



THE PRAISE & PURPOSE PARTY!

FSA Compliance and Risk Management Virtual Fall Conference

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.....Need more tools to increase you to raise engagement, enthusiasm, and morale in yourself and others? REACH OUT!

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You know you need a break when.....

1. You love TV infomercials because of their uplifting message of hope and positivity.
2. You believe that if you think hard enough, you can fly.
3. You keep yelling "STOP TOUCHING ME!" even though you are alone.
4. You and Reality file for divorce.
5. TUMS become your sole source of nutrition.
6. You begin to talk to yourself, then disagree about the subject, get into a nasty row over it, lose, and refuse to speak to yourself for the rest of the night.
7. You have a strong urge to bite the noses of the people you are talking to
8. You've got acne on your face, back, chest and places where acne doesn't belong.
9. You often lose small things like your wallet, keys, glasses, and children.
10. There's not enough antiperspirant in the world to get you through your day.
11. People quit greeting you with "How are you?" Instead: "What's wrong now?"
12. You can't find a good reason not to kick puppies, slap babies or trip your residents.
13. You think road rage is good defensive driving.
14. You operate on two levels: Fight and Flight.
15. You own and use more than three types of headache remedies.
16. Your mantra is "Grin and bear it," alternating with "I hate this."

Creating the Party Vibe!

Nothing changes in our lives if we don't change our thinking. We can change our thinking by changing what we tell ourselves about ourselves and the world!

Recognize you have the ability to decide YOUR reaction to any event.

1. "It is what it is!"
2. "The show must go on."
3. "I'm the boss of me!"
4. "Not on my watch!"
5. "I will take responsibility for the energy and attitude I'm bringing to this room and my team!"
6. "I am a BEAST! Release the kraken!"

Jot down all the "favours" you'll need to start your party and keep it goin!

TRUE OR TRUE?

- ☐ The decisions we made yesterday, impact what is occurring in our lives today, but don't need to! You decide!
- ☐ We are responsible for our choices regardless of circumstances.
- ☐ We are the only living thing to choose out feelings! We choose happiness. We choose sadness. We choose success. We choose failure. We choose courage. We choose fear. Every moment, every situation, provides a new choice.

E + R = O (EVENTS + RESPONSES = OUTCOME)

Want to change the results you get in the future? Change how you respond to events in your life ... starting today.

Party Poopers are **REACTIVE** and rely on external sources to determine their mood and ability. They work hard at proving their limitations.

They focus their efforts on the **CIRCLE OF CONCERN**--things over which they have little or no control: the national debt, terrorism, the weather. The REACTIVE script: "I can't," "Because I have to," "supposed to be", "if only" etc. Reactive people believe they are not responsible for what they say and do--they don't believe there is a choice.

The Host/Hostess with the Most/est

PROACTIVELY takes responsibility for their life. A proactive person uses proactive language—I can, I will, I prefer, etc. Instead of reacting to or worrying about conditions over which they have little or no control. Proactive people focus their time and energy on things they can control. Proactive people focus their efforts on their **CIRCLE OF INFLUENCE**. They work on the things they can do something about: health, children, and challenges at work.

FULL ENGAGEMENT STRATEGIES! RIGHT NOW!

1. **CHANGE YOUR THINKING:** Imagine the power we'd gain by adopting the mindset that "**Things happens FOR us and not TO us?** There is always something to learn from the circumstance in which we find ourselves.
2. When people ask, "How you are?" Remember, you are not your circumstance. You are **AMAZING**, aren't you?!?! Never, ever, ever, ever deflate your colleagues with a lackluster response.
3. Whether you're the host or not, start **EVERY MEETING** in a way that "fires up" your colleagues. Take the opportunity to frame your day and theirs with positivity and purpose! Make every meeting informative, but also highlight wins, no matter how small!
4. When you go to Starbucks, and they ask your name for the order.... tell'em its "SUPERSTAR!"
5. Schedule a difficult conversation. Get it over with so you and they can get UNSTUCK!
6. You **MUST** Schedule a day/time to unplug and engage in an activity that allow you to experience the "flow" more often. Look up "Happiness Studies" (Positive Psychology). The exercises WORK!
7. Meditation is REAL. All research supports the positive impact. **AT THE VERY LEAST**, use 5 minutes at the beginning of each day or shift to "**SET AN INTENTION.**" **Who do you want to be and need to be for you and others?**
8. At bedtime, reflect on all the things that "went right" that day, no matter how small! Build that "happy" muscle!
9. **SEND AT THE VERY LEAST, 5 ENCOURAGING EMAILS AND/OR TEXTS THIS UPCOMING WEEK.**
10. Stop spending time with worriers and negative people, or at the very least, stop trying to change them or solve their issues!
11. Schedule time to experience "outside." Nature is a proven strategy to distress. Frolic...at least walk!
12. Strategically, take a few folks to lunch or coffee next week.
13. Read a book on "forgiveness."
14. Sarcasm, gossip, and complaining destroys morale, and crushes cooperation, teamwork, and influence.
15. **Seek a supportive and honest friend or professional and unburden yourself. Go and get listened to! Venting is not complaining when strategic and used to get to actions you can take to alter a situation or the way you think about the situation.**
16. **SURROUND YOURSELF WITH POSITIVE, SUPPORTIVE, KIND, PEOPLE.**