

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

1. Be Congruent.

Attitudes (What you think is right/best)
+ Aptitudes (Abilities, practice "Bettery")
+ ACTIONS (What you say/do; Choices)
= Alignment = Congruence = Thrive!

Congruent choices = Content, not Regret ...

1

"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, & listen to your response:

"What's REALLY going on?"
 "How is this mindset serving me well?"
 "What deeper purpose called me to this work?"
 "What WIIFMs am I getting?"
 "What are the trade-offs if I: <?>"
 "What's the worst that could happen if I: <?>"
 "What am I waiting for?"

2

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

• **Reframe the situation**

opportunityisnowhere

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

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You can't help anyone unless you take care of yourself first.

• **Take care of yourself**

- Basics: Health - Nutrition – Safety - Sleep.
- Change environment to remove/reduce stress.
- Reframe the situation.
- Monitor & control your mind chatter/self-talk.
- Deep breathing, Progressive muscle relaxation.
- Physical exercise, Singing or Laughing.
- Prayer, Meditation.
- An "Attitude of Gratitude."
- Let it go.

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

2. 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 to 4 fears:
 Unknown, Failure, Rejection, Success

Don't let the NZ keep you from doing what you otherwise can do, and from getting to the "New" you're trying to get to ...

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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

• Managing Your Transitions

- Reframe: "What's possible?," not just "What's wrong/different?"
Focus on what you CAN do, not just on what you can't.
- Don't act just for the sake of acting – Think!
- Know when to slow down, & when to sprint!
- Recognize why you are uncomfortable.
- Think about what you are grateful for.
- Talk to someone you trust.
- Find out what is waiting in the wings of your life.
- Use this transition as an opportunity for learning.
- Explore the "other side" of change.

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If you think you can or can't do it – you're right. - H. Ford

Be Resilient

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

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Always remember you are unique. Just like everyone else. - Margaret Meade

When change affects a team -- perceptions & transitions vary from person to person, based on a relative sense of "Gain/Loss" re:

<ul style="list-style-type: none"> • Certainty • Purpose • Goals • Routine • Relationships • Power • Self-esteem 	<p>Thriving teams in Transition:</p> <ul style="list-style-type: none"> • Stay focused, objective • Encourage discussion/action • Encourage each other • Keep people in loop • Celebrate success • Adjust as needed
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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 Nicholas Taleb, Economist*

• Be "Anti-fragile"/Resilient re: "black swans" – unexpected events that are hugely consequential.

Be pro-active; expect future "black swans" & the need to be resilient. Anticipate what you can do, individually, and as a member of a team, to help you not fall apart or break down when the next "black swan" occurs, and to manage your transition thru the "NZ" and land on your feet in the "New."

- What lessons have you learned?
- What are your "Ah-hahs" re: Closing, Re-opening & Innovation for the year ahead?

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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 action" - What will you DO?

Have an Honest Conversation with, and make a Personal Promise to yourself:

What's 1 thing I WILL do to be more congruent/resilient the next time "change happens?"


What are my WIIFMs to do this?

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Thanks for what you do for kids!

I really hope this is helpful, and please contact me if I can be of more help or support:

Kim Ratz - Speaker, Trainer, Troubadour
www.kimratz.com
kimratz@aol.com
 952-938-4472
 3665 Woody Lane
 Minnetonka, MN 55305



Successfully sharing stories, songs & skills with people who work with kids since 1994, to help you create more harmony in your own life, and in your relationships with others.

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