



Whiteboard, LLC

Maximizing Human Capital

Making Life Choices

“I cannot change yesterday, but I can
choose my today”

by

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Whatever you want to
do, do it now. There are
so many tomorrows.

~ Michael Landon



The tragedy of life is not that it ends so soon, but that we wait so long to begin it.

~ W.M. Lewis



Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

~ Carl Bard



Life isn't about finding yourself.
Life is about creating yourself.

~ George Bernard Shaw



What gets in our way?



Most of the shadows of this life
are caused by our standing in
our own sunshine.

~ Ralph Waldo Emerson



HABITS



The chains of habit are generally too small to be felt until they are too strong to be broken.

~ Samuel Johnson



What is a habit?

- Ritualized pattern of behavior that has been shaped and reinforced over time and requires little conscious effort to perform.
- Routines are habits linked together
- What is your morning routine?
- What does it feel like when you “break” with routine?



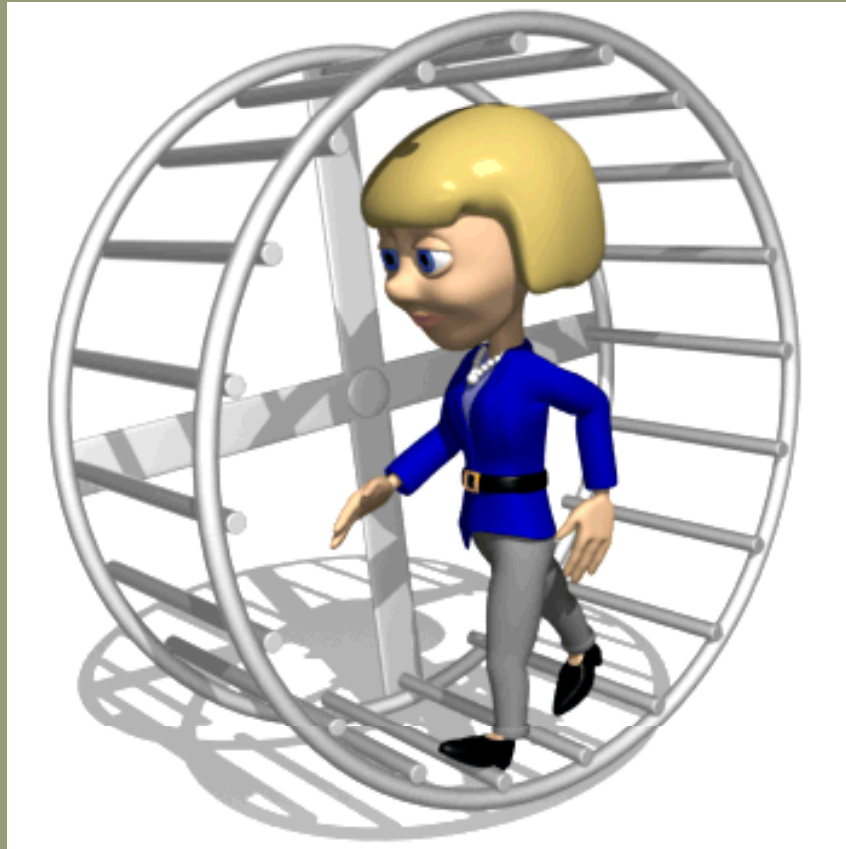
Most of our habits have developed out of a need to survive – not thrive.



Why Habits are Disempowering

- Habits take away our conscious choice. We just “do” without thinking, e.g., drink coffee in the morning.
- Habits have disempowered us to the point of feeling “helpless” about our ability to make good choices about our life and health.
- When habits & routines are problematic, we call them addictions.
- We exist on autopilot – going through the motions.
- Groundhog day. Living life the same everyday and somehow expecting different results.





We are what we repeatedly do.
Excellence, therefore, is not an
act but a habit.

~ Aristotle



Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

~ Frank Outlaw



In order to thrive we
must start with . . .

RESPECT



RESPONSIBILITY

- We fundamentally choose not to take responsibility for our life by blaming others, luck, genes, timing & environment
- Being **cause** in the matter of your life vs. being at the effect of circumstance
- Every minute of every day, recognizing your right to choose
- “I choose to ...” Or, “I choose not to ...”
- Saying “Yes” to one thing says “No” to another



You Choose



VS.



Holly Koester







Sarah Reinertsen





Education

- Critical for success in any venture
- Necessary to create a game plan – a business plan or a wellness program
- Skill development
- Treat everyday as a learning experience
- How do you learn?
- Limited by what you know



Tiger Creed: *I improve, therefore I am*

The late Moe Norman noticed in 2004 that Tiger's right heel lifts straight up, rather than moving toward his left heel.

2004 Tour
Championship



Liz Murray





- Born to drug-addicted, HIV parents in NYC
- Mother died at 15 & father moved to homeless shelter
- Without a stable home, while working, finished high school in 2 years
- Awarded NY Times college scholarship
- Admitted to Harvard in 2000
- Left Harvard in 2003 to care for father who died in 2006
- Graduates Harvard 2009



Nola Ochs





Born 1911 in Jetmore Kansas

Began at Fort Hays State University in 1930

Mother, grandmother, great-grandmother

Graduated Fort Hays State University in 2007



The man who views the world
at fifty the same as he did at
twenty has wasted thirty years
of his life.

~ Muhammad Ali

Support

- Enrolling others in your life
- Who will hold you accountable?
- Partner/Mentor
- Who's on your team?
- Ask for what you need/want
- Take advantage of available resources



Possibility

- What we know about ourselves from the past is what limits us
- We are the lid on our possibilities
- Live life from the perspective of what is possible – not what is not possible
- You must create a possibility based on what you don't know about yourself and live into that possibility
- What was once impossible is not possible





What you have to give up . . .

- Self-Defeating Thoughts
 - ✓ The little voice in your head that says “I can’t!”
 - ✓ I don’t deserve this!
 - ✓ I am not good/strong enough
- Fear of . . .
 - ✓ “Looking bad” – being embarrassed
 - ✓ Failure
 - ✓ Success
- Trying: “Do or do not... there is no try.” Yoda



“Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. **What is it you would let go of today?**”

~ Mary Manin Morrissey

Expectations

- Clear, measurable observable goals
 - ❖ Example: “get in better shape” vs. complete a 5k
- Create realistic but challenging goals
 - ❖ Don't set yourself up for failure to protect your self-esteem
- Don't let goals hold you back
- Track progress
- Adjust expectations & goals
- Expect setbacks



Breakdowns not Meltdowns

“I made a mistake which I need to learn from and move on.”

OR

“This is hopeless, I am weak and I will never be able to control myself!”



Commitment

- Psychological state
- Necessary but not sufficient
- Saying so doesn't make it so
- “We are committed to what we have in our lives”
- Commitment is demonstrated through action not words
- What are you willing to sacrifice?
- Are you ready?



Transformation

- Not about “change”
- Life does not “look” or “feel” the same
- “Being” not acting as though
- Diet vs. Healthy Lifestyle
- Fake it ‘til you make it
- Persistence over time



Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, 'Press on,' has solved and always will solve the problems of the human race.

~ Calvin Coolidge



Jessica Cox













Final Thought

Life is exactly how
you say it is



Questions & Comments



WHITEBOARD, LLC

**Maximizing Human Capital through
Targeted Behavioral Solutions**

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