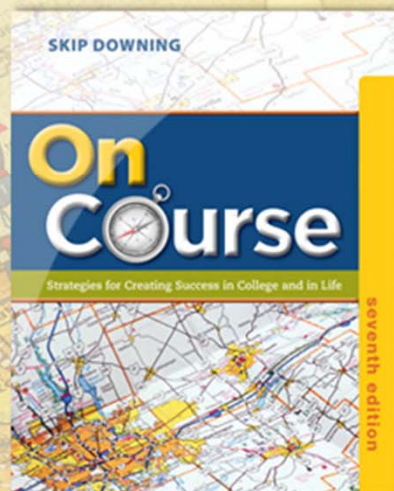




On Course

Strategies for Creating Success in your Life



By Pearl Lopez, M.A.



Ice Breaker

- **Introduce yourself to everyone at your table.**
 - **Name**
 - **Job Title and Department**
 - **Share 2 little known interesting facts about you**

- **Little known facts**
 - **Start small – first job, worst job, favorite hobby, family size, etc.**
 - **Get more personal – Most embarrassing moment, a major accomplishment, a big dream you have, etc.**



Presentation Goals

**Victim vs
Creator**

**Our Inner
Voices**

**Emotional
Intelligence**

A + B = C



ACCEPTING PERSONAL RESPONSIBILITY

- Do you accept personal responsibility for creating the life you want?
- Are you a successful person?
 - Have you adopted a **creator mindset** by believing that your choices create the outcomes and experiences of your life?
 - Have you mastered **creator language**, accepting personal responsibility for the results?
 - Do you make **wise decisions**, consciously designing the future you want?



THE VICTIM MINDSET

- A Victim Mindset causes people to believe that what happens to them is out of their control, that their outcomes and experiences are determined by such things as luck and other people.
- Read the following statements and decide if they represent someone with a Victim Mindset.

Yes

➤ I can't do this project. I don't even know the first thing about getting started.

Yes

➤ If the college wasn't so far from my home, I would get to work on time.

No

➤ I have never organized an event, but I can ask my colleagues for help.



THE CREATOR MINDSET

- A Creator Mindset causes people to believe they control their own destiny by the wisdom of their choices.
- Read the following statements and decide if they represent someone with a Creator Mindset.

No

➤ I have never been good at speaking in front of a group, so I know I'm going to suck.

Yes

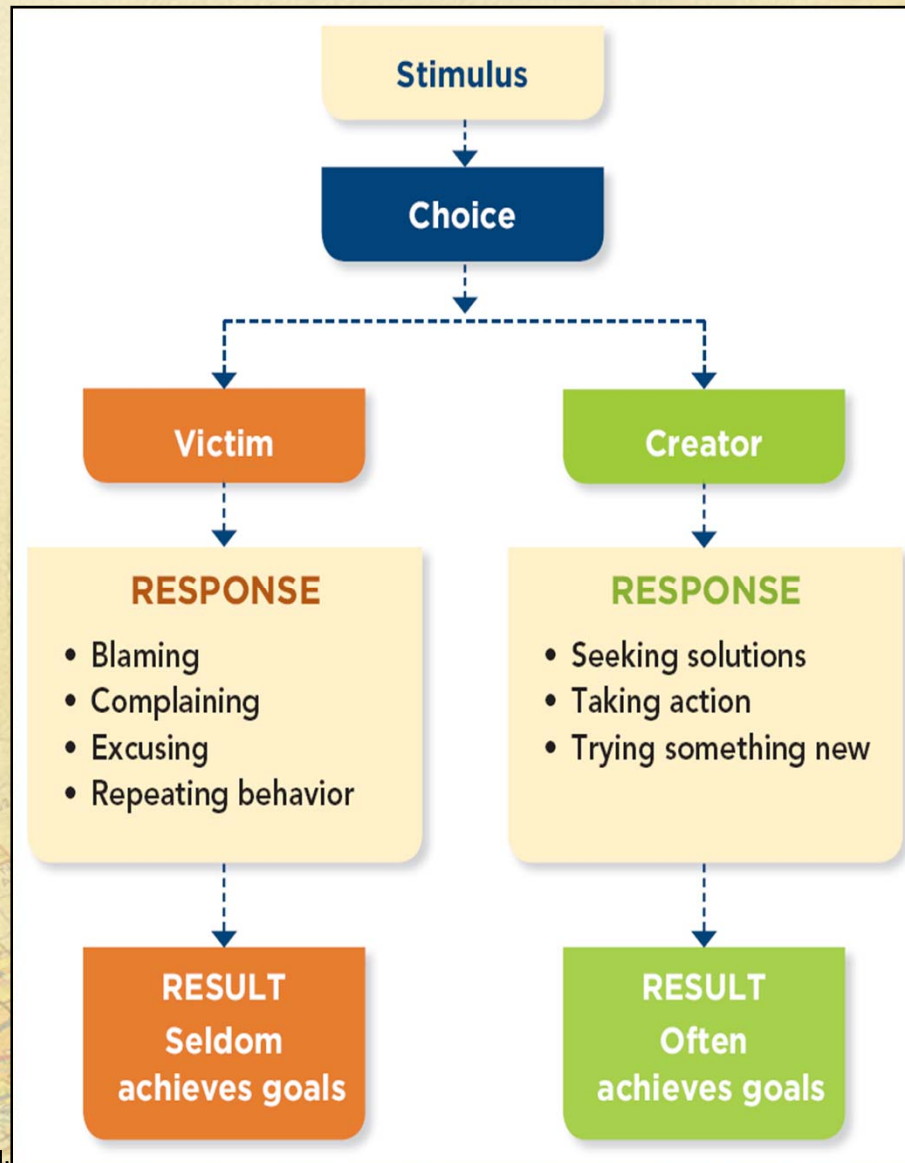
➤ I have too many deadlines coming up, so I'm going to prioritize my projects.

No

➤ I can't afford to pay for the gym so I guess I can't exercise for my New Year's resolution.



How can you create greater success by changing your vocabulary?





Victim vs Creator Language

When people keep doing what they've been doing even when it doesn't work, they are acting as VICTIMS.

When people change their beliefs and behaviors to create the best results they can, they are acting as CREATORS.



What if I am a victim of outside forces?

If a hurricane destroys my house, I am a victim (with a small “v”). But if I allow that event to ruin my life, I am a Victim (with a capital “V”).



QUICK REVIEW - ACTIVITY

1

- Identify each of the following as a Victim Mindset or as a Creator Mindset.
 - I'll never lose weight. It's just too hard.
 - Meetings are a waste of time.
 - I have am enrolling in an English class to improve my writing skills.
 - My coworkers like to gossip a lot; I need to stay to myself so I can get my work done.
 - My family yells a lot when the football game is on so I can never concentrate on my studies.

Victim

Victim

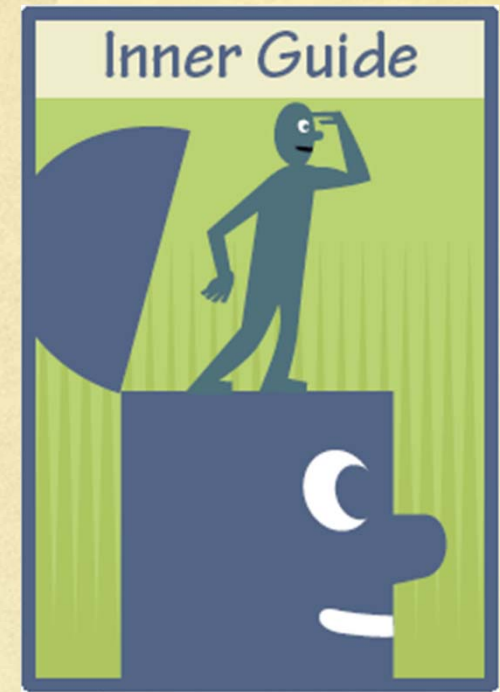
Creator

Creator

Victim



Our Inner Voices





THE INNER CRITIC

The Inner Critic is the internal voice that judges us as inadequate, blames us for whatever is wrong in life, and can find fault with anything about us.

➤ <http://goanimate.com/videos/0J3zbIZPTHR/1>





THE INNER DEFENDER

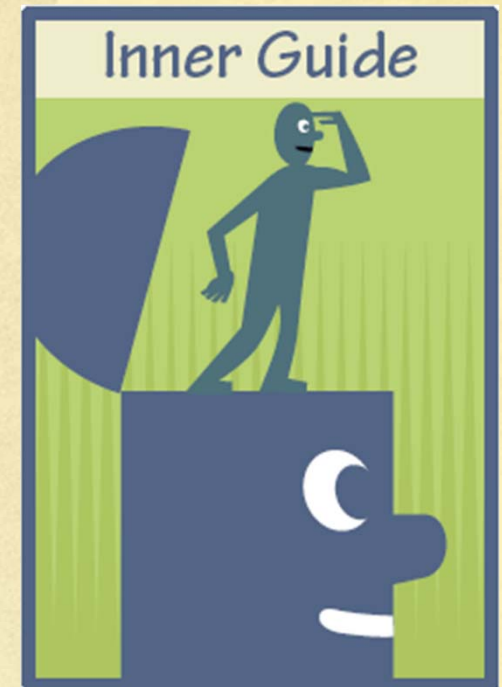
The Inner Defender
judges, blames, complains,
accuses, criticizes and
condemns others.





INNER GUIDE

The Inner Guide seeks to make the best of any situation and knows that judgments do not improve difficult situations.





QUICK REVIEW – ACTIVITY

2

- Identify each of the following as Inner Critic, Inner Defender or Inner Guide statements

I am not exercising because my treadmill is broken.	Inner Defender
My car has a flat tire. I'll ask Reyna if she can give me a ride to work tomorrow while the tire is being fixed.	Inner Guide
I'm too clumsy and slow to go to Zumba. Everyone will make fun of me.	Inner Critic
I know I won't get the job I interviewed for; I have never been good at answering questions on the spot.	Inner Critic
My computer training was horrible, so there's no way to get my project done.	Inner Defender
I know I have a habit of procrastinating, so I'm going straight home today and pay all my bills so I don't incur late charges.	Inner Guide
I know I stutter a lot when I get nervous, so I am going to practice my speech at least one hour every day.	Inner Guide
Karen said she would join Zumba with me but backed out. It's her fault if I don't lose weight this year!!!	Inner Defender

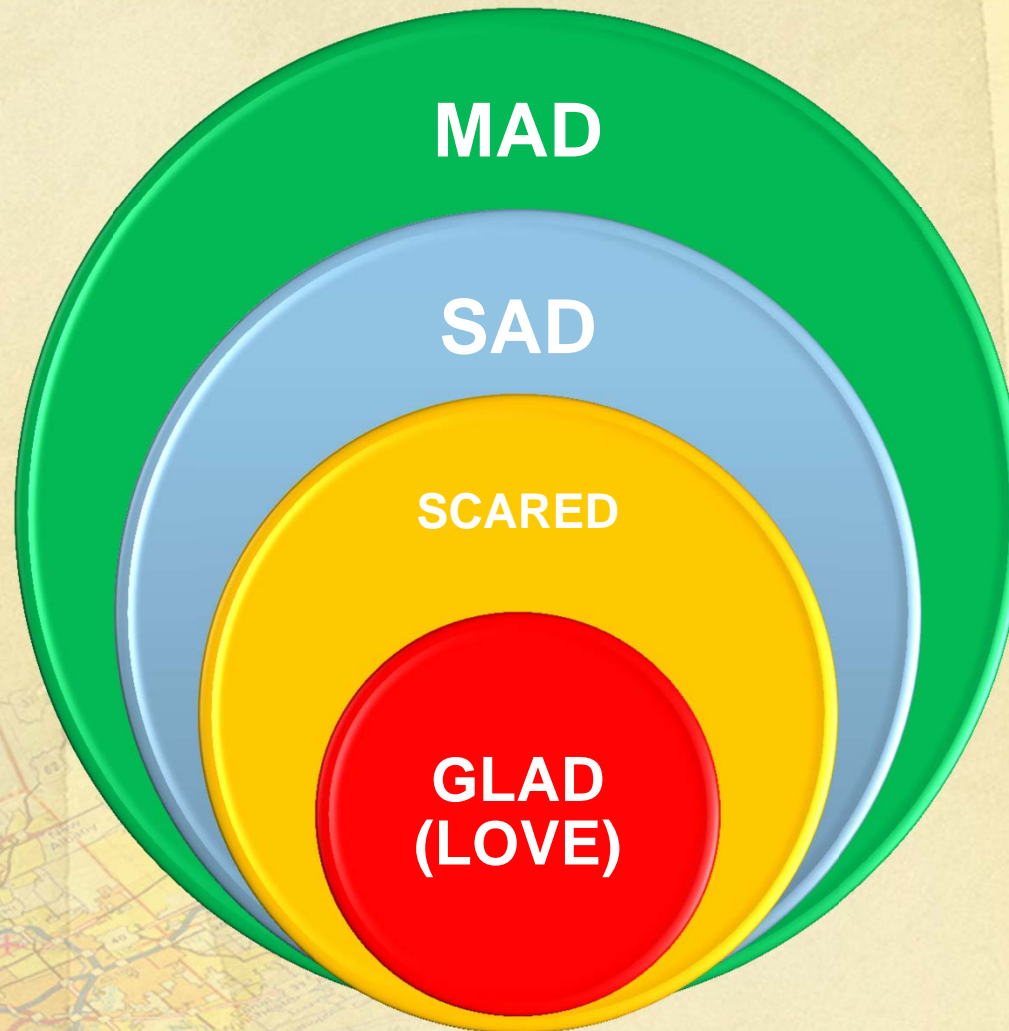


What is Emotional Intelligence?

1. Emotional Self-Awareness – Knowing your feelings in the moment
2. Emotional Self-Management – Managing strong feelings
3. Social Awareness – Empathizing accurately with other people's emotions
4. Relationship Management – Handling emotions in relationships with skill and harmony



Levels of Emotions





Know your Emotions

3

- Build a Vocabulary of Feelings
- Be Mindful of Emotions as They Are Happening
- Understand What Is Causing Your Emotion
- Recognize the Difference Between a Feeling and Resulting Actions



THE CURSE OF STINKIN' THINKIN'

A + B = C (Activating event + Beliefs = Consequences)

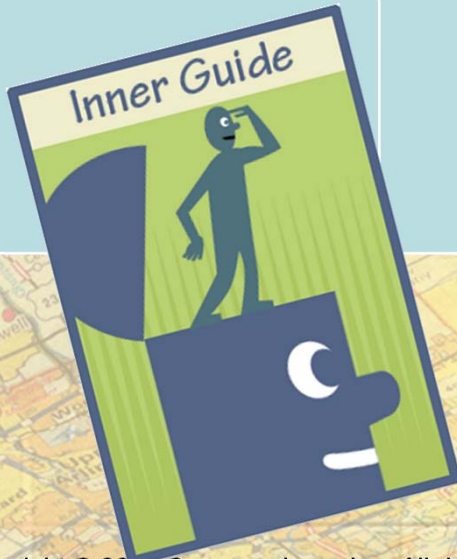
	Activating Event	Belief	Consequence	Emotions (%)
<p>Inner Critic</p>	My advisor returns Chapter 1 with a lot of required revisions.	"I don't think I can do this. I'm not smart enough."	Quit the program.	Sad 100%
<p>Inner Defender</p>	My advisor returns Chapter 1 with a lot of required revisions.	"No one told me how to do this. This stupid program doesn't prepare me properly."	Get angry and spend the night complaining to friends.	Angry 80%

Rational Emotive Therapy, by Albert Ellis



DISPUTING IRRATIONAL BELIEFS

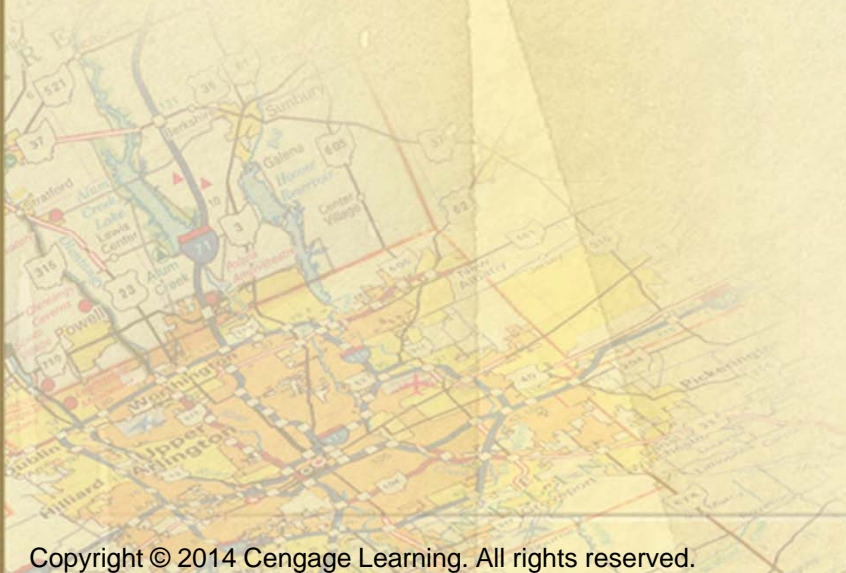
Offer evidence that your judgments are wrong	Offer a positive explanation of the problem	Offer a plan to improve the situation	Re-evaluate your emotions about the situation
<p>I did pretty good in my bachelor's and master's programs.</p>	<p>Doctoral programs are not supposed to be easy. They're supposed to challenge me.</p>	<p>I'll start a study group, meet with my professor to get clarification on the requirements, and ask my friend to help me.</p>	<p>Sad 10%</p> <p>Angry 5%</p>





4

ACTIVITY & DISCUSSION





What did you Learn?

- Victim versus Creator
- Inner Critic, Inner Defender and Inner Guide
- Emotional Intelligence
- Activating Event, plus Belief, equals
Consequence (Bad feelings). How can you
re-evaluate the situation?



THANK YOU!
10 MINUTE BREAK