1. Thinking

Fear

I’m afraid I’ll be late if I don’t leave by six.

Power

I want to __________________________
_________________________ so/because ______

Obligation

I have to take out the garbage.

Power

I want to __________________________
_________________________ so/because ______

2. Heroes

List two of your heroes/heroines. Explain A) What you admire about each; and/or B) How each inspires you.

A. ____________________________
Explanation: 

B. ____________________________
Explanation: 

3. What Matters

List some of the things that matter most to you. They can be anything.

- 
- 
- 

4. Strengths

Strengths

Improvements

5. Goals

How many personal goals are you currently trying to achieve?

___ 0  ___ 1-2  ___ 3-5  ___ 6+
6. **Simple pleasures**
   Check your favorite things. Add to the list.
   
   ____ Everything done on the “to do” list
   ____ A root beer float
   ____ An old song that takes you back
   ____ Coffee
   ____ A round of golf
   ____ The smell of fresh-cut grass or hay
   ____ A day in the woods
   ____ Gardening
   ____ Seeing friends from high school
   ____ Watching kids being giggly
   ____ Chocolate
   ____ The first snow of the season
   ____ Going fishing
   ____ Being lazy on a Sunday
   ____ A walk through the zoo
   ____ Coming home to a clean house
   ____ A good book
   ____ Finishing a project
   ____ Watching football on TV
   ____ Cookies just out of the oven
   ____ Me time
   ____ Helping someone
   ____ Sleeping late
   ____ A good game of poker
   ____ Finding money left in a pocket
   ____ Goofing around with kids
   ____ A cold beverage on a hot summer day
   ____ Sleeping with the windows open
   ____ Food off the grill
   ____ The feeling after a good workout
   ____ Riding in a convertible
   ____ Seeing the sun come up
   ____ Fresh popped popcorn
   ____ Vacation
   ____ Going on a picnic
   ____ A hot dog at the ball park
   ____ Sitting by a warm fire on a fall or winter day
   ____ Looking at old family pictures
   ____ New socks
   ____ Breakfast in bed
   ____ Remembering where you parked the car
   ____ Fixing something
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________
   ____ ________________________________

7. **Promoting Effective Workplace Dynamics**

<table>
<thead>
<tr>
<th>Positive Thinking</th>
<th>How</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoyment</td>
<td></td>
</tr>
<tr>
<td>Feeling Important</td>
<td></td>
</tr>
<tr>
<td>Success</td>
<td></td>
</tr>
<tr>
<td>Personal Benefits</td>
<td></td>
</tr>
<tr>
<td>Clarity</td>
<td></td>
</tr>
</tbody>
</table>
Resources Consulted for this Presentation


Mandin, Og. *Og Mandino’s University of Success.* Bantam, 1983.


For more information, additional resources or presentation/workshop requests, please contact Dawn Rekoske (drekoske@wisc.edu).