# Encouragement

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### Making History & Designing Your Own Destiny

Southern Illinois University, Carbondale Research Center The Incubator@SIU Charles A. Serrano, Program Director

### Internalize: Affirmation Resulting in Behavior

### Make it yours – Make it a Belief

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### Internalize - Make it yours – Make it a Belief

- I am Writing and Making my own HISTORY
- I am Designing My Own Destiny

#### "There are no shortcuts to any place worth going."

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#### "There is no secret to success. It is the result of preparation, hard work, and learning from failure."

**General Colin Powell** 

#### "There are no shortcuts to any place worth going."

"Every page turned, every assignment conquered, and every exam passed brings you one step closer to a brighter future.

Remember, it's not the weight of the burden that breaks you, it's the manner in which you carry it.

Carry your dreams with pride, persistence, and grace."

"I think it's possible for ordinary people to choose to be extraordinary."



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"No barrier is too great, no challenge too overwhelming, when the fire of determination burns within.

Each hurdle you face is but a stepping-stone, elevating you towards a destiny only you can shape."

#### "I find that the harder I work, the more luck I seem to have."



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"I've failed over and over and over and over again in my life. And that is why I succeed." – Michael Jordan



#### "I find that the harder I work, the more luck I seem to have."

"It always seems impossible until it's done." – Nelson Mandela

"You tend to forget the pain, the doubt and the agonizing feelings, once you reach your goal, achieve success and know you accomplished greatness"

"Education is the great engine of personal development.

It is through education that the daughter of a peasant can become a doctor; that the son of a mineworker can become the head of the mine; that a child of farm workers can become the president of a great nation.

Rise above the storms, for through learning, you are becoming."

Inspired by Nelson Mandela



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### Belief & Behavior: With Integrity

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### **Three Key Activities:**

### • Self - Positioning - Where are you investing Time

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How are you feeding the mind and Soul - You are not your mind - You must tell it what to do. What Clubs - Hang Out Places - What Professional Organizations you are a member How do you spend your FREE TIME - How do you Identify Yourself or Define Yourself What you read, Movies you watch, The Time invested in Social Media - What Productivity ? Where are you taking your Body - Mind & Soul and Nurturing your Personality / Individually

### • **Relationships** - Informal Learning - Loyalty – Long Term

### Participate / Contribution – Be of Value to Society

- Self Positioning Where are you investing Time
- **Relationships** Informal Learning Loyalty Long Term
- Participate / Contribution Be of Value to Society

# Encouragement

Give and it will multiply. Share and it increases happiness.

Ignore the .... ism's -

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End of Presentation Notes for the Discussion Follows

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What is real .... What have I learned from my personal experiences.

- 1) Dropped out of School in 9<sup>th</sup> Grade
- 2) Joined the Army Honorable Discharge.
- 3) Played in a band, waiting tables, welder, factory worker
- 4) Went back to school 8 years of college 4 degrees, 6 universities.
- 5) Was a teacher, preacher and lobbyist, International relations, business owner, raised 6 girls, two marriages, lived in 8 countries, 3 islands. Enjoyed to the fullest the last 40 years of my life.
- 6) Lost everything 3 times all of it. Gained it back 10x in  $\frac{1}{2}$  the time.

Live every moment to the fullest, embrace the space you occupy and every soul that crosses your path

Never forgo an experience for the sake of Harmony

Everything below the neck is minimum wage. (Dr. B)

Become the best Explainer of your thoughts, dreams, and goals. (Dr. B)

Read Like a Wolf Eats (Dr. B)

Know something you can sell, and ring your own register. Turn value into currency.

There's no such thing as a good or bad emotion—only good or bad reactions to an emotion.

Anger can be productive. Disappointment can be educational. Frustration can be transformative. Happiness can be misleading.

Focus less on the emotion itself and more on how you choose to react to it.

In what ways have you overestimated your emotions and let them dictate how you behave and how you see the world? Where has this gotten you?

Emotional Economy – Be realistic and Base your thoughts on Facts. Create the environment for success. Dosifying (Only in dosages - never like a rain-storm) Global Repairs – Everyone wants to live in abundance -Never join a club that will accept you. What's the future... Watch the Jetsons. (Only 24 Episodes)

Save time and protect yourself from those influencing your mind.

Watch good movies, read great books and biographies of great humans.

Plant, then Harvest in the space you presently occupy – Live the present and be in the NOW.

You are not your mind – Don't let it control the Body.

Do not be a consumer. Fashion the biggest waste, 1/2 of trillion dollars ends up in landfill every year.

What do you have of value. What do you do, The Cider house rules. What is your business.

Know that nothing needs inventing - But everything needs reinventing and must be relevant and useful to society.

What are you are selling? Is it meaningful, is it improving, and saving?

Learn and use words that are full of meaning.

You know nothing John Snow ---- So learn at all times.

Read like a wolf eats – Where do you get your information?

Be the best explainer of your best hopes dreams, desires and goals

Plan, replan, test, execute, take corrective path and adjust your action.

Change is the only constant – Everything will change.

What is Real? The Jetsons, The Matrix, The Hunger Games, UFO's, The Law of Abundance, and We really don't know how electricity works.

You are on a Bus Traveling in time and space where you get off, is up to you

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