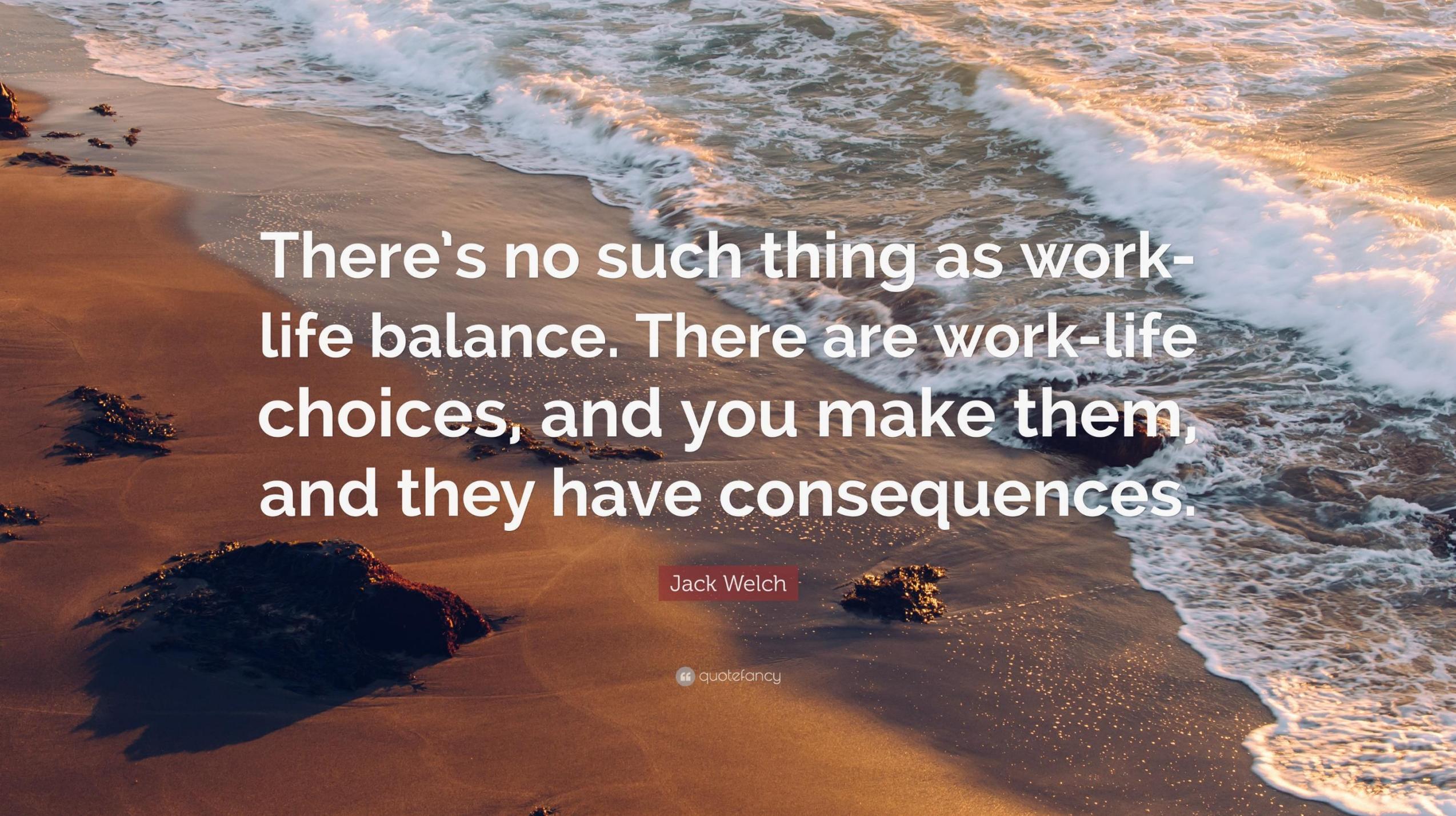
Mindfulness & Meditation

- Let your brain rest!
- Meditate for 3-5 Minutes in the Morning.
- Journal for self-reflection.
- Use Mindful Breathing Techniques.
- Be intentional with Distractions (e.g., Social Media, Entertainment, Gaming, etc.)
- Be present in the moment! Present where your feet are...





**WORK-LIFE
“BALANCE”**

An aerial photograph of a beach at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. Waves are breaking onto the shore, creating white foam. The sand is dark and wet, reflecting the light. There are some rocks and seaweed scattered along the beach.

There's no such thing as work-life balance. There are work-life choices, and you make them, and they have consequences.

Jack Welch

“ quote fancy

“

**EVERY SINGLE TIME
YOU SAY “YES” TO
SOMETHING, YOU
ARE INADVERTENTLY
SAYING “NO” TO
SOMETHING ELSE.
CHOOSE WISELY.**

”

Kimberly Haydn

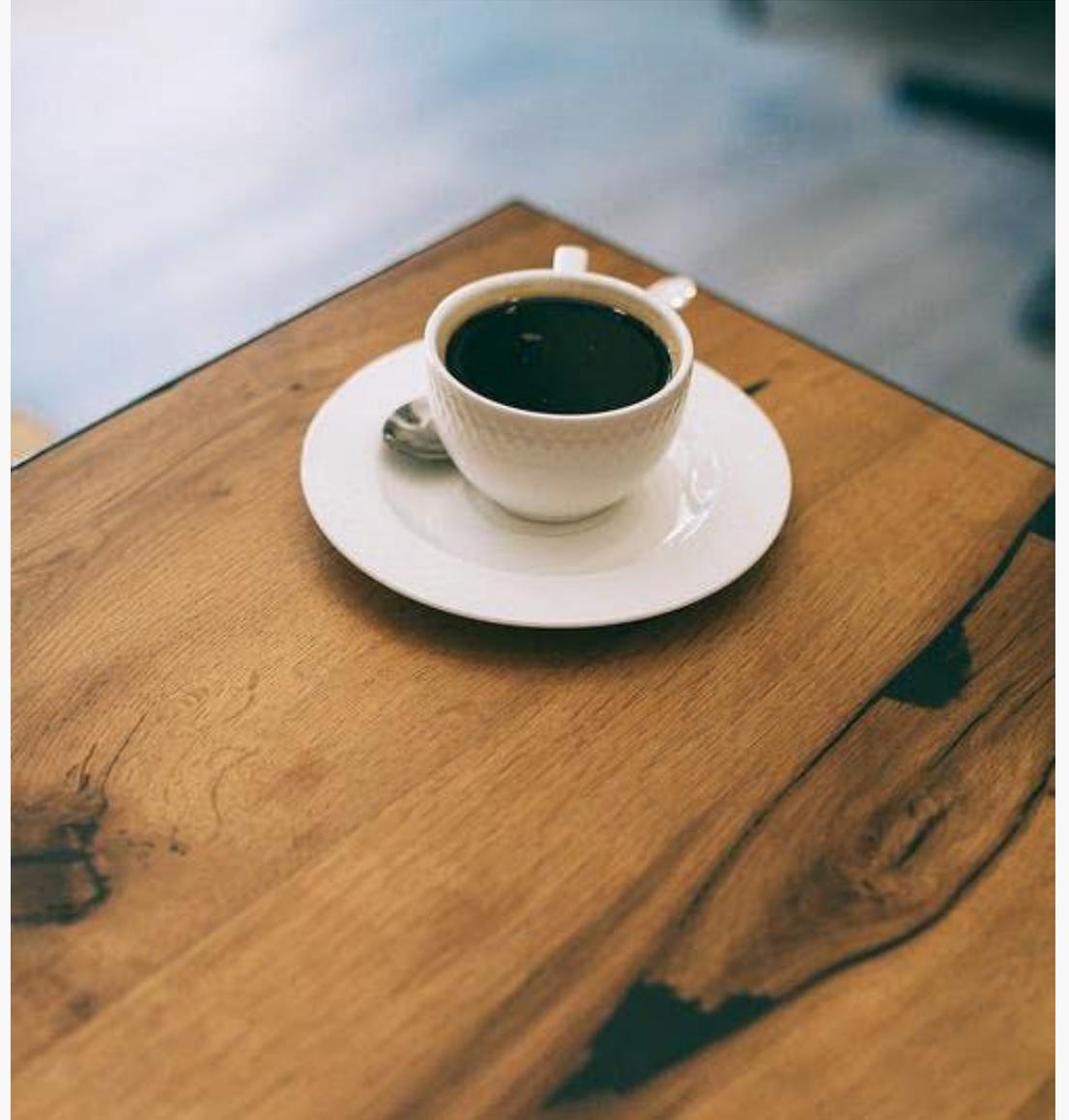
COMMITTEE OF NO

- To determine your best yeses, have a “committee” of 2-3 people who you can consult on important decisions.

Ask yourself...

- Does this align with my goals & values?
- Does this move the needle forward on my goals?
- What am I saying no to by saying yes to this?

- Remember, every yes is a no to something else.



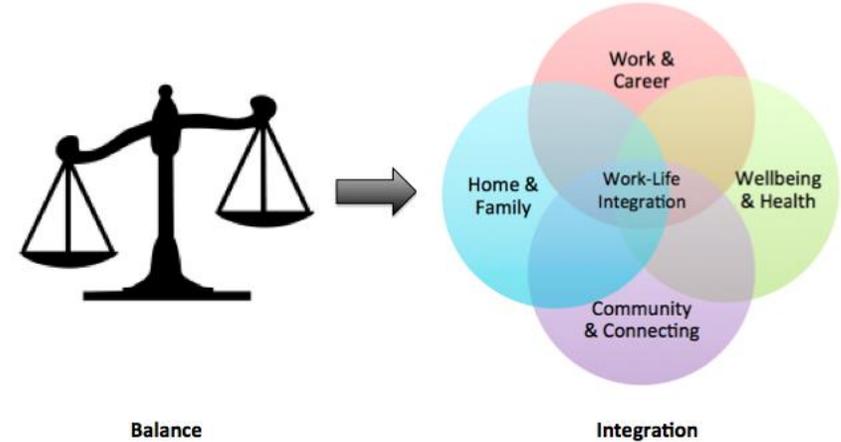
The Eisenhower Decision Matrix



How to Achieve “Balance”

Think of Balance as a Budget, not a scale!

- Leave 10 Minutes in every hour for Margin.
- How much time do I want to spend on work, personal, sleep? Time block those hours.
 - 8 hours for work
 - 8 hours for personal
 - 8 hours for sleep



Prepare for Success

- Jot down any important items! Make it visual.
- Make to-do lists. And then, prioritize tasks.
- Update your calendar/planner with new deadlines.
- Create a dedicated work area and habits.
- Treat yourself and celebrate small wins.
- Stay connected.
- Find an accountability buddy.
- Take frequent brain breaks.
- Stay motivated and encouraged.
- Set your deadlines for yourself.
- Most importantly, ask for help! We are in this together.



What Gets Scheduled...Gets Done!

- Make appointments with yourself and keep them like you would any other appointment.
- Schedule everything...rest, fun, errands, exercise, housework, date nights, grocery shopping, etc.
- Everything gets assigned a date and time!
- Update your calendar and review it every day.
- Your brain likes to process information, not store it!



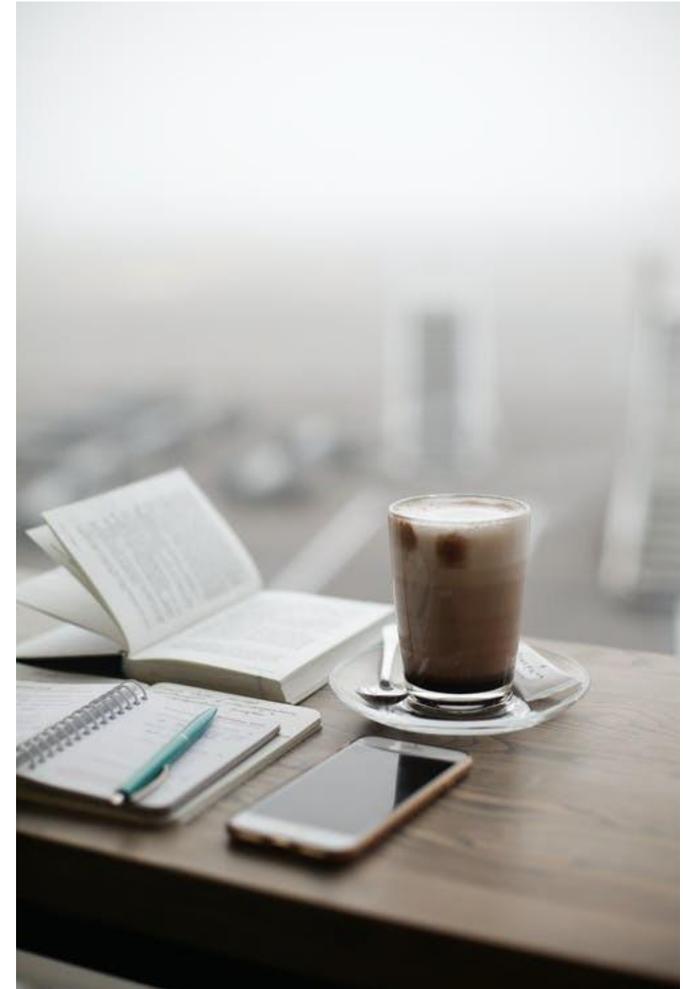
Create Routines & Rhythms

- Schedules may change daily/weekly – use routines and rhythms to stay on track!
- Batch “Like” Tasks.
- Keep notes about your work, if you are frequently interrupted.
- Avoid multitasking. It drains the battery (brainpower) faster!
- Try not to skip meals. Take frequent breaks.
- Build margin in your schedule/day/week. At least 10 minutes every hour.
- Crowdsource strategies for managing life well.



Get it on Paper

- Reflect.
- Journal.
- Practice gratitude and radical acceptance (What you resist persists).
- Do regular brain drains on paper.
- Keep track of your progress.



The Paper Process

3

Your Name – Spring 2022

On the Brain	Grading	Projects
Ideas for Next Year	Organizations	Meetings
To-dos	Assignments Due	Errands

2

1

BRAIN DUMP

DAY DESIGNER
LIFE. DESIGNED.

1



4

Today's top 3

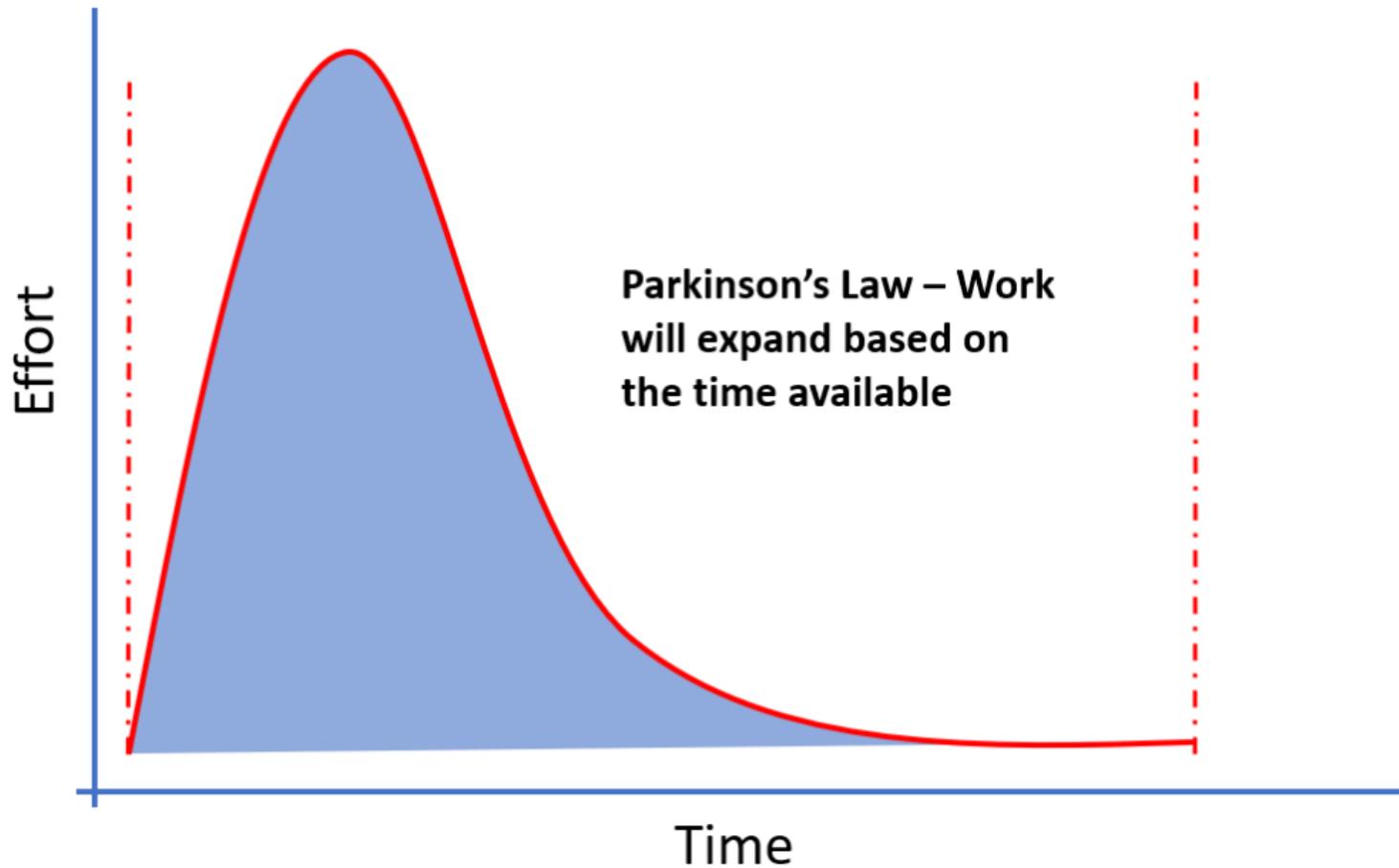
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Parkinson's Law – Set Deadlines



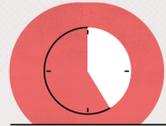
Set a Timer

How to use the pomodoro method



Step 1

Create a list of tasks ordered by importance



Step 2

Set a timer to 25 minutes



Step 3

Work on a task for the duration of the timer



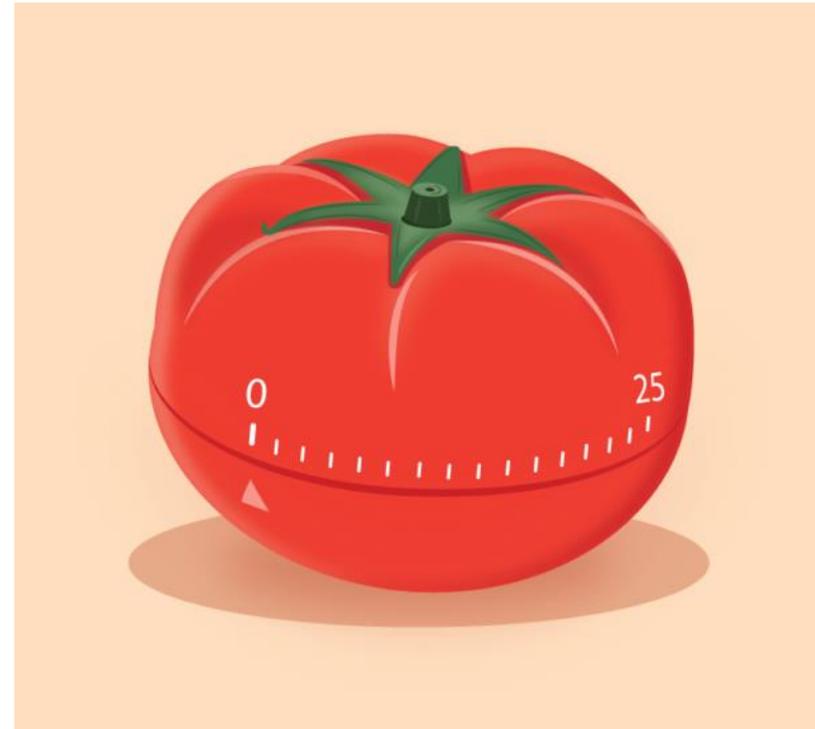
Step 4

Take a 5 minute break



Step 5

After 4 pomodoros, take a 15-30 minute break



What is Your Frog?

**Do the thing that you dread the most (frog),
first thing in the morning.**

- ❖ Eat The Frog is perfect for anyone who:
 - Struggles with procrastination.
 - Gets a lot done but isn't making progress on the important stuff.
 - Has a hard time sticking to a productivity system.
 - Has trouble deciding what to work on at any given time.
 - Feels overwhelmed by their to-do list.



“Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.” — Mark Twain

Know Your Finish Line

- Is it 4:45PM? Great, stop work at 4:30PM.
- Take the last 15 minutes to wrap up your day...to prepare for success the next day.
 - ✓ Check your email one last time.
 - ✓ Clear your Desk. Tidy your workspace.
 - ✓ Manage any piles that are lingering.
 - ✓ Make notes...leave breadcrumbs.
 - ✓ Look at your calendar for the next day.
 - ✓ Pack up your things.
 - ✓ Close out any undone tasks.
 - ✓ Make sure you have your Top 3 posted.



Transition Strategies

Home  Work

- Listen to a motivational podcast or music.
- Play your hype song.
- Hydrate (or sometimes Caffeinate) otw to work.
- When you park, do a 2-3 minute meditation.
- Get a small win first thing in the morning.
- Stay out of your email for the first 15-30 minutes.
- Don't treat your inbox like to-do list.
- Pick 3 priorities for the day...the day before.
- Tidy your office space when you leave each day.
- Leave breadcrumbs...where did you leave off?
- Have dedicated time in the morning for uninterrupted work. Post a sign and block it in your Outlook Calendar.



Transition Strategies

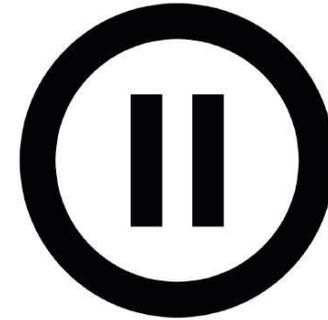
Work  Home

- Get a favorite coffee/treat/snack to enjoy.
- Listen to music or a fun podcast. Or,
- Enjoy the quiet.
- Leave your worries on your worry tree.
- When you park, do a 2-3 minute meditation.
- Put your phone away...in another room.
- Change clothes when you get home.
- Carve out 15 minutes when you get home to settle in.
- Have a plan for dinner.
- Make time for what matters.
- Have 5 minutes “dates” with your most important people.
- Take a walk after dinner.

Home sweet
HOMIE

Life Switches – Scheduling the Unexpected.

1. Stop and pause. Allow yourself to accept that a big event has happened.
2. Review your calendar and commitments.
3. Budget extra time. Schedule empty buffer days. Prepare your schedule to be able to catch up.
4. Shuffle. Move projects around. Reschedule due dates and manage others' expectations.
5. Delegate tasks to others and ask for help.
6. Follow the new plan and schedule.
7. Keep moving to get through it.



press pause
rest. relax. refresh.

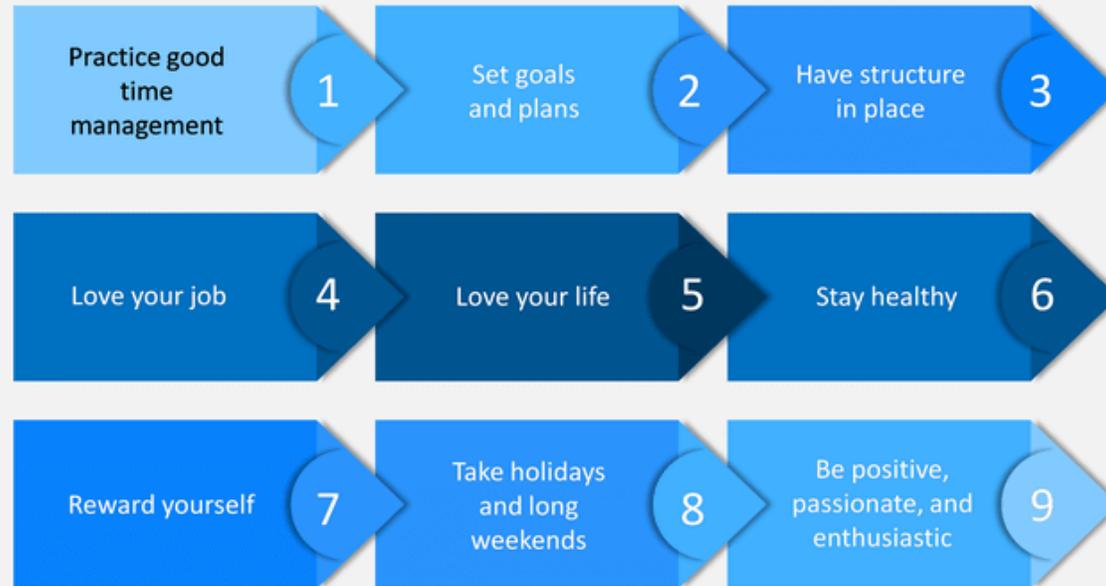
Weekly Check-ins

- ✓ What are my warning signs that life is getting out of balance?
- ✓ What changes can I make to feel more balanced?
- ✓ What changes can I make to have better balance in my relationships?
- ✓ What do I want to say yes to? No to?
- ✓ What is 1 thing I *can do or not do* to be less busy today?
- ✓ How long has it been since I did something new or fun?



WORK LIFE BALANCE

Tips for Work-Life Balance



6 EASY WAYS TO IMPROVE YOUR WORK-LIFE BALANCE



**DONATE
YOUR TIME,
EXPERTISE, OR
FINANCES**



**FIND A MENTOR
TO PROVIDE
ADVICE &
INSIGHT**



**PLAN YOUR
VACATION &
DAYS OFF IN
ADVANCE**



**PRIORITIZE
YOUR TOP
TASKS & DO
THEM FIRST**



**TAKE TIME TO
REST BOTH
MENTALLY &
PHYSICALLY**



**ADD EXERCISE
AS A PART OF
YOUR DAILY
ROUTINE**

5 Productivity Hacks For Better Work-Life Balance

1. Prioritize professional and personal "non-negotiables"

Separate your "non-negotiables" from other tasks that are not as important.

2. Stick to the same schedule

Schedule analytic or creative thinking during your peak productivity timeframe.

3. Schedule time for personal "odds and ends"

Schedule 15 minutes per day to knock out small personal tasks.

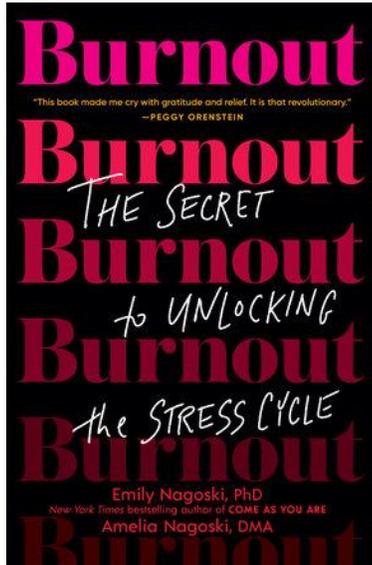
4. Find the productivity tool that works for you

Pinpoint your needs and find a simple tool that effectively helps you organize your life.

5. Set aside time to declutter

Studies show that visual clutter makes us less productive.

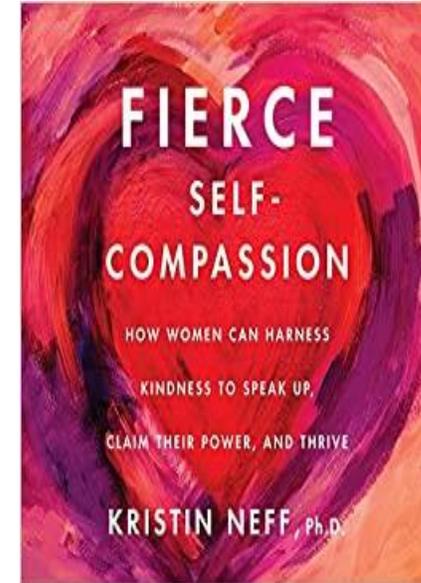
[Close your Stress Cycle](#)



[Setting Boundaries](#)



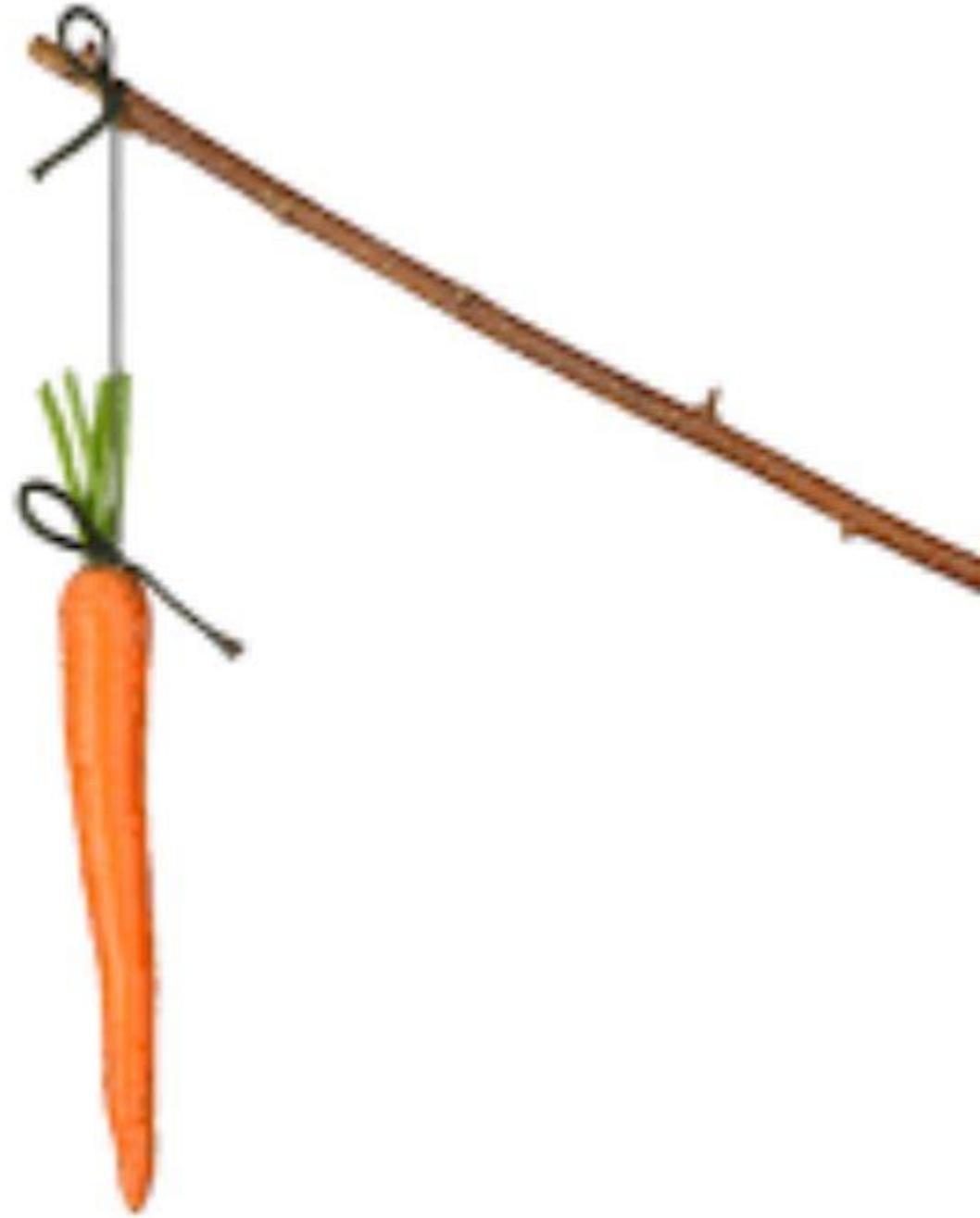
[Self-Compassion](#)

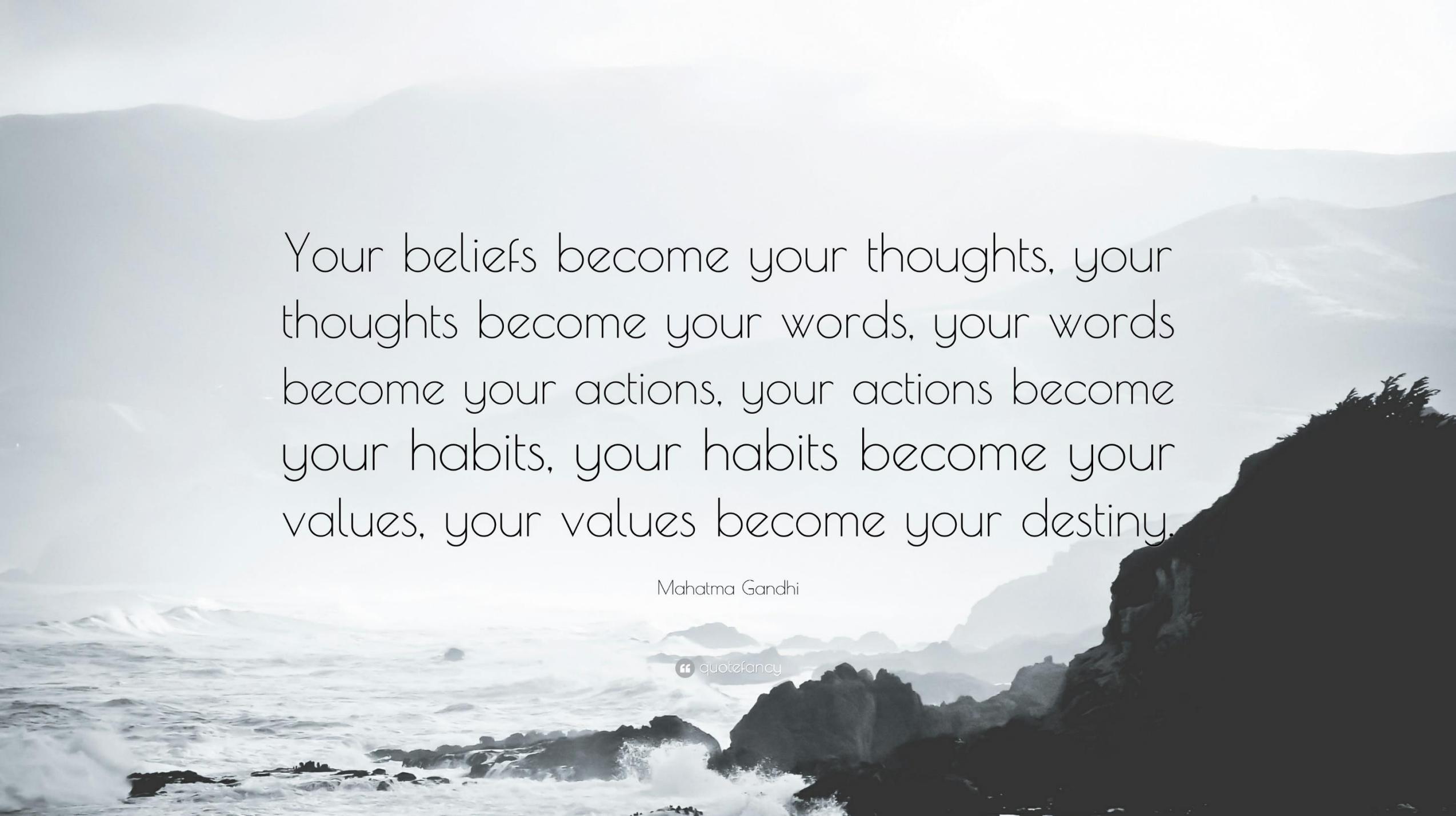




HABIT CHANGE

**WHY YOU
SHOULD
STOP CHASING
MOTIVATION**





Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.

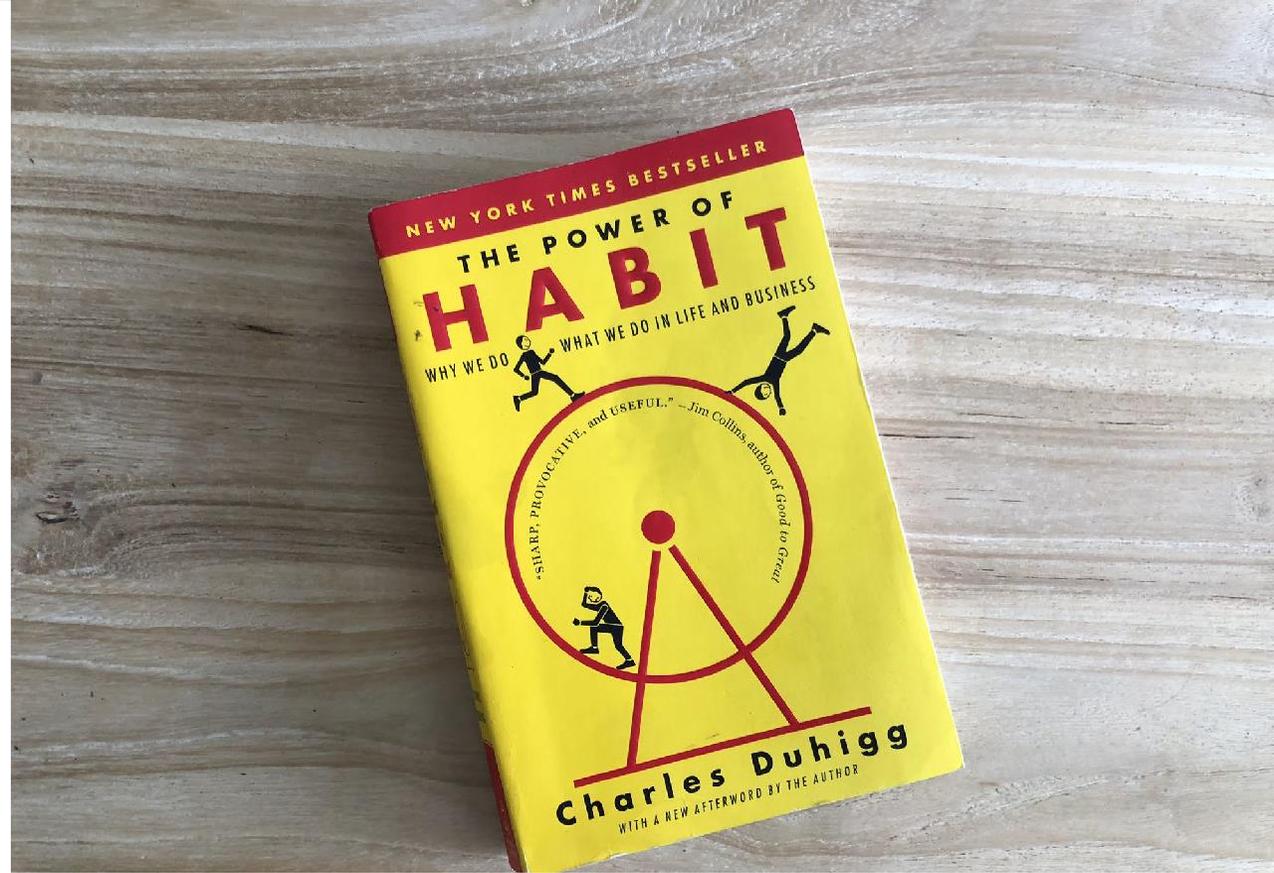
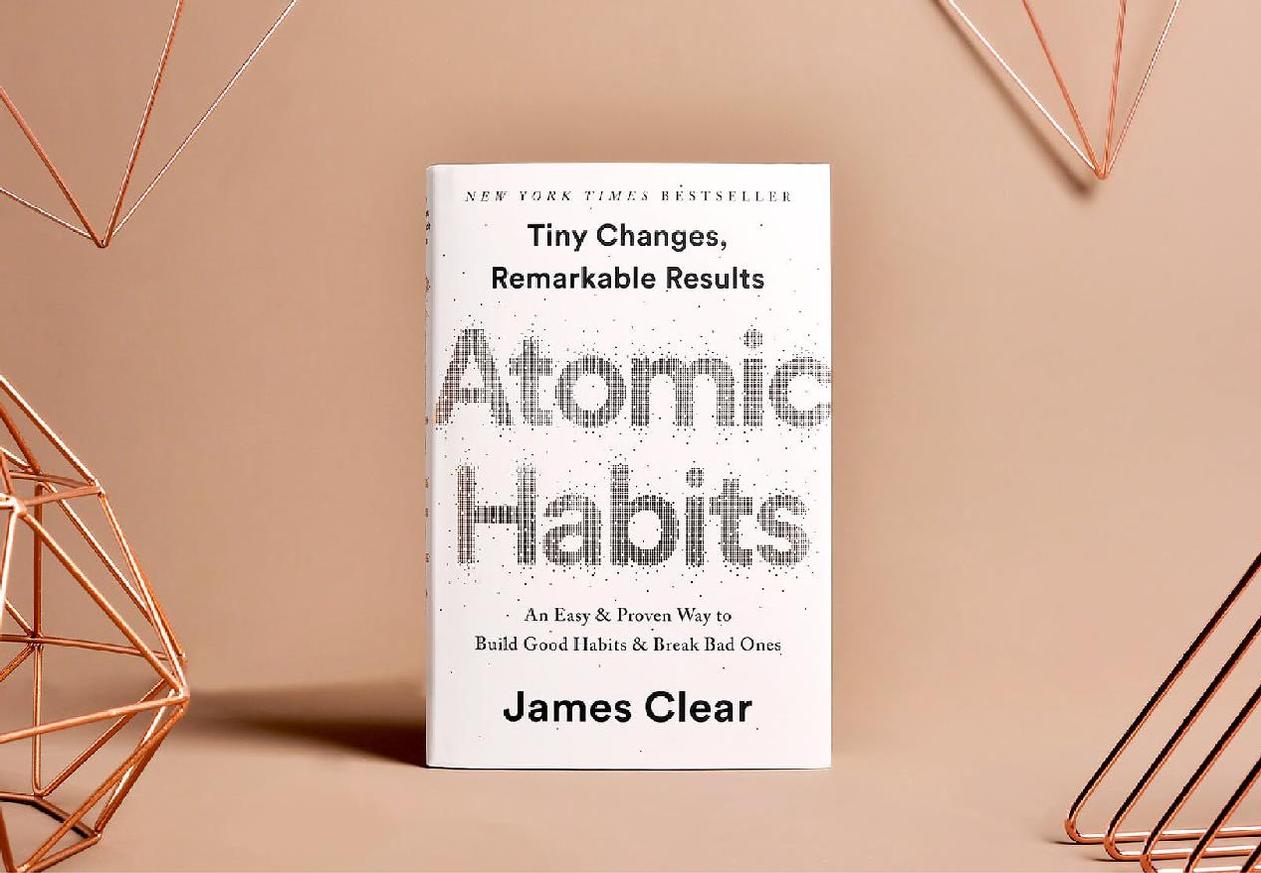
Mahatma Gandhi

“ quote fancy



**We are what we
repeatedly do.
Excellence, then,
is not an act,
but a habit.**

ARISTOTLE



Recommended Reading



The Power of Habit

“People recognize intuitively how much of their lives are habits,” says Charles Duhigg, a *New York Times* reporter and author of the bestselling book *The Power of Habit*.

He cites a Duke University study that found that 40 to 45 % of people’s daily actions are habits or unconscious decisions.

Habit Change

- Positive Habit Change is the foundation of health and wellness.
- Habit Change is necessary to achieve goals and meet milestones.
- Habit Change is based on discipline not motivation!

The Power
of Habit

CUE + ROUTINE +
REWARD = HABIT

The habit loop is set off by a cue, the trigger that tells your brain to go into automatic mode. Then there is the routine, which can be physical or mental or emotional behavior. Finally, there is a reward.



Routine

The physical, mental or emotional behaviour that follows the cue

Cue

A trigger that tells your brain which routine to use

Craving

This powers the habit loop.

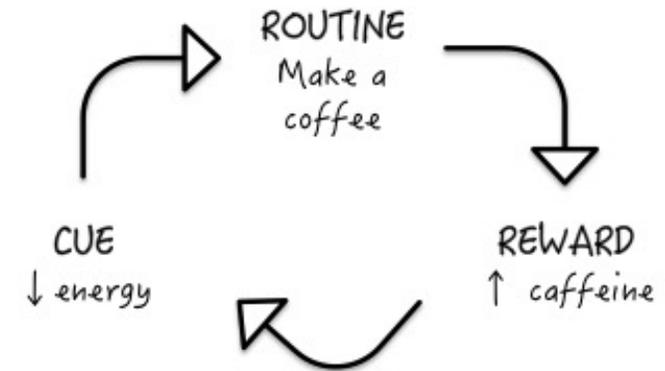
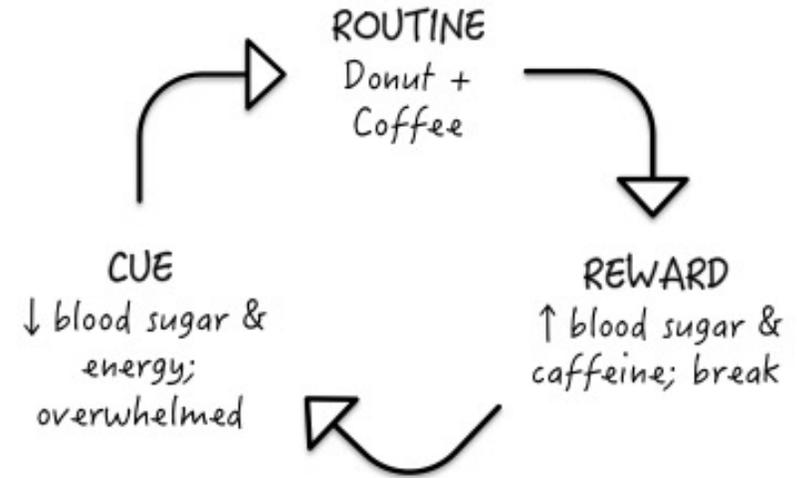
Reward

A positive stimulus that tells your brain that the routine works well



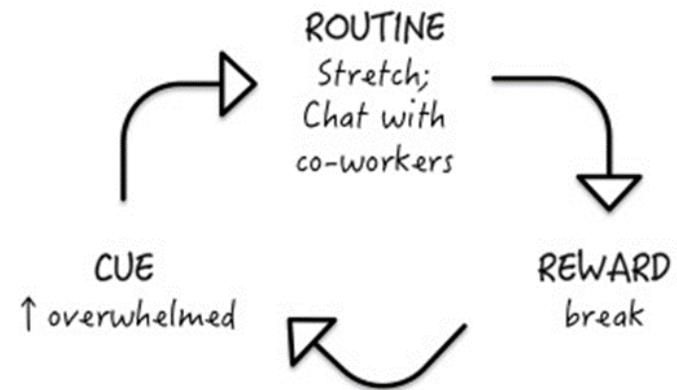
Common Habit Loops

<https://www.youtube.com/watch?v=W1eYrhGeffc>



<https://www.modernflourish.com/donut-addiction-bad-habit/>

Healthier Habit Loop

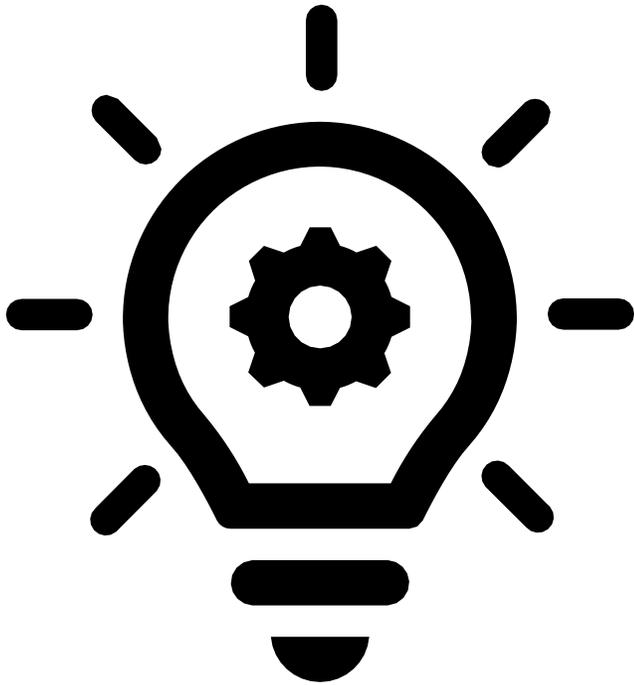


<https://www.modernflourish.com/donut-addiction-bad-habit/>

**Habit Stacking:
After [Current Habit] I will
[New Habit]**

Ex. After brushing my teeth, I will take my supplements.

More Habit Stack Examples



- After I turn on the shower, I will do 10 squats.
- When I wake up, I will journal a gratitude list.
- After I get in my car, I will meditate for 3 minutes.
- When I drink a coffee, I will refill my water bottle.
- When I walk into work, I will take the stairs.
- When I sit down for lunch/dinner, take three deep breaths.

”

All big things come
from small
beginnings.

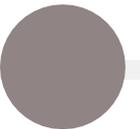
JAMES CLEAR

Identify Your Cues/Triggers

- ✓ Remember, triggers are the first step in developing a habit. Identifying the triggers behind your habitual behaviors is the first step in moving past them.
- ✓ Spend a few days tracking your habit to see whether it follows any patterns.

Note things like:

- Where does the habitual behavior happen?
- What time of day?
- How do you feel when it happens?
- Are other people involved?
- Does it happen right before/after something else?



Set Your Intention

I will be the best version of
myself by my next birthday.

But, how will you measure this?

“Our **intention**
creates
our **reality.**”

Wayne Dyer

Goal Setting

Use your *intention* to brainstorm long-term goals to help you achieve the feeling or emotion tied to that intention. Reverse engineer your goals.

- Long-Term Goals: *What do I want to achieve this year? How do I want to feel when I meet this goal?*
- Short-Term Goals: *What do I need to do on a monthly or weekly basis to reach my goal?*
- Daily Routines: *What do I need to do on a day-to-day basis to reach my goal?*

Map It Out

- Once you are clear on your goals, schedule in the daily, weekly, and monthly tasks that will contribute to the achievement of your yearly goal.
- If it isn't scheduled, it likely won't happen. So, assign a date and time to complete the tasks.
- Track your goals by checking in weekly. Missed or skipped a mini-goal? That's okay...schedule it for the next available time in your calendar.
- Rinse and repeat as often as needed!

Make Habits Easy

Desired Habit	How to Make Success Easy
Cook a healthy breakfast	<ul style="list-style-type: none">• Put the pan on the stove, Set the oil or cooking spray on the counter, lay out any plates and utensils needed
Practice drawing	<ul style="list-style-type: none">• Put your drawing tools on top of your desk
Exercise	<ul style="list-style-type: none">• Lay out your workout clothes, water bottle, and any other accessories ahead of time
Eat better	<ul style="list-style-type: none">• Chop up fruits and vegetables on the weekend for easy use during the week
Send more cards for birthdays, sympathy, and so on	<ul style="list-style-type: none">• Buy cards for all occasions, presort them for easy access; Consider putting stamps and return address labels in the box too.
Read more at night	<ul style="list-style-type: none">• When you get out of bed, put a book on your pillow (so you'll have to touch it to get into bed)
Remember to take a medication each night	<ul style="list-style-type: none">• Put the pills where you'll see them at night (e.g., next to your bathroom faucet or on your night stand)
Send more thank you notes	<ul style="list-style-type: none">• Keep a stack of them with envelopes and stamps at your desk
Practice an instrument more	<ul style="list-style-type: none">• Place it in the middle of the room
Drink more water	<ul style="list-style-type: none">• Prefill bottles and place them where you know you'll spend time (desk, couch, dining table)

Focus on
Systems >
Goals

Goals	Systems
Coach: Win a championship	vs. How you recruit players, run practices, and manage your assistant coaches
Entrepreneur: Start a \$1 million company	vs. How you run marketing campaigns, hire employees, experiment with product changes
Musician: Play a difficult piece of music	vs. How you practice, how you approach challenging measures, how you solicit feedback on your gaps, how you incorporate that feedback

Take Action: 7 Steps to Cultivate Habit Change



Write Down Your Goal:

Your Accountability Partner is:

Positive Affirmation about your goal:

Commit to a Deadline:

**Focus on the process of what it takes to be successful.
–Coach Nick Saban**

Group Your Tasks:

Create 4 sections (mini goals) to break your goal down into manageable pieces.

*LET'S TAKE
ACTION,
TOGETHER!*
Cultivating
Habit Change



Steps needed to accomplish:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

List Your 4 Mini Goals:

1	_____		_____
2	_____		_____
3	_____		_____
4	_____		_____

How Will You Measure These?

Create Your Action Item Map:

A horizontal timeline with four vertical tick marks. Below the line, there are four horizontal bars representing intervals. The first bar is labeled 'START DATE' and the last bar is labeled 'DUE DATE'.

Write Down Your Goal:

Lose 10% of my body weight
by May 1, 2021.

Your Accountability Partner is:

Catherine

Positive Affirmation about your goal:

I nourish my body and give it rest.

Commit to a Deadline:

May 1, 2021

**Focus on the process of what
it takes to be successful.
-Coach Nick Saban**

Group Your Tasks:

Create 4 sections (mini goals) to break
your goal down into manageable pieces.

*LET'S TAKE
ACTION,
TOGETHER!*
Cultivating
Habit Change



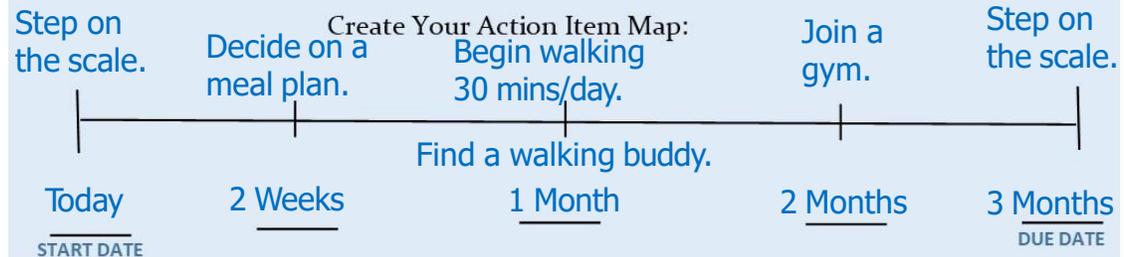
Steps needed to accomplish:

- 1 Step on the scale.
- 2 Begin walking 30 mins/day.
- 3 Decide on a meal plan.
- 4 Join a gym.
- 5 Find a walking buddy.
- 6 Buy new fitness gear/clothes.
- 7 Track my daily steps.
- 8 Never miss a Monday workout.
- 9 Drink at least 64 oz of water.
- 10 Stretch in the am/pm daily.

List Your 4 Mini Goals:

- | | | | |
|---|-----------------------------------|-----|---|
| 1 | <u>Step on the scale.</u> | »»» | <u>Mark on my tracker.</u> |
| 2 | <u>Find a walking buddy.</u> | »»» | <u>Mark on my tracker.</u> |
| 3 | <u>Begin walking 30 mins/day.</u> | »»» | <u>Track in MoveSpring.</u> |
| 4 | <u>Decide on a meal plan.</u> | »»» | <u>Meal Plan & Prep 3 lunches/week.</u> |

How Will You Measure These?





Prepare for Your Success

- ✓ Honor your own wisdom
- ✓ Work on triggers. Change your environment.
- ✓ Choose something to replace the unhealthy habit.
- ✓ Visualize yourself changing.
- ✓ Monitor your negative self-talk.
- ✓ Start small. Take baby steps.
- ✓ Anticipate setbacks.
- ✓ Know that change takes time.
- ✓ Reward yourself along the way.

Be Persistent

A study in the *European Journal of Social Psychology* found that it takes 66 days to form a new habit.



Atomic Habits

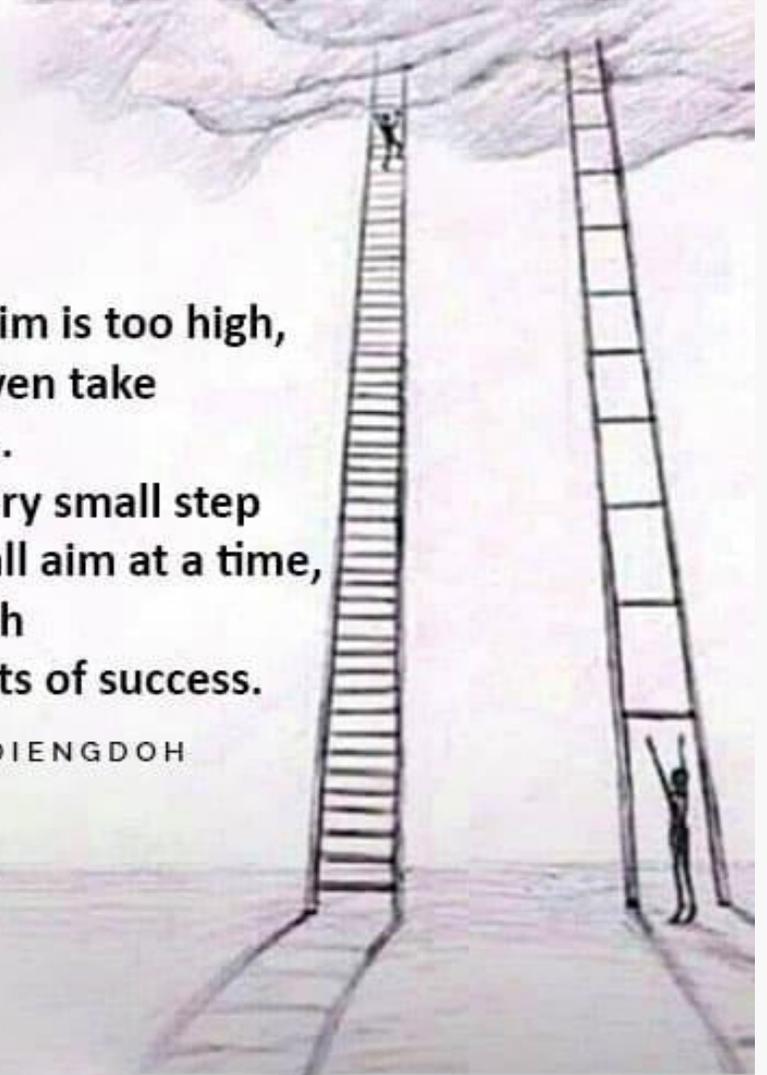
- Focus on 1% better every day.
- Small baby steps still get you to your goal...sometimes faster than big leaps.
- How do you eat an elephant? One bite at a time.



Sometimes
when your aim is too high,
you fail to even take
the first step.
But with every small step
and one small aim at a time,
you can reach
newer heights of success.

- MATTHEW DIENGDORH

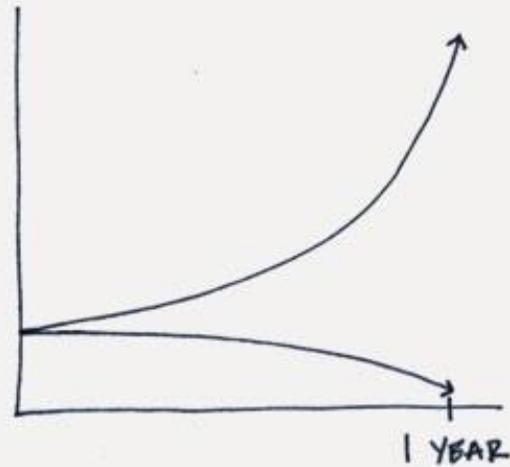
MINDJOURNAL



THE POWER OF TINY GAINS

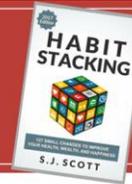
1% BETTER EVERYDAY $1.01^{365} = 37.78$

1% WORSE EVERYDAY $0.99^{365} = 0.03$



Try this!

13 STEPS FOR BUILDING A HABIT STACKING ROUTINE



Step 1: Start with a Five-Minute Block

Start with 5 minutes, picking 1 or 2 habits, & then add more as this routine becomes an automatic action.

Step 3: Pick a Time and Location

Every stack should be anchored to a trigger related to a location, time of day, or combination of both.

Step 5: Create a Logical Checklist

It will remove any guesswork about what you need to do to complete a specific action.

Step 7: Create Small, Enjoyable Rewards

Giving yourself a reward can be great a motivator to complete a daily routine.

Step 9: Don't Break the Chain

The purpose of not breaking the chain is to eliminate your excuses.

Step 11: Schedule the Frequency of a Stack

Some stacks only need to be completed on an irregular basis: Daily, Weekly, & Monthly.

Step 13: Build One Routine at a Time

Don't try to build more than one habit at a time because each additional new action will make it increasingly difficult to stick with your stacks.

Step 2: Focus on Small Wins

Build your routine around habits that don't require a lot of effort.

Step 4: Anchor Your Stack to a Trigger

A trigger should be an existing habit & should be easy to complete.

Step 6: Be Accountable

You need accountability to stick to a major goal.

Step 8: Focus on Repetition

Consistency is more important than anything else. Repetition builds muscle memory.

Step 10: Expect Setbacks

Expect challenges to come up with this routine. When they do, you have one of two choices: Give up or find a way to overcome them.

Step 12: Scale Up Your Stack

I recommend you eventually build up to a 30-minute routine, where you complete at least six small habits. Do this in an incremental manner.

DEVELOPGOODHABITS.COM/HSBOOK

"Successful people are simply
those with successful habits."

- Brian Tracy



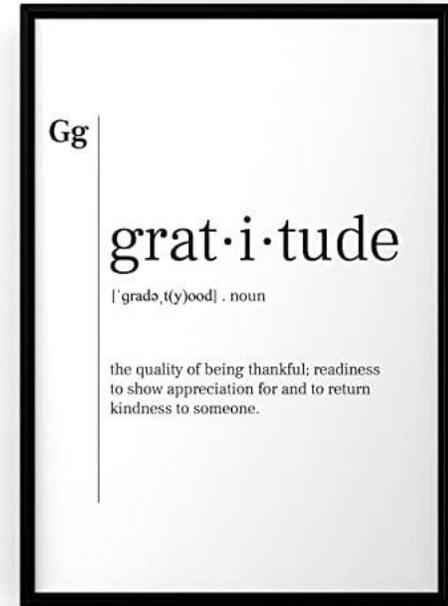
FINDING BALANCE...
IT LOOKS DIFFERENT FOR
EVERYONE!



**ATTITUDE OF
GRATITUDE**

Gratitude Defined

- **Who has it?** Anyone can have gratitude.
- **What is it?** Gratitude is the quality of being thankful and grateful. It is a readiness to show appreciation for and to return kindness to someone.
- **When does it happen?** Think about when you feel most grateful.
- **Where does it happen?** Think about where you feel most grateful.
- **Why does it happen?** Think about why you feel the feeling of gratefulness.
- **How do you express it?** Think about how you share the feeling of gratitude with others. Or, do you?



Gratitude Myths

- Myth 1 – Gratitude is just a naïve form of positive thinking.
- Myth 2 – Gratitude is not possible or appropriate in the midst of adversity or suffering.



Gratitude's Importance

Gratitude helps to:

- Improve our feelings of wellbeing and happiness...and our overall health!
- Make relationships and connections stronger.
- Enhance our confidence.
- Adjust our mindset.
- Highlight our strengths.
- Heal ourselves.



Gratitude's Influence

- Out of all identified character strengths, gratitude is the single best predictor of individual well-being.
- Gratitude can be intentionally cultivated. Numerous studies have concluded that gratitude is like a muscle. The more you practice it, the stronger it gets – and the more you're able to reap its benefits.
- On a group level, gratitude is associated with reciprocity and social stability. When a person does a favor for you, you tend to feel thankful and be motivated return the favor. Groups that operate with gratitude, then, are usually more cohesive.



Gratitude's Impact

- Developing Gratitude is both a skill and a practice that will benefit today's leaders, particularly during changing times.
- According to Dr. Robert A. Emmons, the world's leading scientific expert on gratitude,
- “Gratitude gives us the strength of character to make life better not only for ourselves but also for others.”



Gratitude is a Process

Step 1: Feel Grateful. You recognize the positive aspects of your life and feel the emotion of gratefulness.

Step 2: Express Gratitude. You thank others, show appreciation, and demonstrate generosity of spirit.



Gratitude is a Practice

30 DAYS OF *gratitude*

- a person I'm glad to have in my life.
- something I find comfort in
- my favorite part of the morning
- my favorite memory
- an accomplishment I'm proud of
- a hidden blessing in a difficult situation
- an opportunity I'm grateful for
- my favorite song (& why)
- a life lesson I have learned
- the biggest gift in my life right now
- a future event I'm excited about
- some positive news I've gotten recently
- my favorite area in my home
- a memory that makes me smile
- something beautiful I saw today
- my favorite part of the evening
- my guilty pleasure
- one good thing that happened today
- how I show gratitude for my friends
- something I love about a family member
- something positive about my body
- a challenge I'm grateful for
- a compliment that made me feel good
- the best gift I've ever received
- the item I treasure most
- the people who mean the most to me
- my favorite part about nature
- something that made me laugh today
- a book that I loved reading
- a freedom I am grateful for

Gratitude Takes Practice

- Journal and self-reflect on a regular basis.
- Thank someone or show appreciation.
- Write and mail a thank you note.
- Look for the good. Notice the helpers.
- Repeat Gratitude Affirmations.
- Do Random Acts of Kindness.
- Create a Gratitude Jar.
- Bookend your day with gratitude (am/pm).



Don't Make Gratitude A Chore

- Gratitude need not be an item on your growing to-do list.
- Gratitude need not be a fancy or expensive practice.
- Gratitude need not be an elaborate process.

Let Gratitude be simple, (mostly) spontaneous,
fun, and free!



Gratitude “Roadblocks”

- Stress
- Overwhelm
- Life Circumstances
- External Factors
- Mindset Challenges
- Personality
- Childhood Experiences



Gratitude Matters

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

—ECKHART TOLLE



- Control what you can control. And, don't give away your agency or power.
- Practice radical acceptance and gratitude.

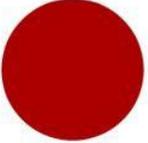
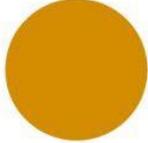
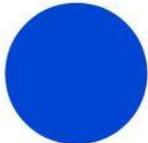
Grow Gratitude

1. Prepare
2. Plant
3. Prune (Tend & Nurture)
4. Practice Patience
5. Pay it Forward



*we all are
watering
seeds*

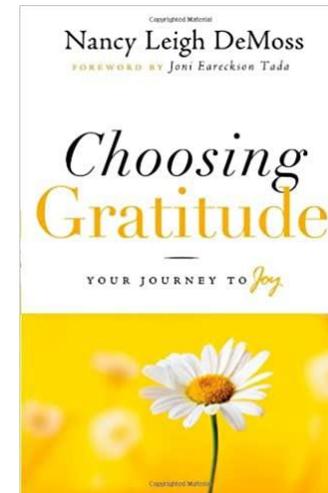
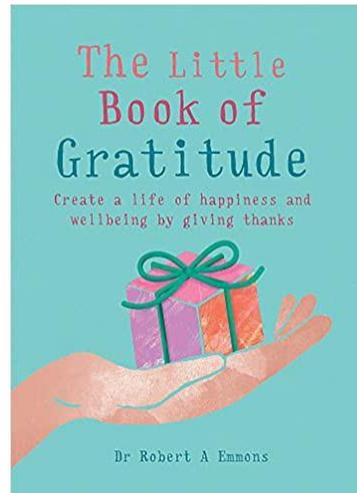
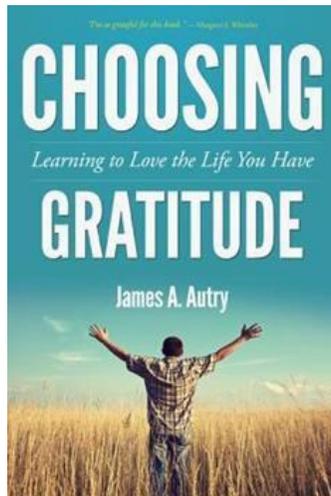
GRATITUDE GAME

-  Name a Person You are Thankful for
-  Name a Place You are Thankful for
-  Name a Food You are Thankful for
-  Name a Thing You are Thankful for
-  Name Anything of Your Choice

Gratitude isn't just reserved for
Thanksgiving!

gratitude
CHANGES
everything

Recommended Reading



Affirmation

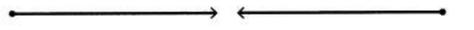
*I am
grateful*

Gratitude is a prerequisite to happiness.

When what I have now is enough,
it becomes more than enough,
and I open myself up to receive more.

I am grateful for the ups and downs.
Everything has contributed to who I am.
Today, I express gratitude for it all.

aimhappy.com



GRATITUDE

Prompts

1. Who do you love?
2. What made you smile lately?
3. Who do you like?
4. What are you good at doing?
5. Who can you count on?
6. What do you love?
7. What do you like?
8. Where do you like to go?
9. What do you enjoy?
10. Who inspires you?
11. List activities that bring you joy.
12. List items that bring you joy.
13. List people that bring you joy.
14. What makes you happy?
15. What relaxes you?
16. What makes you special?
17. What is your favorite memory?
18. Is there anything that you take for granted?
19. What is your favorite food?
20. Describe one good thing that happened to you this month.
21. What is your favorite item?



30 Days of Gratitude

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____



30 Days of Gratitude

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



Grow what matters
One step
At a time.
Little by little, your
Steps will add up.

#2019GOALSETTING / LARACASEY.COM



It's okay
to grow
slow

@LARACASEY

PEONIES grow through the DIRT,
and so do WE. We believe that growing
an INTENTIONAL LIFE is possible,
right WHERE YOU ARE: in the MESS,
in the tension, in the wait, and in what
may feel IMPERFECT. We
believe the IMPERFECT is RICH growing
ground. We DO NOT HAVE TO HAVE IT
all together OR do it all to live a
purposeful LIFE. We believe that goal
setting can be LIFE-GIVING instead of
GUILT-INDUCING. We believe that good
goals have the power to SIMPLIFY our
lives, and give us our time BACK!
We believe that GOOD THINGS grow
over time, through little-by-little
progress. We believe that Cultivating
What Matters isn't magic: it takes hard
work and intentional decisions. We believe
in GROWING TOGETHER, in blooming where
we've been planted, and in helping others
do the same. We believe CULTIVATING
What Matters Changes EVERYTHING.





TOOLKIT OF RESOURCES

Recommended Archived Webinars

Visit <https://wellness.ua.edu/webinar/>

- Don't Stress About Stress*
- Road to Resilience Becoming Your Best Self*
- 5 to Thrive: Your Wellness Basics*
- Create Good Habits That Last*
- Attitude of Gratitude*
- Cultivate Mental Wellbeing*
- Overcoming Overwhelm*

Wellness Basics



5 to Thrive – Take Care of Yourself during Stressful Times.

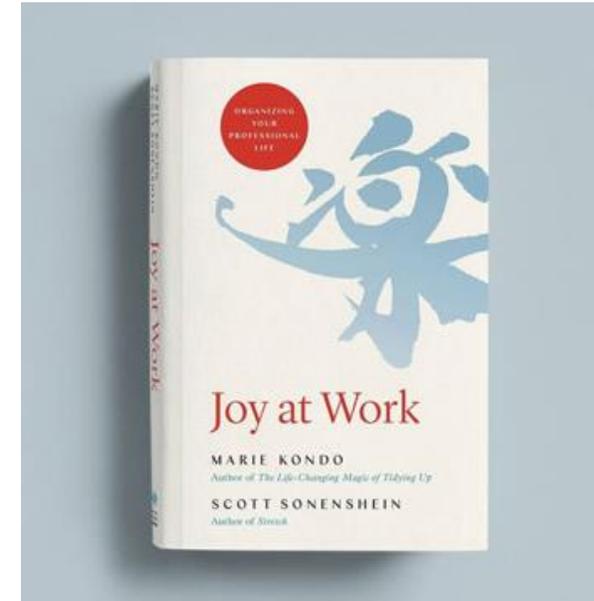
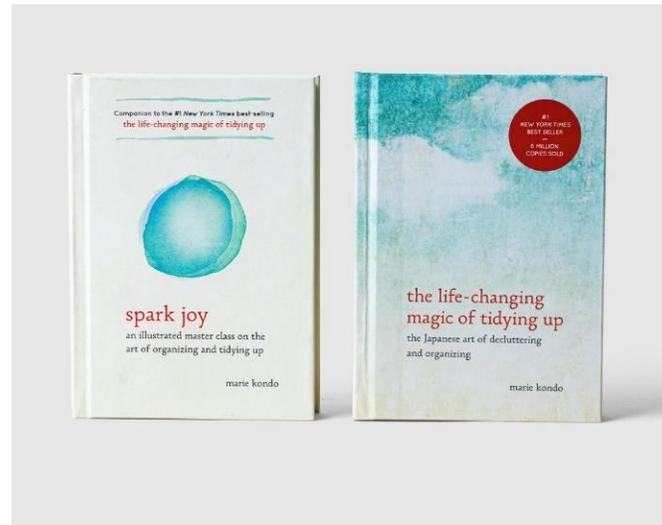
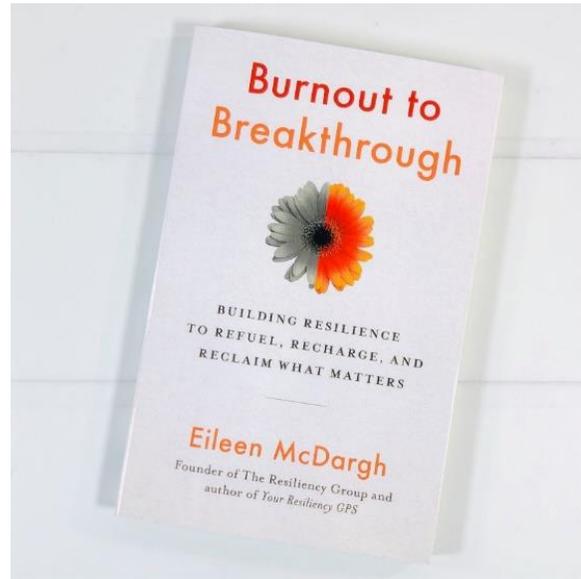
- 1) Sleep well (Aim for 7-8 hours).
- 2) Stay hydrated (Drink $\frac{1}{2}$ body weight in ounces daily).
- 3) Strive for a healthy plate ($\frac{1}{2}$ plate of veggies). Eat the rainbow.
- 4) Move your body every day.
- 5) Meditate 3-5 Minutes per day.

Bonus Tip: Try the Box Breathing Technique or Diaphragmatic Breathing to ease stress.

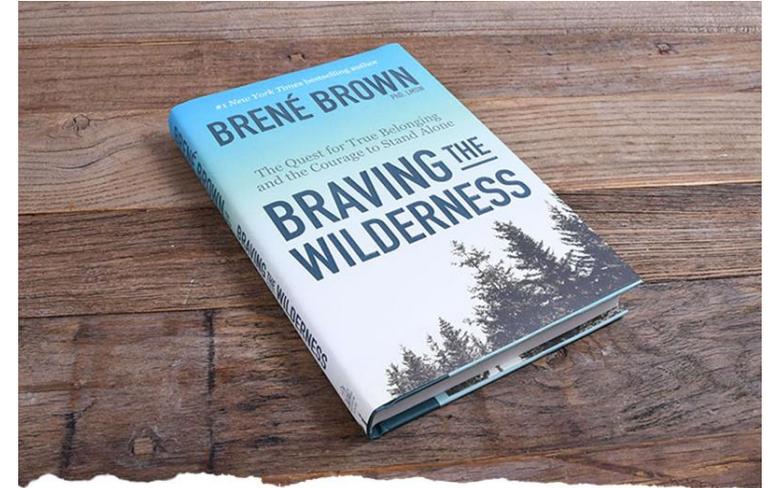
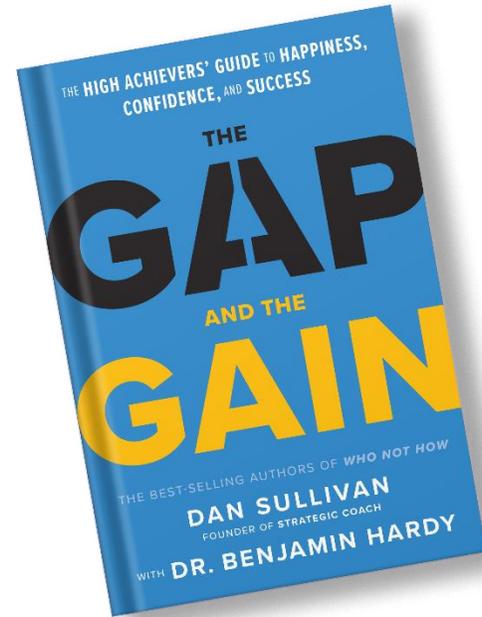
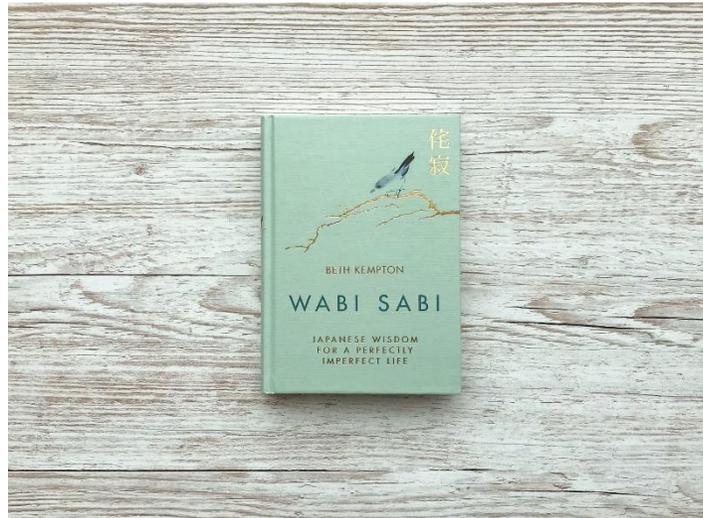
Inhale for 4 seconds, exhale for 8 seconds.



Recommended Reading



More Recommended Reading



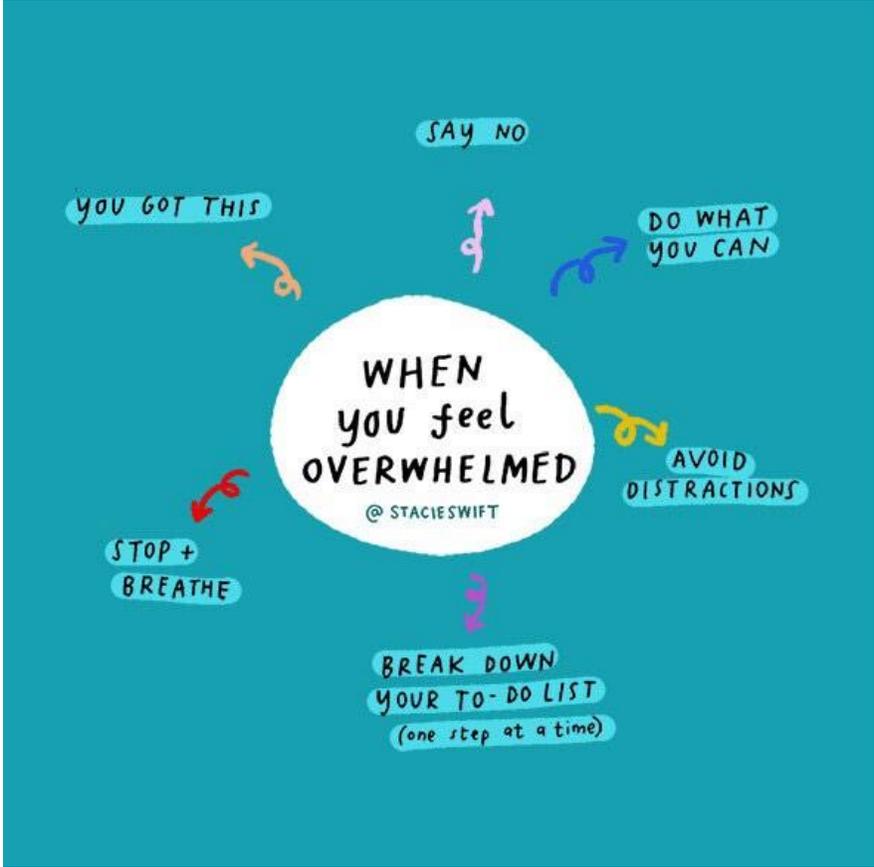
Practical Tools




CULTIVATE
WHAT MATTERS



BRENDON
BURCHARD



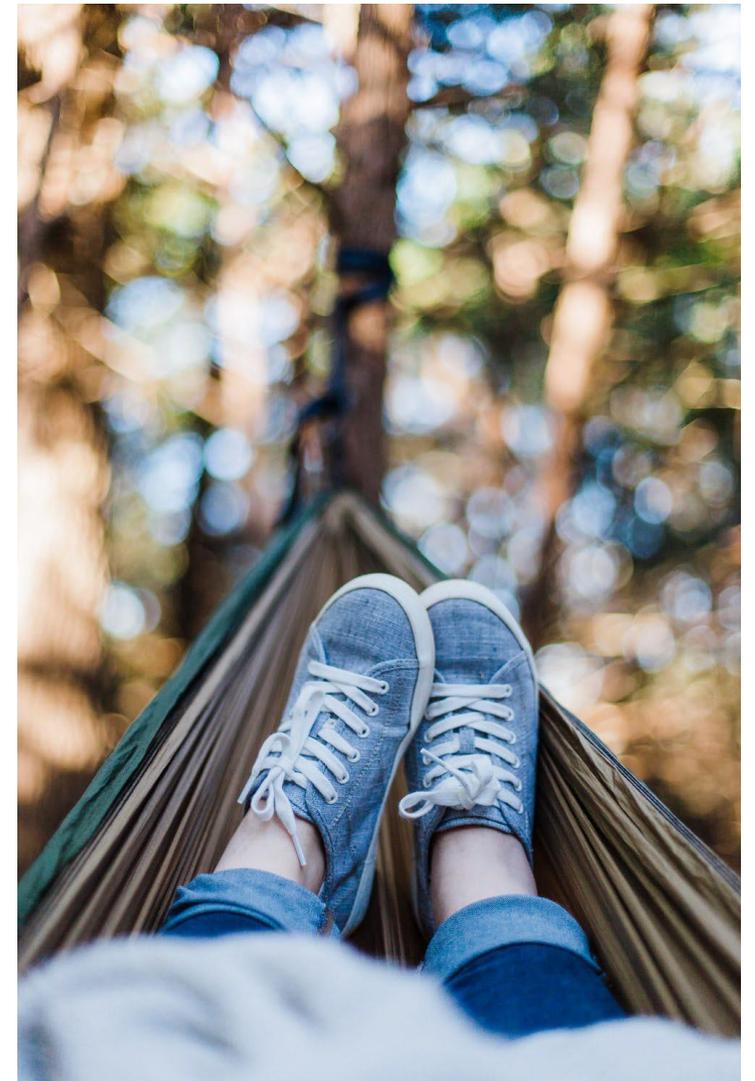
Coping Strategies p.1

- Hit pause! Rest and reset often.
- Set realistic expectations.
- Make tasks manageable.
- Avoid procrastination.
- Set healthy boundaries.
- Don't compromise your values/beliefs.
- Schedule "me" time for self-care.
- Listen to music.
- Get outside in nature.
- Find a hobby.
- Take a warm shower or bath.
- Make time for what sparks joy.
- Clear the clutter.
- Ask for help! You have permission.



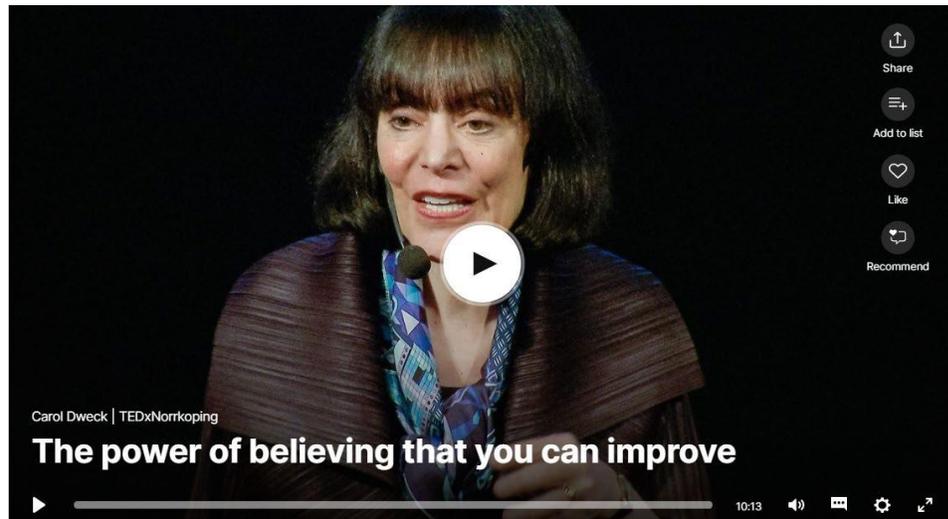
Coping Strategies p.2

- Check your schedule.
- Create routines and rhythms.
- Say “no” more often.
- Set aside time to reflect/plan.
- Use positive affirmations.
- Make time for rest and relaxation.
- Meditate (even just 3-5 minutes).
- Journal. Use free writing.
- Develop a gratitude practice.
- Engage and be present.
- Reframe negative thoughts.
- Connect with a friend or family member.
- Unplug to rejuvenate!
- Stretch in the morning. Or, take a walk.



Mindset Matters

[Mindset Ted Talk](#)



Make Stress Your Friend

[Stress Ted Talk](#)

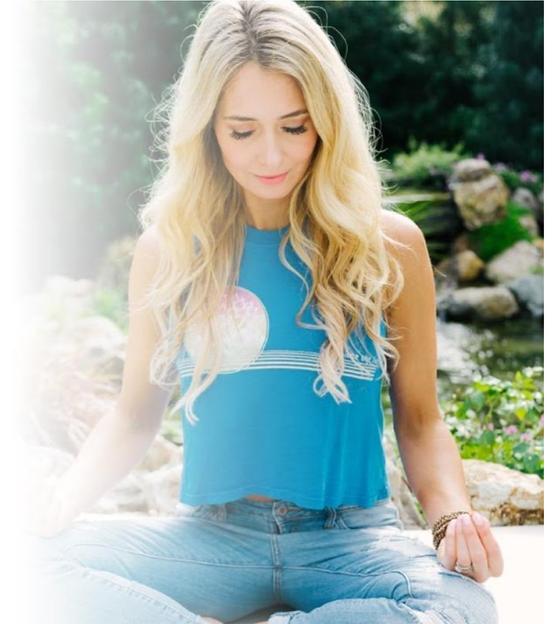


Breathing Technique

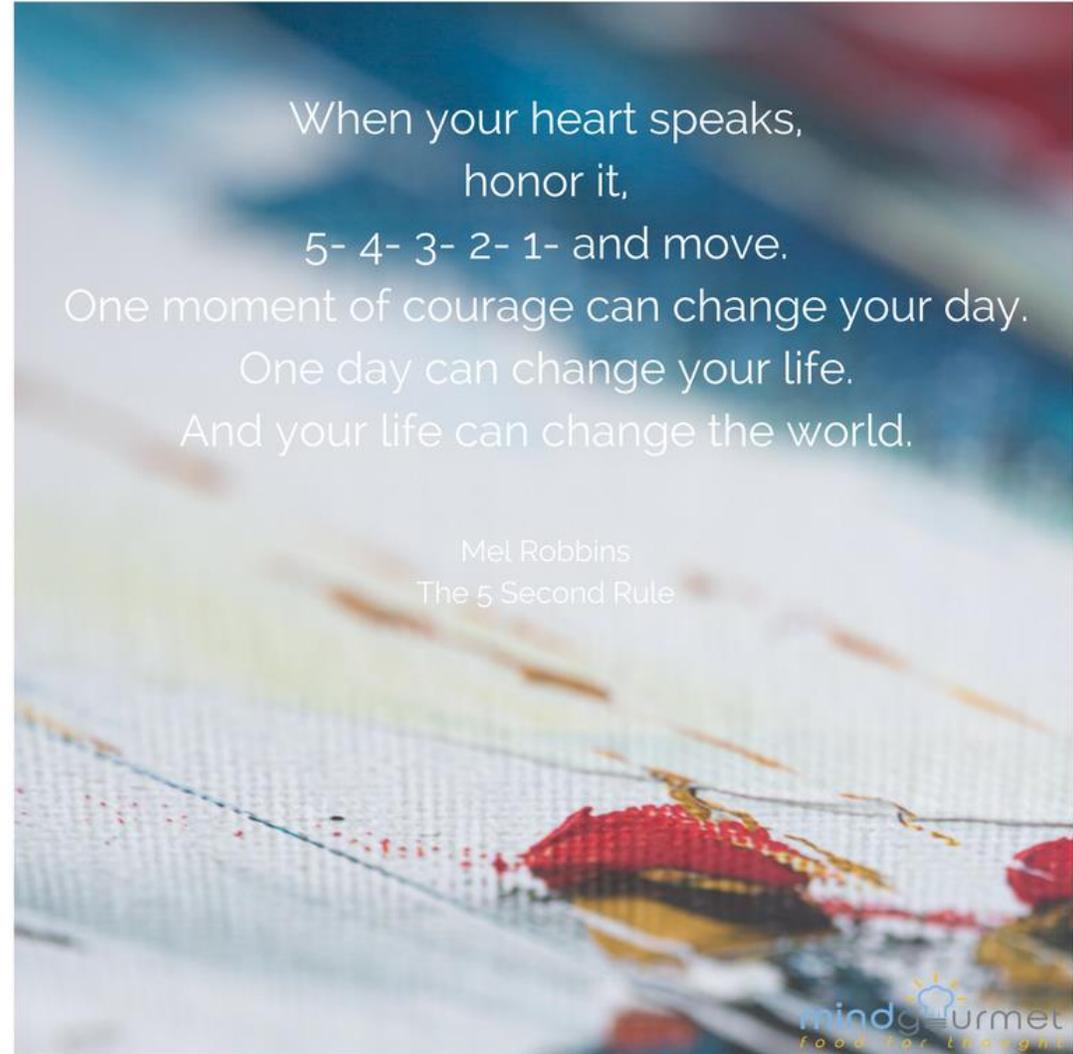
Learn how to breathe for relaxation!

[Breathing Techniques Video](#)

BREATHING
TECHNIQUES
For Relaxation



Mel Robbins' 5-4-3-2-1 Technique



PERMISSION SLIP

This is your permission slip to put your health first.

To say no.

To ask for help.

To carve out time for things that help you feel good.

1/5

The Miracle Morning by Hal Elrod

Life

S

Silence

Be quiet in your mind and block out the chatter through meditation, prayer or focused breathing.

A

Affirmations

Tell yourself encouraging words to achieve goals, overcome fears and feel happy.

V

Visualisation

Imagine yourself doing each thing you need to do for the day and imagine what it feels like to succeed.

E

Exercise

Go for a walk or a jog. Getting moving allows blood and oxygen to flow to the brain.

R

Reading

Fill your brain with positive thoughts and ideas to improve yourself.

S

Scribing

Write a journal to process your thoughts and reflect on what you've achieved.



Self Care on the Go

- Clear your schedule.
- Create routines and rhythms.
- Automate as much as you can.
- Say “no” more often.
- Healthy boundaries are critical.
- Set aside time to reflect/plan.
- Make time for rest and relaxation.
- Meditate (even just 3-5 minutes).
- Journal. Use free writing.
- Develop a gratitude practice.
- Seek a spiritual practice.
- Engage and be present.
- Unplug to rejuvenate!
- Stretch in the morning.
- Take a short walk.
- Develop Reflective Practice.
- Connect with a friend.
- Reframe negative thoughts.
- Use positive affirmations.
- Use Guided Imagery.
- Eat mindfully.
- Adopt an abundance mindset.
- Develop a movement practice.
- Clear a cluttered space.
- Try a new skill or hobby.
- Volunteer for a cause you support.
- Try a new experience.
- Don't procrastinate.
- Hydrate and sleep!
- Practice breathing techniques.
- Give yourself permission to be imperfect.
- Celebrate your small wins!

Action Plan

Start by brainstorming...journal, jot down ideas, take time to think about your life. Then...

- 1) Determine Your Needs (e.g., mental, physical, spiritual).
- 2) Determine Your Core Values & Beliefs.
- 3) Craft Your Personal Mission Statement.
- 4) Develop your Road Map to Resilience.
- 5) Reference the Toolkit of Resources and create your own!

Core Values

WHO ARE YOU?

SAMPLE WORDS AND PHRASES TO GET YOU STARTED

<i>Agility</i>	<i>Energetic</i>	<i>Trust</i>	<i>Appreciative</i>	<i>Discipline</i>
<i>Courage</i>	<i>Excitement</i>	<i>Integrity</i>	<i>Self-control</i>	<i>Aggressive</i>
<i>Passion</i>	<i>Growth</i>	<i>Engagement</i>	<i>Politeness</i>	<i>Adaptive</i>
<i>Curiosity</i>	<i>Creativity</i>	<i>Commitment</i>	<i>Hope</i>	<i>Hopeful</i>
<i>Inventiveness</i>	<i>Imagination</i>	<i>Adventurous</i>	<i>Open-mindedness</i>	<i>Cooperative</i>
<i>Perseverance</i>	<i>Vitality</i>	<i>Travel</i>	<i>Love to learn</i>	<i>Supportive</i>
<i>Faith</i>	<i>Uniqueness</i>	<i>Insatiable</i>	<i>Wisdom</i>	<i>Determined</i>
<i>Responsibility</i>	<i>Surprise</i>	<i>Change</i>	<i>Knowledge</i>	<i>Proactive</i>
<i>Justice</i>	<i>Independence</i>	<i>Question authority</i>	<i>Bravery</i>	<i>Quirky</i>
<i>Service</i>	<i>Community</i>	<i>Happiness</i>	<i>Kindness</i>	<i>Individualistic</i>
<i>Stewardship</i>	<i>Limitless</i>	<i>Pay it forward</i>	<i>Leadership</i>	<i>Colorful</i>
<i>Purpose</i>	<i>Diversity</i>	<i>Don't look back</i>	<i>Forgiveness</i>	<i>Generous</i>
<i>Persistence</i>	<i>Innovation</i>	<i>Push through</i>	<i>Modesty</i>	<i>Thoughtful</i>
<i>Positivity</i>	<i>Entrepreneurial</i>	<i>Optimistic</i>	<i>Prudence</i>	<i>Caring</i>
<i>Enthusiasm</i>	<i>Wow</i>	<i>Zest</i>	<i>Spirituality</i>	<i>Adventure</i>
<i>Emotional</i>	<i>Enthusiastic</i>	<i>Grit</i>	<i>Mindful</i>	<i>Teamwork</i>
<i>Excellence</i>	<i>Good citizenship</i>	<i>Gratitude</i>	<i>Being present</i>	<i>Tell stories</i>

Values link your purpose and meaning. Exploring your values causes you to look deeply at your life, clarifies your purpose, and identifies what's important to you.

Personal Mission Statement

What are your needs...?

What are your core values...?

What do you want to focus on...?

What you want to accomplish...?

Who you want to become...?

It is my personal mission, to live each day with curiosity, purpose, and gratitude so that I can live my best life and pay it forward. I will do this by prioritizing my health, continuing to learn, and practicing gratitude.

If you don't know where you are going, any road will get you there. — Lewis Carroll

Road Map to Resilience

My Personal Mission Statement.

I am resilient because...

Write down an example of when you showed resilience in your personal/work life.

Write a Positive Affirmation.

"Persistence and resilience only come from having been given the chance to work through difficult problems." -Gever Tulley

Today, I am grateful for (Write 3):

*LET'S TAKE
ACTION,
TOGETHER!*

**Road to Resilience:
Becoming Your Best Self**

WellBAMA

List what is important to you.

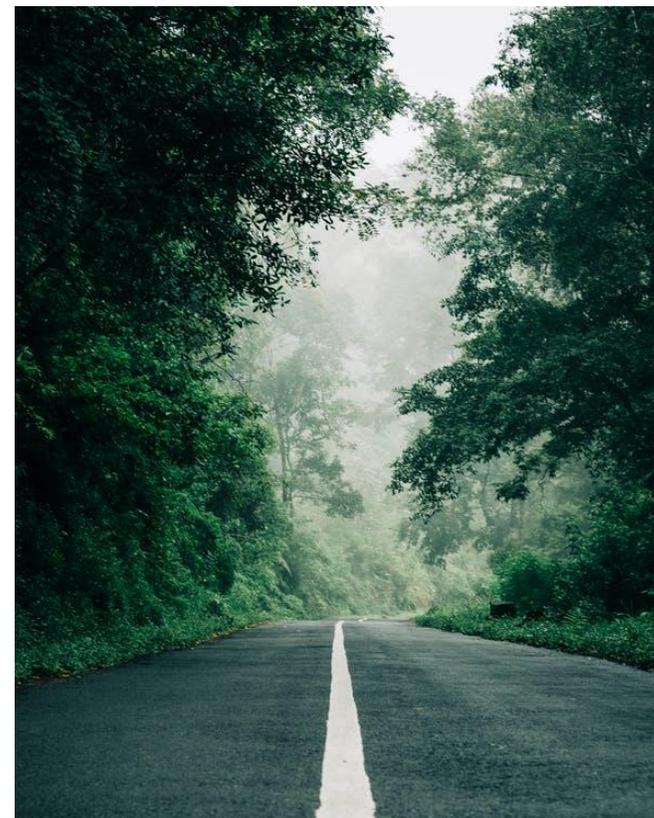
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

List Your 4 Values/Core Beliefs:

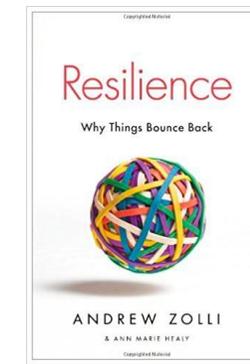
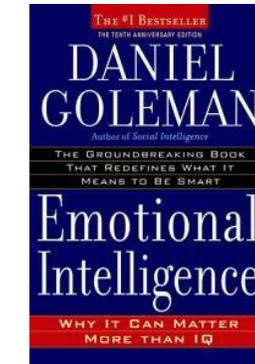
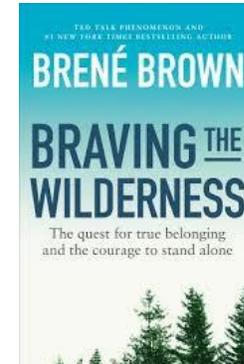
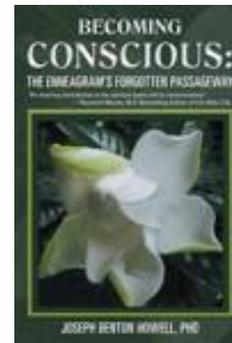
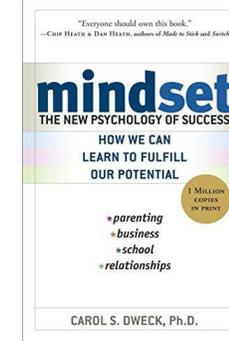
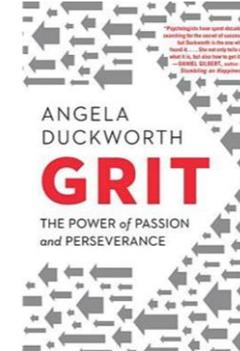
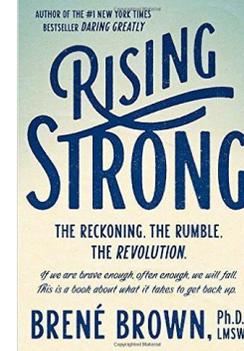
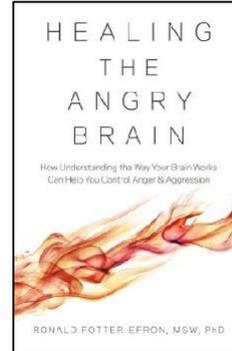
1	_____	»»»	_____
2	_____	»»»	_____
3	_____	»»»	_____
4	_____	»»»	_____

How Will You Live These Values?

Write Down Any Roadblocks (or Limiting Beliefs) to Success.



Resources- Books





Joy, collected
over time, fuels
resilience.

BRENÉ BROWN

celebrate
YOUR
wings

start
where you
are.
use what
you have.
do what you
can.

- Visit <http://wellness.ua.edu> for more information about our programs.
- Visit <http://wellness.ua.edu/webinar/> for all Wellness Webinar Recordings.

Please contact Abby Horton at abby.horton@ua.edu for more information about this Presentation.

Thank
you