RISE UP: ENERGY: Possibilitarian Style

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A little view of my world

Consultant/Speaker/Educator

- Ranch:
  - Longhorns/Angus/Critters

- Beverage Industry

- Runner

- Volunteer
Objectives:

- The Value & Role of ENERGY in SUCCESS=Gain & Retain
- Well Being-Ingredients=Coping Reminders
- Ideas For Action/Optimism
- Fun/Laugh/Learn/Share
No Scolding...

But, I might get my cows in your pasture!!
Sometimes, I forget to thank the people who make my life happy in so many ways. Sometimes, I forget to tell them how much I really do appreciate them for being an important part of my life. So thank you, all of you, just for being here for me. — Unknown
BDNF: Brain-Derived Neurotrophic Factor
Your brain on Fertilizer

• What makes us MOVE also helps us THINK.
• Move to Improve
Brain and Movement Facts

- The area of the brain most associated with motor control is the cerebellum. It takes up nearly one half of the brain’s neurons. (Ivry, R.B. & Fiez, J.A. 2000).
- This is the same part of the brain that processes learning.
Resources

- The Power of A Positive Team-Jon Gordon
- Eat Move Sleep: How Small choices lead to Big Changes-Tom Rath
- Max Out Mindset-Larry Widman, M.D.
- Are You Fully Charged- The 3 Keys to Energizing Your Work & Life (meaning, interactions, self care)- Tom Rath
- Margin-Richard Swenson, MD
Believe, Achieve, & Aspire to Inspire!

- “Secure Your Own Mask, First!”

Option # 1: You can be the driver of your energy! Decide! - Set Goals

- How Are You? = Strong & Stable
Believe, Achieve, & Aspire to Inspire!

- Option #2-Desire, Vision, & Focus.
- Generational Work Forces/Uncertain Times
Vision & Focus

Share When You See The Horse

This is going to be real challenge .. 99% of people can’t find the horse. If you see the horse then share with your friends. Ask them to find
Believe, Achieve, & Aspire to Inspire!

- **Unique**-Unique times
- **Start with Optimism**

- **Option #3=FUEL YOUR DAY! (Wake Up Happy)**
# Review

1. Diligently try to orchestrate how you start the day
2. Focus and Vision
3. Fuel your day
Believe, Achieve, & Aspire to Inspire!

- **Commitment**: Involvement verses Commitment

- **Option #4=Shared Vision**

- **Be with people who think, believe, and act like Positive People!!**

- **Bucket Fillers /BUILD**
HAD
ENOUGH....
OFF TO
GRANNY'S!
Believe, Achieve, & Aspire to Inspire!

- Option #5 = NO Wasted Energy
- Option #6 = NO ENERGY VAMPIRES
Review

- #1-Diligently try to orchestrate how you start the day
- #2-Focus and Vision
- #3-Fuel your day
- #4-Shared Vision
- #5 & #6-No wasted energy on things out of our control
Believe, Achieve, & Aspire to Inspire!

- Communication

- Option # 7=Enthusiasm is attractive! Enable Others To Act…make sure you are on the same page!!!!
Communication

Lakewood Springs Homeowners Association

ANAL EGG HUNT
APRIL 12 10AM
FREE FAMILY EVENT
“Wait, I thought it was a nasal swab!”
Thursday night is the first meeting of the “New Mother’s Club.” All women wishing to become new mothers….meet the pastor in his study by 7:00 p.m.
On Easter Sunday, Mrs. Johnson will come forward and lay an egg on the alter. 😊
It’s breast awareness month and we are encouraging our congregation to participate.

Please see our display in the church foyer.
Communication

- Posting in a Bus Barn
- No driving in Thongs!
Communication

- Front Desk Clerk’s Question while checking in @ London Hotel
Dr. Jerry Thomas-Veterinarian & Taxidermist . . . *EITHER WAY*.... *YOU GET YOUR DOG BACK.*

CALL-XXX-XXX-XXXX
Possibilitarian: Believe, Achieve, & Aspire to Inspire!

- Your words, actions, and reactions are powerful.
- Mom & Grandpa
  - Mrs. Richards
  - Mr. Farrell
- Option # 8=Go with Passion & Purpose!
Possibilitarian: Believe, Achieve, & Aspire to Inspire!

- **Enthusiasm**-(Be Believable)
- **Excitement**-(Be Achievable)
- **Endurance**-(Gratitude)
- **Empathy**-(Know Their Story)

Expectations PLUS Exercise = ENERGY
Secure Your Own Mask, FIRST!

Options # 9 & 10=Enjoy the ride (with PURPOSE), every day! Laugh & have fun.
What are the Possibilities if?

- **Stress Management** - When horse is dead... get off! Move On
Rewind & Review
What Are The Possibilities if:

- #1-Diligently try to orchestrate how you start the day
- #2-Focus and Vision
- #3-Fuel your day
- #4-Shared Vision
- #5 & #6-No wasted energy on things out of our control
- #7-Enthusiasm is Attractive
- #8-Passion and Purpose
- #9 & 10-Enjoy the Adventure and Opportunities
Basic Information

- Avoid Housework 😊
- Happy Feet=Move to Improve
- Practice the Dipper in the Bucket Theory
- Avoid ‘Stinkin Thinkin’
- Use Resources/BUILD THIS ORG.
Possibilitarian: Believe, Achieve, & Aspire to Inspire!

- **Success**: If It Is To Be… It Is Up To Me
- Take Charge & decide where to spend your ENERGY, ENTHUSIASM, and TIME!
Now That I Have IT... What DO I Do with IT?

- Pursue each day with positive energy, passion & purpose!
- Channel ENERGY-DO GOOD
- It’s Nice to be Important... but it’s more important to be NICE!
- Aspire to Inspire! –EVERYONE needs to be validated! LEADERSHIP & ADVENTURE... It’s YOU
- “Secure Your Own Mask, FIRST!”=Be Active
- Protection & Direction-30%=%100
- Know Resources-Use Resources
See A Sermon
by Edgar Guest

- I’d rather see a sermon than hear one any day,
- I’d rather one should walk with me than merely show the way.
- The eye is a better pupil and more willing than the ear,
- Fine counsel is confusing, but examples always clear.
- I soon can learn to do it if you’ll let me see it done,
- I can see your hands in action, but your tongue too fast may run.
And the lectures you deliver may be very wise and true,

But, I’d rather get a lesson by observing what you do!

For I may misunderstand you and the high advise you give…

BUT, there is no misunderstanding how you act and how you LIVE!
You Are Valued!

Good moms let you lick the beaters...
Great moms turn them off first.
People who want milk should not seat themselves in the middle of the pasture and hope the cow backs up to them!
No matter how you feel, get up, dress up, show up, and never give up.
Don’t Quit

- When things go wrong, as they sometimes will,
- When the road you're trudging seems all up hill,
- When the funds are low and the debts are high,
- And you want to smile, but you have to sigh,
Don’t Quit

- When life is pressing you down a bit... Rest if you must, BUT Please don’t quit.

- Life is weird with it’s twists and turns as many of us sometimes learn.
Don’t Quit

- And many a failure turns about
- When you might have won had you stuck it out;
- Don't give up, though the pace seems slow;
- You might succeed with another blow.
Don’t Quit

- Success is failure turned inside out, the silver tint of clouds of doubt

- And you never can tell how close you are, it may be near when it seems so far.
Don’t Quit

- So stick to the fight when you're hardest hit;
- It's when things seem worst that you must not quit.
Life Management
Believe, Achieve, & Aspire to Inspire!

No matter how you feel, get up, dress up, show up, and Never Give Up.