Take a Trip to Outer Space…
Get Out of Your **Comfort Zone**!

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Today’s Topics...

• Why Space?
• Routine?
• Challenges of Change
• What Do You Want?
• Tools of Change
• THRIV-ival Guide
Why Do We Go to Space?

SPACE, THE FINAL FRONTIER
Why Do We Go to Space?

- To Explore **New** Worlds
- To Seek Out **New** Life
- To Boldly Go Where **No One** Has Gone Before!
- Because **We Can!**
Challenges of Space?

- Leave Your Home
- Leave Your Friends
- Leave Your Routine
- Embrace Change!
Routine Is...

- Comfortable
- Safe
- Easy
- Friendly
- "In Control"
A ship is safe in harbor, but that is not what a ship was built for

- William H Shedd
Challenges of Change…

- Dealing with **uncertainty**
- New **Office Policy**
- **Managerial** shifts
- Responsibilities morphed
- Working to “**Succeed**”?
- Working to “**Survive**”?
• **JOB** – “occupation; principal activity to earn money”

• **CAREER** – “occupation for which you are trained; work progression”

• **VOCATION** – “occupation to which a person is specially drawn; a calling; a way of life”
Tools of Change…

- A – ATTITUDE
- E – ENERGY / EFFORT
- I – INTEGRITY / INTENSITY
- O – OUTLOOK
- U – UNIQUENESS
• “The emotional capacity for effective performance”
• You control your attitude!
• Your REACTION
• The “shower decision”!

“Each Day is a Gift”
“Energy is the **fundamental substance** of everything in the universe”
• Google “Energy Coach”
• Develop Your Own “Secret Formula”
• It’s the proverbial “moving the rock”
“Success is dependent upon Effort” – Sophocles
• It’s being **honest** – even if it’s painful!
• M.H. McKee – “Integrity is one of several paths, it distinguishes itself from the others because it is the right path, the **only one upon which you will never get lost**”
Integrity

Beliefs

Words

Actions

Integrity
• “Focused emotion”
• Maintain work / life balance!
• Companies don’t want/need Work-A-Holics!
• European Heart Journal study…

10+ hrs/day of work = 60% greater risk of heart attack, angina, cardiovascular problems!
• 5 Steps to Work/Life Balance:
1. Determine priorities
2. Remove “busy work”
3. Clear work boundaries
4. Delegate / Outsource
5. Unplug once a week
“Habitual state that determines how you will interpret and respond to situations”
• Your outlook is the part of your attitude that is not only internalized, but that you share with others

• Optimism is contagious!

• So is negativity!
• “Uniqueness is standing alone; radically distinctive and without equal”
• YOUR unique values, experience, creativity, knowledge, desires, dreams, hopes, and passions!
• Can you communicate your unique qualities?
• Your co-workers?
• Your supervisor?
• Your friends?

It’s the **one true advantage** you have over your competition!
• Two questions…
  – “Can you visualize your work life in a year?”
  – “What is your plan?”
• “To prosper, flourish, or grow luxuriantly”
• Be **THANKFUL** for what you have learned!

• **HOPE** is not a strategy!

• **REVAMP** your plan of attack!

• **IGNITE** your passion, others buy it first!

• **VISUALIZE** the year ahead!

• **EXPECT** to succeed!!
• The VOWELS embody change – habits, beliefs & actions!

“Growth is often painful and scary. There is no growth without change; there is no change without fear or loss; and there is no loss without pain...remember that your character is the sum total of your habits.” - Rick Warren, *The Purpose Driven Life*
• “Changing of neurons, via new experiences”

• “Such changes occur as a consequence of the normal development and maturation of the organism”

You have the ability to change!!
• Darwin said:
It’s not the fastest, or strongest, or smartest animal that survives…
It’s the one that adapts to change the fastest!!

Do you have the courage to adapt?
• “Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny inner sparks of possibility into flames of achievement.” - Golda Meir, late prime minister of Israel
Habits for Happiness

• **GIVING**: do things for others!
• **RELATING**: connect with people!
• **EXERCISING**: take care of your body!
• **APPRECIATING**: notice the world around!
• **TRYING**: keep learning new things!

Jeremy Dean on *PsyBlog*
Habits for Happiness

- **DIRECTION**: have goals to look forward to!
- **RESILIENCE**: find ways to bounce back!
- **EMOTION**: take a positive approach!
- **ACCEPTANCE**: be comfortable with you!
- **MEANING**: be part of something bigger!

Spells out **GREAT DREAM**!
Shadow the Red Eared Slider Turtle...
Photo contest winner!
• From same hatchery…same size
• Same habitat…same food
• Not the same…

“Failure to THRIVE”

• Don’t be Shadow in the year ahead!
Finally…

• Remember…

I W A I E!!!
• Questions?

• The Book & DVD are available

• New Book in November!

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