

The Work Life Challenge

1



Life

There is a moment when you arrive, and you take your first breath and then there is a moment when you take your last breath, and you leave.

Life is NOT about time management or even about productivity....it's about being intentional and present!

2

“Life should not be a journey
to the grave with the
intention of arriving safely in
a pretty and well-preserved
body, but rather to skid in
broadside in a cloud of
smoke, thoroughly used up,
totally worn out, and loudly
proclaiming "Wow! What a
Ride!"

— Hunter S. Thompson,



3

You want me to do What
and When?



4

Time Vampires....

What are the
daily vampires
that get you off
track daily?



5

Misleading & NOT True!

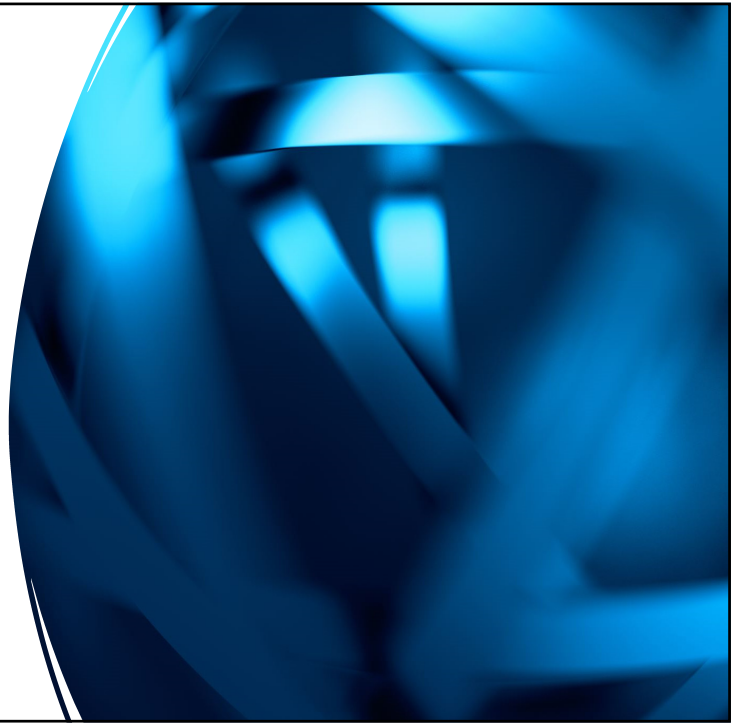
Time management is a
misnomer → there is no
such thing as managing
time because we all get
the same amount 86,400
seconds each day.



6

Continuum, Series, Events

Time is a continuum
in which events
succeed one another
from past, through
the present to the
future.

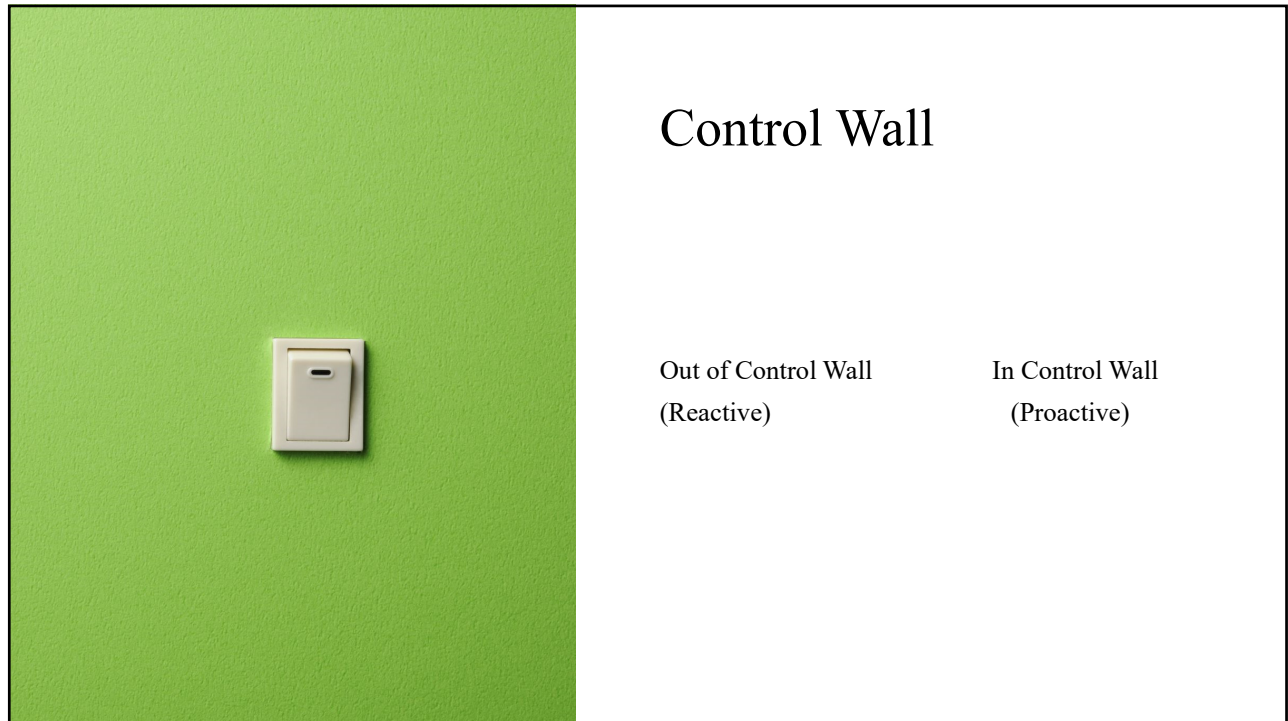


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EVERYTHING IS AN EVENT

You and I are after → EVENT CONTROL

8

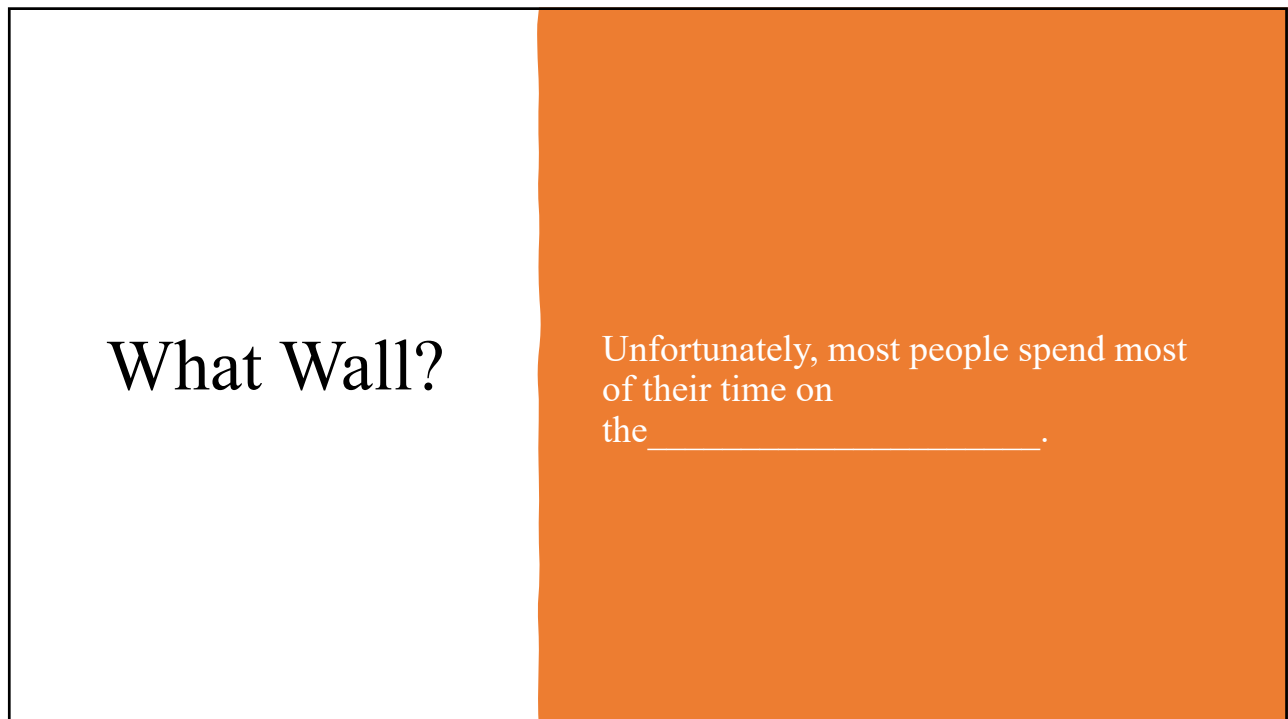


Control Wall

Out of Control Wall
(Reactive)

In Control Wall
(Proactive)

9



What Wall?

Unfortunately, most people spend most of their time on the _____.

10

OUT OF CONTROL WALL.

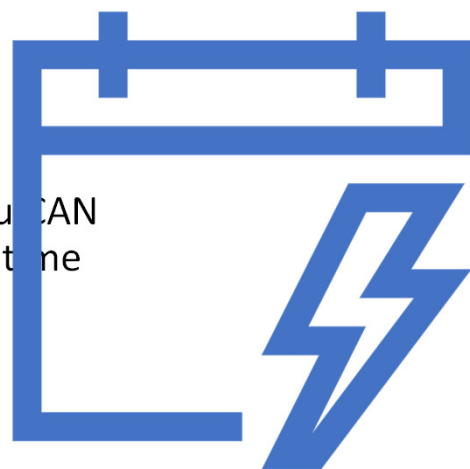


11

Take CHARGE!



Take charge of the things you CAN take charge of. Stop wasting time on the things you have NO control of.



12

The Ultimate Question?

When it comes to work/life balance remember: You will always be out-of-balance!

In what area can you afford to be **out of balance** for longer periods of time to where you will have the **least number of regrets** when taking your last breath?

What will your “slide-show” look like?



13

Set Clear Boundaries

Encourage setting defined work hours and sticking to them. Advise on creating boundaries for personal time, such as not checking work emails after a certain hour or during weekends. This helps prevent burnout and maintains a healthy separation between work and personal life.



14

Prioritize Self-Care

Emphasize the importance of self-care as a non-negotiable part of the routine. Encourage incorporating regular exercise, meditation, hobbies, or time with loved ones. Taking care of mental and physical health boosts productivity and overall well-being.



15

Learn to Delegate and Share Responsibilities

Highlight the importance of delegating tasks both at work and at home. Encourage letting go of the need to do everything themselves and trusting others to handle certain responsibilities. This can free up time and reduce stress.

16

Utilize Technology Wisely

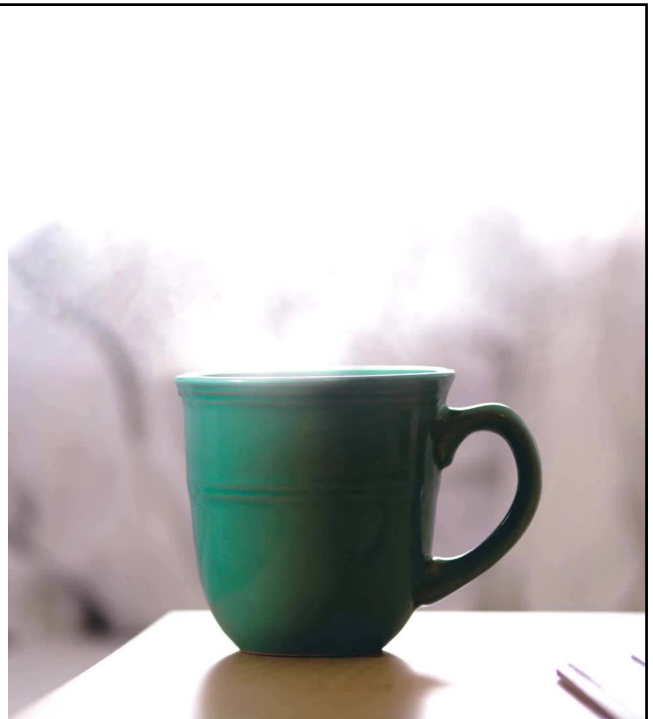
Advocate for using technology to streamline tasks, such as project management tools, calendar apps, or communication platforms. At the same time, remind them to disconnect from technology when it's time to relax and recharge.



17

Stay Present in the Moment

Encourage practicing mindfulness and staying present, whether at work or at home. Remind them that being fully engaged in the current moment, rather than multitasking or worrying about other tasks, can lead to more meaningful experiences and increased satisfaction.



18



19

1st zoom meeting vs 10th zoom meeting



20

Mental Health Resources

Dial: 988

www.nami.org

www.suicidepreventionlifeline.org

21



22



23

Stop Negative Self-Talk

Pay attention to your internal dialogue and avoid self-criticism or negative self-talk.

Replace self-defeating thoughts with positive affirmations and constructive self-talk that **uplifts and encourages you.**

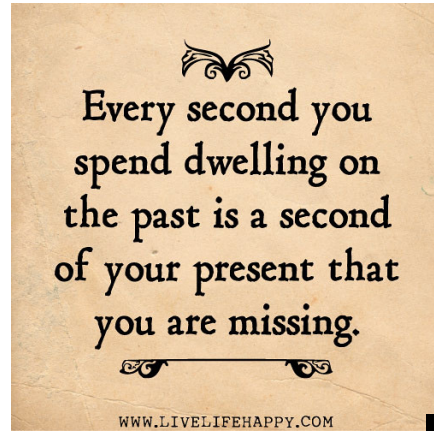
Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

24

Stop Dwelling on the Past

Continuously dwelling on past mistakes, regrets, or disappointments can weigh you down and hinder your ability to move forward. Instead, focus on the **present moment** and channel your energy into creating a better future.



25

Stop Blaming Others

Taking responsibility for **your own actions and choices** is essential for personal growth and development. Avoid **blaming others** for your problems or failures, and instead, **focus** on finding constructive solutions and taking **proactive steps to improve your situation.**



26

Stop Holding Grudges

Holding onto grudges or resentment can poison your attitude and negatively impact your relationships. Practice forgiveness and let go of past grievances to **free yourself** from unnecessary emotional burdens.



Attorney argues against 1st-degree murder charge

A Lincoln defense attorney argued Thursday that there was insufficient evidence to try Julia Stubblefield on a first-degree murder charge.

In a brief hearing, Kirk Naylor told Lancaster County District Judge Bernard McGinn there was no evidence to prove Stubblefield acted with premeditation when she stabbed Michael Pleskac Jr.

Stubblefield, 31, was charged with first-degree murder in the fatal stabbing of Pleskac, a former boyfriend of Stubblefield. The defendant surrendered to police June 14, the morning Pleskac was stabbed.

"There simply isn't any evidence to indicate it was premeditated first-

degree murder," Naylor said. He said the charge should be lowered to second-degree murder or manslaughter. Neither charge involves premeditation.

McGinn ordered the prosecution to file a written response to Naylor's argument by Nov. 22. McGinn will rule on the request after the arguments are submitted.

Pleskac, 23, was stabbed in the heart in his north Lincoln residence. Stubblefield went to the Lincoln Police Department that morning and told authorities she had stabbed someone. She was arrested that afternoon and remains in the Lancaster County Jail on a \$1 million bond.

27



Change is inevitable
and Champions
Charge ahead and
capitalize while
others Trivialize!

28

Champions know Change is Constant!

Don't get	2000: Don't get into Cars with Strangers!
Don't meet	2008: Don't meet people from the internet alone!
Order	2024: Order yourself a stranger from the internet to get into a car alone.

29



30



31

ipod



32



33



34



35

Masks



36

SHELTER IN PLACE

37



38



39



40

The Wisdom of Eric Hoffer

In the world today there are two types of people. There's the learners and the knowers. The learners will inherit the earth; while the knowers will be beautifully equipped to function in a world that no longer exists!

41

What's your
1 Change?



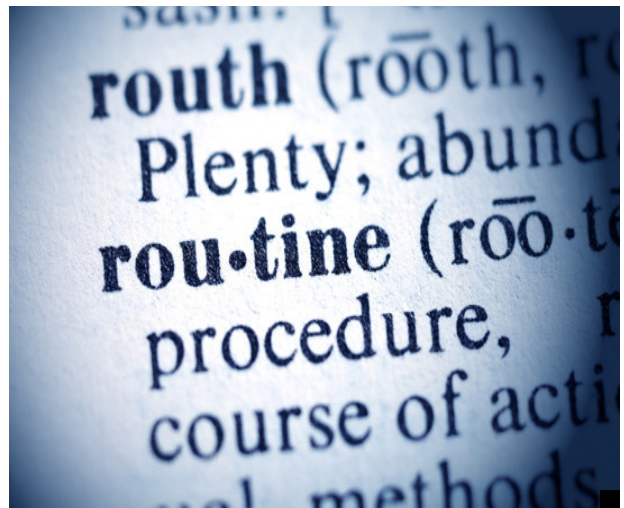
42

A photograph of a sunset over the ocean. The sky is a gradient of orange and yellow, and the water is dark with some whitecaps. A dark rectangular box is overlaid in the center, containing white text.

Champions adjust and
pressure is a privilege.

Billie Jean King

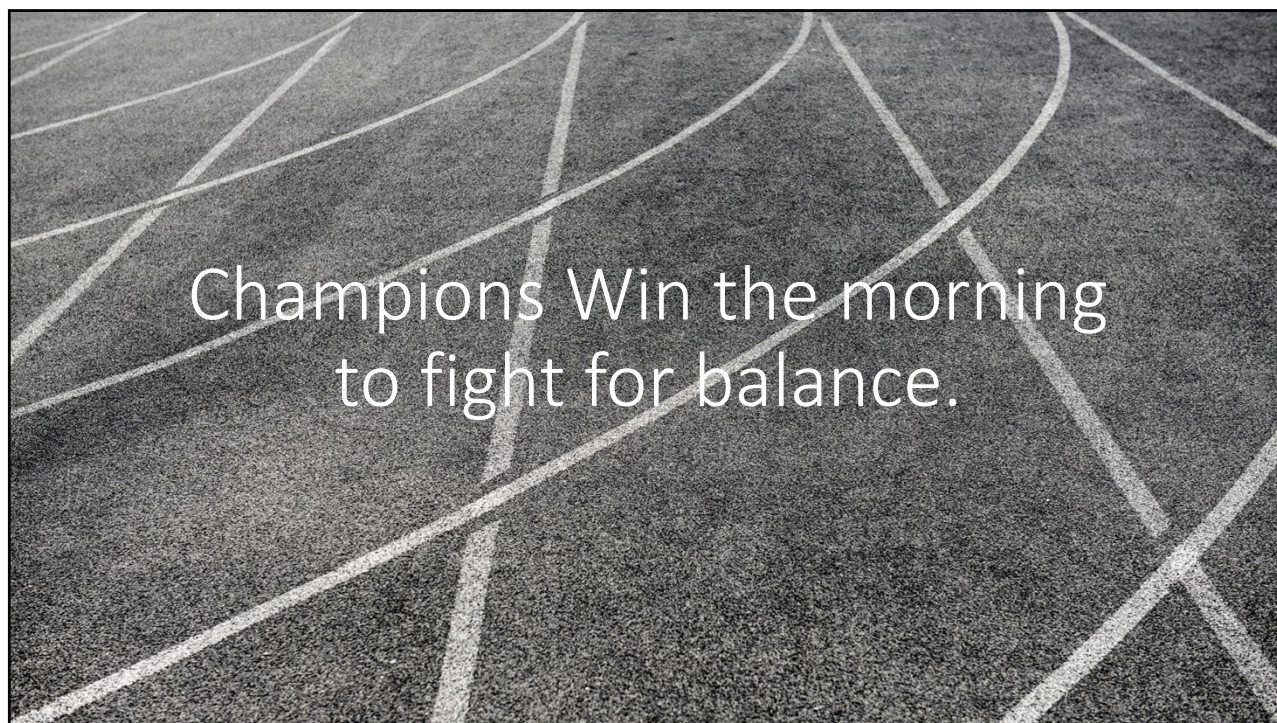
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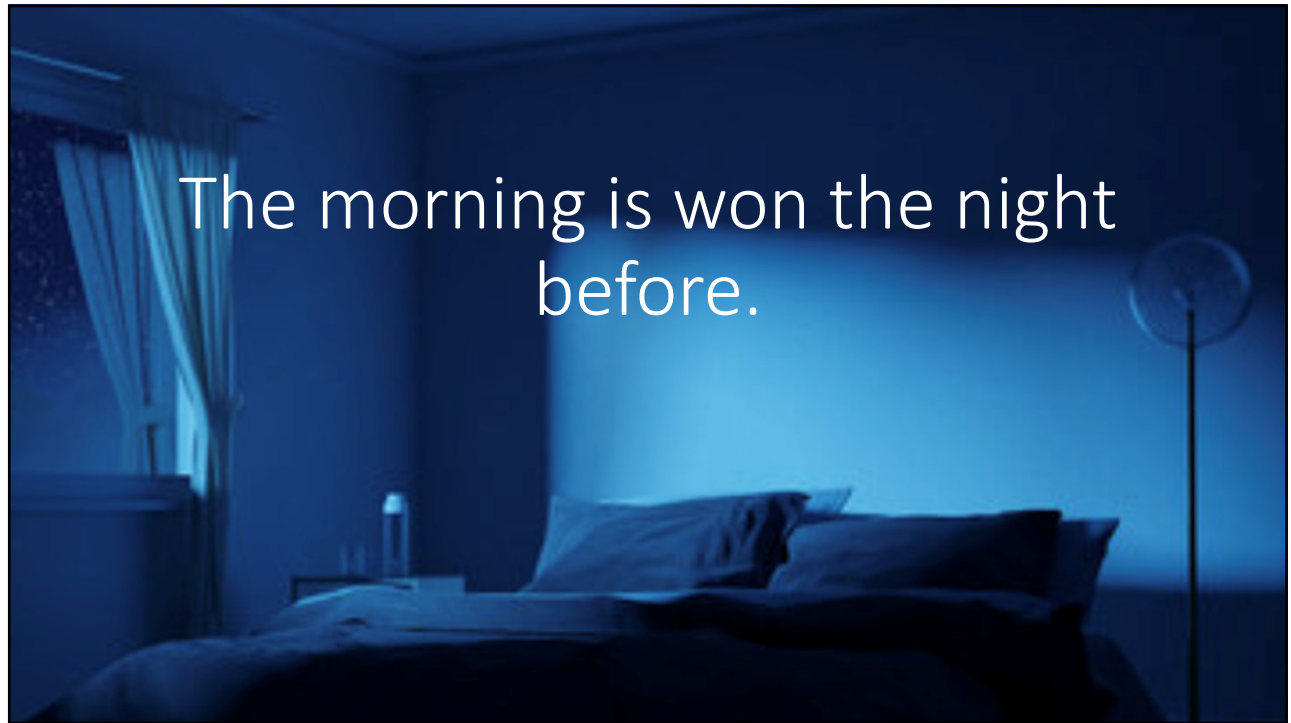
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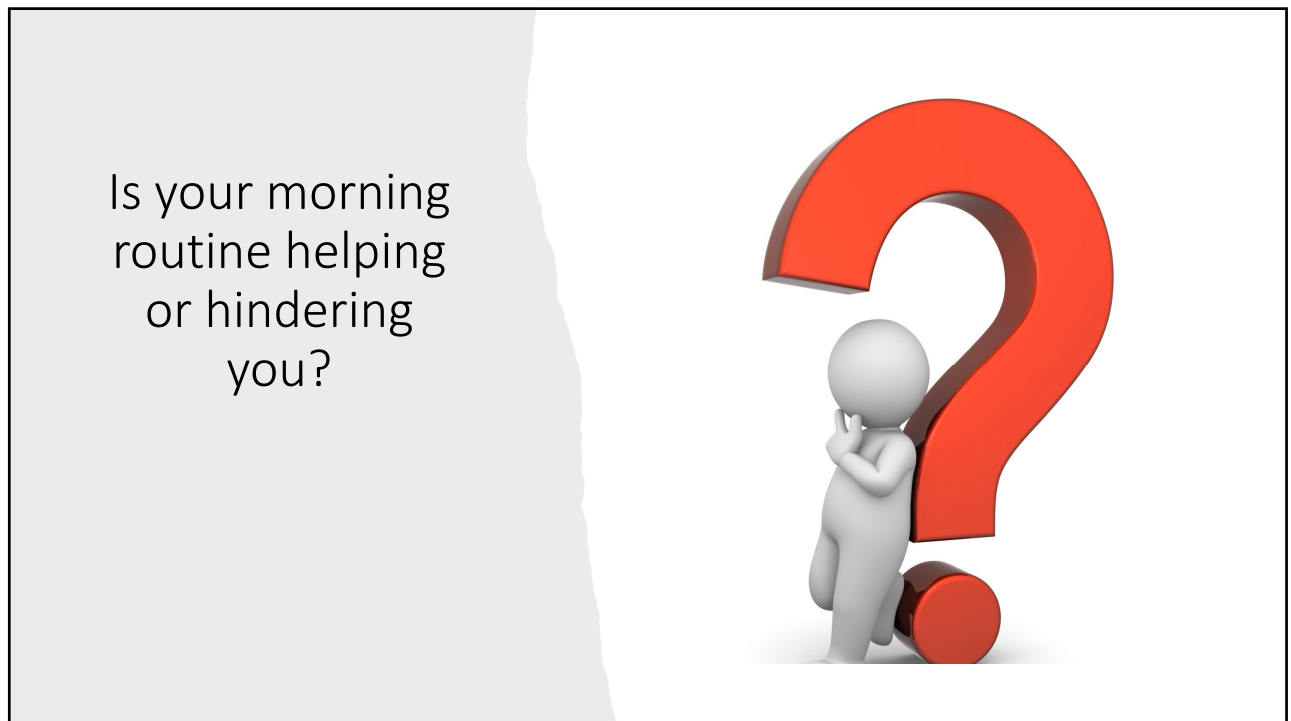


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The morning is won the night before.

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Is your morning routine helping or hindering you?

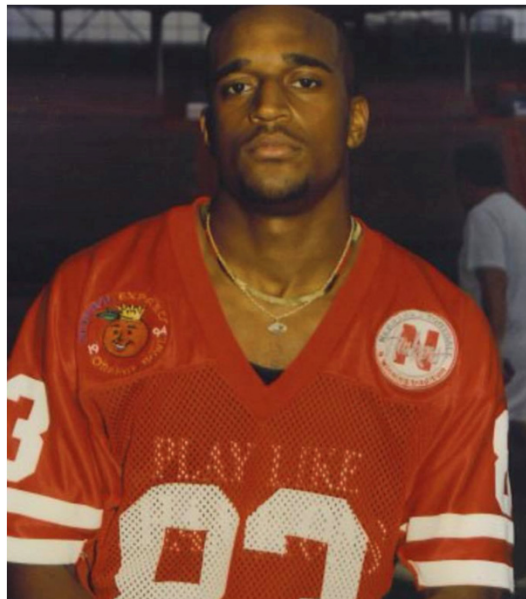
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Champions
Keep
PERSPECTIVE!



49

Advice to your
younger Self.



50



51

Champions
have a Sense
of Urgency!

We're ALL on the clock!



52

Champions I.D.
what's holding
them back!
*(what held you
back last year?)*



53

NO REFUNDS!
TODAY COUNTS!
Champions **DO NOT**
WASTE DAYS!

“The day’s go slow; the
years go fast baby Boy”
-Momma



54

LIFE is NOT a
DRESS Rehearsal.



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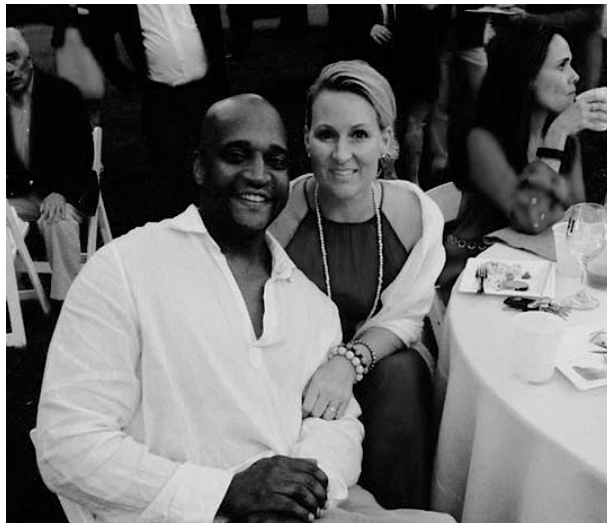
YOUR Choice!

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Strong REASONS
weaken Excuses!



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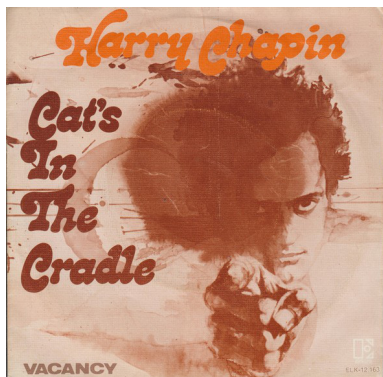


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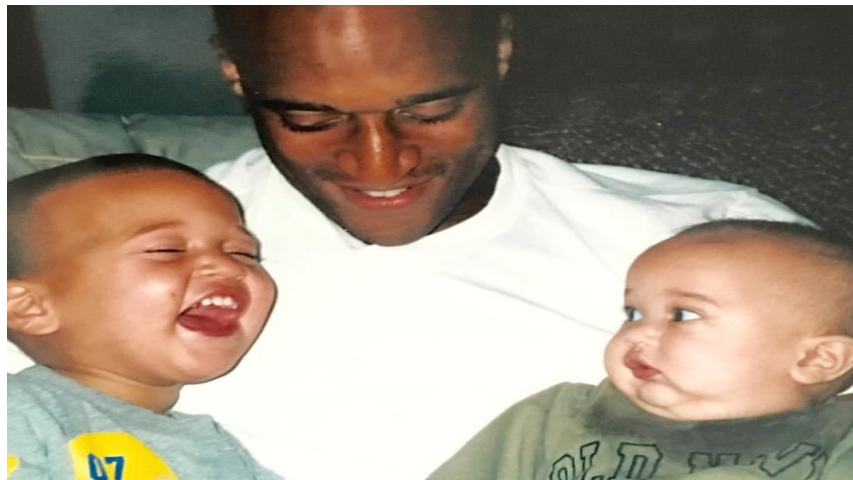
Be THERE!



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What's YOUR
WHY?



73



74

Can you
relate?



75



76

Life will HIT
all of us
HARD!



77

April 6, 2009.



78



79



80

Vowed to
come back
stronger!



81

2021 Life
said hold my
drink.



82



November 28th...My Hero passed.

83

What Bed
are you
laying in?



84

We ALL need
help when life
is out of
balance.



85

Read slowly



If you do not **make time** for your **wellness**, you will
be **forced** to make time for your **illness**!

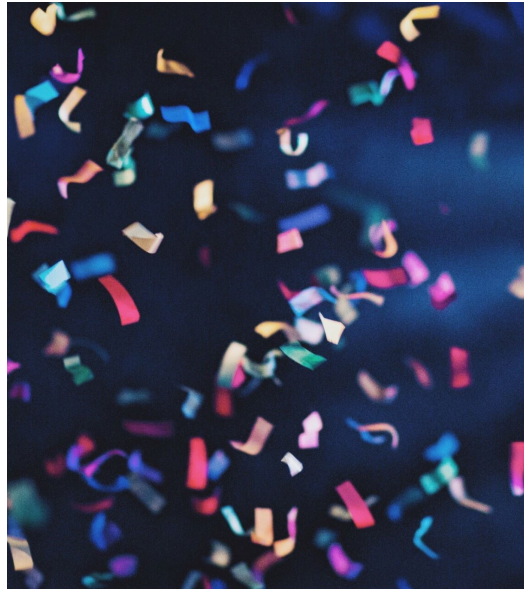


-Unknown

86

A Winning Night Cap for Work & Life.

1. Good today?
2. Glitch today?
3. Grateful for today?
4. Goal for tomorrow ?



87

Never Forget.

“There’s always a message in the mess.”

-Mom & Dad



88

FAMILY>Work-be willing to be out of balance.



89

A promotional graphic for Aaron Davis's '10 Minute Truths'. On the left is a large, close-up portrait of Aaron Davis, a Black man with a shaved head, wearing a dark suit jacket over a light blue shirt, smiling. To the right of the portrait is a black rectangular box with white and red text. At the top of the box, it says 'JOIN THE ATTITUDE DRIVEN COMMUNITY'. Below that is a white smartphone icon with a speech bubble containing the text 'SMS'. To the right of the icon, it says 'TEXT ATTITUDE TO 33777'. Below this, it says 'AND GET... 3 FREE CHAPTERS OF TEN MINUTE TRUTHS'. At the bottom right of the box is a small image of the book cover for '10 MINUTE TRUTHS' by Aaron Davis. The book cover features a smaller version of Aaron Davis's portrait and the title '10 MINUTE TRUTHS' in large, bold letters. Below the book cover, the website 'WWW.AARONDAVIS.CO' is printed in white capital letters.

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