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
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
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.
Your vision need not be specific, but it must compel you to action in a direction you want to go.
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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.
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?
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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.
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.
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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.
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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.
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Convert adrenaline to excitement
- Anxiety is frequently a needless barrier to success. Learn to channel adrenaline into excitement whenever possible.
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.
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.
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Rediscover Your Intellectual Curiosity
Four year olds bubble over with curiosity:

- They wear out their family with “why” and “why not” questions.
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 live 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.
Take your passion and make it happen!

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