

Live Your Life to the Fullest

BC Faculty Connection

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YouTube playlist: www.youtube.com/playlist?list=PL1DFC31DCADA56581

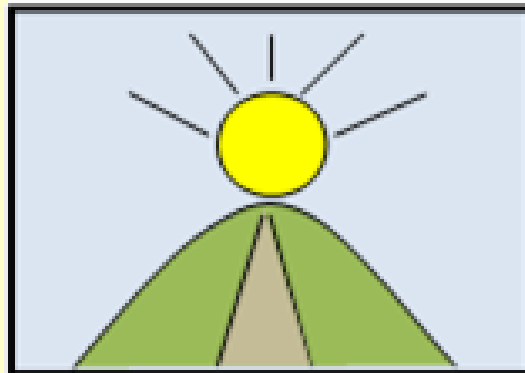
Slides: www.navigatingaccounting.com/presentation/presentations#Motivation

Live Your Life to the Fullest

- Focus is on principles we follow to live our lives to the fullest.
- What works for us may not work for you!
- Our hope is our principles will stimulate you to develop your own.

Live Your Life to the Fullest

**Have a clear,
compelling vision**



Have a clear compelling vision

- You should have a vision of what you want to accomplish in your life and a strategy to achieve this.

Have a clear compelling vision

- Your vision is the framework for your short-term goals and the source of your internal motivation.

Have a clear compelling vision

- It fuels the fire in your belly, gives you a sense of direction and fulfillment, and determines your priorities.

Have a clear compelling vision

- Your vision need not be specific, but it must compel you to action in a direction you want to go.

Live Your Life to the Fullest

Spend your time wisely



Spend your time wisely

There is plenty of time:

- 168 hours in a week.
- 8,736 hours in a year.
- 218,400 hours in twenty-five years.

Spend your time wisely

Manage it wisely:

- Know your priorities.
- Know the opportunity cost of your time.
- Find time for reflection:
 - What have I learned?
 - How can I spend my time more wisely?

Live Your Life to the Fullest

**Overcome the barriers
between your ears**



Overcome the barriers between your ears

- Your biggest barriers to success may be square between your ears.
- Undoubtedly, external barriers can impede your progress; barriers over which you have limited control: your race, your gender, your genes, the length of your hair.

Overcome the barriers between your ears

- But you have considerable control over your environment.
- Your failure to exercise this control, formulate a vision, and summon the courage to seize opportunities may be the biggest barriers to your success.

Live Your Life to the Fullest

**Don't judge yourself
too quickly**



Don't judge yourself too quickly

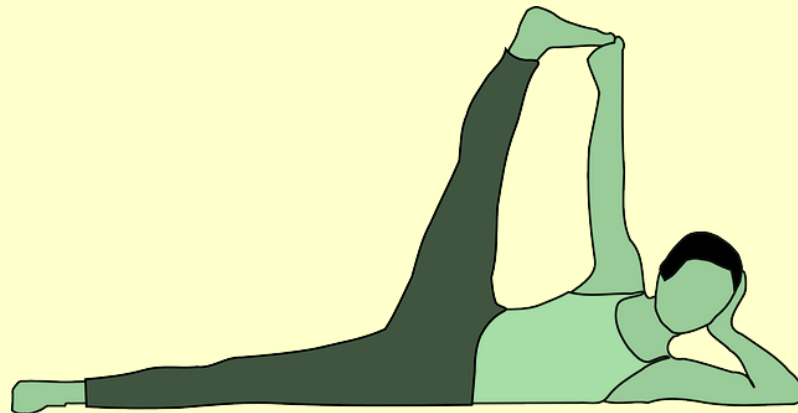
- You don't know how good you can become until you pay a steep price.
- Research indicates it takes 10,000 hours of focused hard work to become an expert.

Don't judge yourself too quickly

- Don't confuse your lack of knowledge and skills, which is an imagined barrier, with your potential talent.

Live Your Life to the Fullest

**Stretch yourself and be
willing to fail**



Stretch yourself and be willing to fail

- You must set high goals and stretch yourself to realize your potential.
- Only by failing periodically will you know you're pushing yourself to the envelope of your talent — that you're living your life to its fullest.

Stretch yourself and be willing to fail

- Failing facilitates progress towards your vision when:
 - You compete with the very best.
 - Identify lessons learned.

Live Your Life to the Fullest

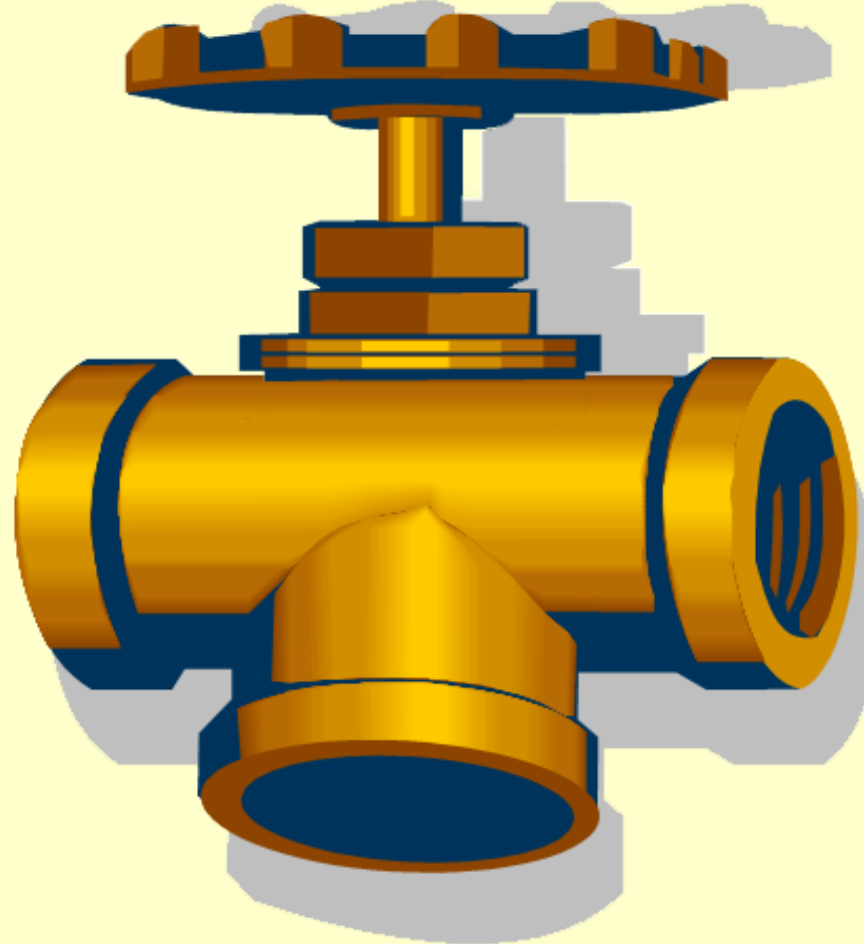
**Convert adrenaline to
excitement**



Convert adrenaline to excitement

- Anxiety is frequently a needless barrier to success. Learn to channel adrenaline into excitement whenever possible.

Convert adrenaline to excitement



Convert adrenaline to excitement

- Your body produces adrenaline in response to both negative and positive external stimuli.
- When you perceive a situation is positive, adrenaline helps you perform better.
- When you perceive it's negative, adrenaline helps you defend yourself — to fight or flee.

Convert adrenaline to excitement

- These perceptions come from your mind, from square between your ears.
- The better you understand how your vision relates to your environment, the more exciting and less anxious your life will be.

Live Your Life to the Fullest

**Rediscover Your
Intellectual Curiosity**



Rediscover your intellectual curiosity

- Four year olds bubble over with curiosity:
 - They wear out their family with “why” and “why not” questions.

Rediscover your intellectual curiosity

- By contrast, far too many college students ask only one question:
 - “Will it be on the test?”

Rediscover your intellectual curiosity

- Intellectual curiosity can lead to more critical thinking that's essential to succeeding in a global knowledge economy and living your life to the fullest.

Live Your Life to the Fullest

- 1. Have a clear, compelling vision.**
- 2. Spend your time wisely.**
- 3. Overcome the barriers between your ears.**
- 4. Don't judge yourself too quickly.**
- 5. Stretch yourself and be willing to fail.**
- 6. Convert adrenaline to excitement.**
- 7. Rediscover your intellectual curiosity.**

Live Your Life to the Fullest

Take your passion and make it happen!

“Flashdance...What a Feeling” by Irene Cara