



## Move from Survive to Thrive in Trying Times

The days are running together and so are the demands for improvement. Bad news is taking over, leaving little chance for positive momentum. Well, it's our turn to take control - to manage what we can and to snuff out the negativity that slows our progress and stifles our happiness. It's our turn to reinvent reality - where discipline, clarity and focus bring us closer to satisfying and successful lives.

*Success is the progressive realization of a worthy goal or ideal. -Earl Nightingale*

What must you do to consider yourself successful?

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### Control Negativity & Fear

Situations causing negativity \_\_\_\_\_

Channels sending negative messages \_\_\_\_\_

Seven Primary Fears

Poverty

Loss of Love

Old Age

Death

Ill Health

Loss of Liberty

Criticism

*We should not let our fears hold us back from pursuing our hopes. John F. Kennedy*

### (1.) *Accurate Thinking*

The majority of decisions are based on emotions and opinions, not on facts.

Separate facts from fiction, then separate important facts from (unimportant) information

Important facts are: those that help you move closer to your primary goal or purpose.

Opinions are usually based on bias, prejudice, ulterior motives, or hearsay evidence.

A half truth is more dangerous than a lie.

Enemies of sound thinking:

Love

Hatred

Jealousy

Fear

Anger

Revenge

Egotism

Vanity

Procrastination

The desire for something for nothing

(2.) *Full Presence - Controlled Attention in the Present*

Lack of Presence leads to poor communication which leads to hostility and poor decision-making.

(3.) *Positive Mental Attitude*

One step I can take to maintain a good attitude is:

\_\_\_\_\_

\_\_\_\_\_

**Forecast Your Future**

Forecasting is: taking necessary steps to bring primary purpose into reality.

To forecast (make a dream come true), plan, visualize and execute.

*If you wait, all that happens is that you get older. - Mario Andretti*

One thing I would like to achieve is:

\_\_\_\_\_

The first step I will take is \_\_\_\_\_ on this date: \_\_\_\_\_

**Enlist Help from the Right Resources**

The right resources are people wise enough to submerge their own personalities and immediate needs to blend in a spirit of perfect harmony.

*The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.—Carl Jung*

For the wrong resources: lift them or lose them.

I can find the right resources here:

\_\_\_\_\_

I will lose the following resources: \_\_\_\_\_ by \_\_\_\_\_

\_\_\_\_\_

**Helpful Resources**

- Books - *Emotional Intelligence Quick Book* by Travis Bradberry, Jean Greaves; *Think & Grow Rich*, Napoleon Hill
- Magazines - *Inc.*, *Fast Company*
- Peer Reviewed Articles - *McKinsey Quarterly*, *Harvard Business Review*