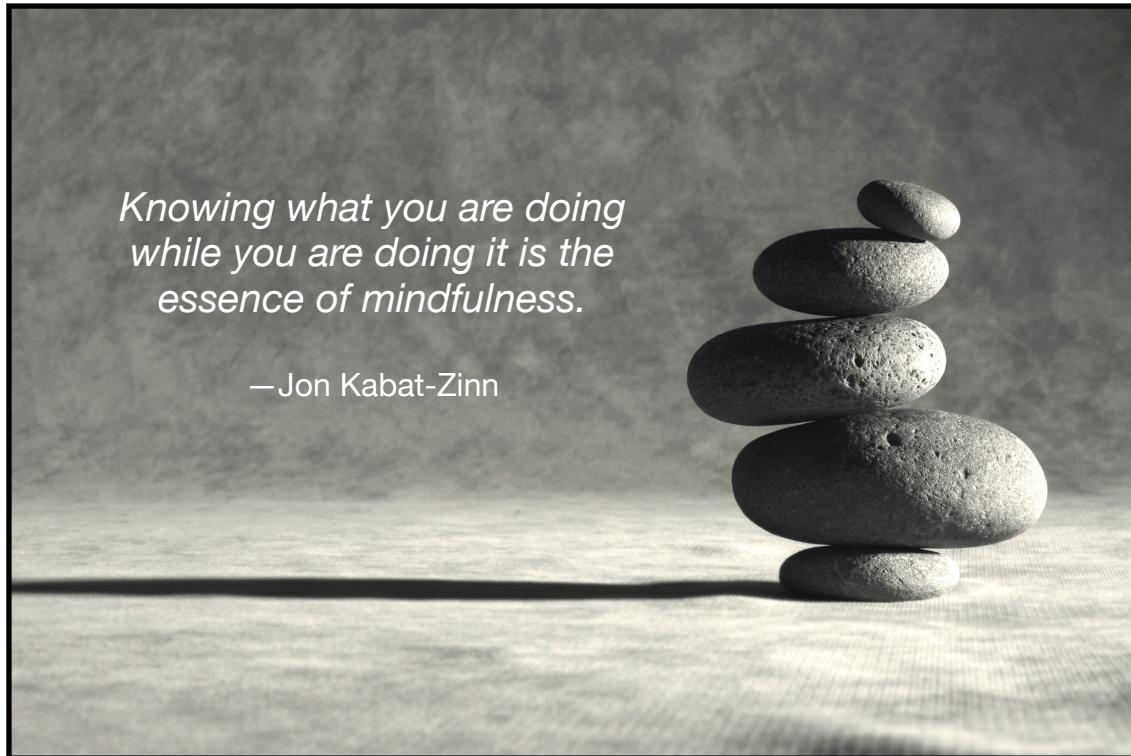


The Presence of Mind to Grow with The Flow

Making the Most of Every Situation

Presented by Ron Culberson



*Knowing what you are doing
while you are doing it is the
essence of mindfulness.*

—Jon Kabat-Zinn

Northern Virginia Dementia Care Consortium
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Facing the Mortality of Life

Key Concept from Ron's book, *Do it Well, Make it Fun*:

The best thing we can do to enrich our life is to understand that one day, it will end.

Brief Overview

Many teenagers engage in reckless behavior because they see themselves as invincible. Most of them have not lived long enough to appreciate the value of life. Thus, mortality is quite an abstract concept. As we become adults, however, we have no excuse for ignoring the fact that the length of our lives is limited. We don't need to live with a morbid dread of our ultimate demise but appreciating that life does not go on forever makes us acutely aware of the value of each moment we're alive.

Link: The Holstee Manifesto, a fantastic company mission statement that is really about life
(https://www.youtube.com/watch?v=QDmt_t6umoY&feature=emb_title)

Further Exploration

If you had to write your own obituary, how would you want to be remembered?

Are there people who have died with whom you failed to connect? What kept you from connecting?

Are you at the place you thought you would be at this point in your life? If not, how is it different?

What are several things that you could do to adjust your life path? How could you make this adjustment more fun?

The Power of Presence

Key Concept from Ron’s book, *Do it Well, Make it Fun*:

Dealing with the present moment is actually dealing with the “real” reality, not the reality in our heads.

Brief Overview

Our thinking mind is always active and we get quite accustomed to automatically reacting to whatever it tells us. But often, our minds are focused on the past or the future rather than on what’s really happening right now. Being present means attending to what is *going on* in the moment rather than what our minds *think* about the moment. Once we attend to the reality, we can react appropriately.

Link: Jon Kabat-Zinn describes mindfulness (<https://www.youtube.com/watch?v=HmEo6RI4Wvs>)

Further Exploration

Write down something that is currently on your mind and worries you.

Now, look out a window and specifically describe what you see (colors, textures, movement, etc.):

What is the difference between what you observe in your surroundings and the worry that is on your mind? Is one more real than the other?

What can you do in this moment to address the worry but then leave it and be more present in the moment?

There is much humor in the present moment if we allow ourselves to see it. Take time each day to look for humor.

The ***Do it Well, Make it Fun*** Philosophy

Key Concept from Ron's book, *Do it Well, Make it Fun*:

It's not about the days in your life, but the life in your days. —Abraham Lincoln

Brief Overview

As we travel through life and work, one of our primary goals should be the development of our personal and professional selves. It's like the old boy scout adage that we should leave the campsite a little better than we found it. The way to do this is to seek excellence in everything we do while making the journey through life and work more enjoyable. It's a balance that makes us more effective, more respected, and more content in our jobs. Here's a reminder of the formula:



Links: The Volkswagen Fun Theory (<https://www.youtube.com/watch?v=SBymar3bds>)
Ron's Video blog on cooking (<https://ronculberson.com/cooking/>)

Further Exploration

Identify a regularly occurring experience that is a boring, mundane, or stressful part of your life/work:

Describe the overall process involved in this routine:

Identify each of the steps in the process. Don't leave anything out.

What steps could you change to either improve the process or make it more fun?

Developing and Nurturing Relationships

Key Concept from Ron's book, *Do it Well, Make it Fun*:

Friendships are important and must be purposeful.

Brief Overview

Most research supports the idea that friendships are good for our well being. In fact, people who live the longest tend to have active social networks. However, we usually don't purposely pursue friendships but instead, make friends with people who are geographically close to us at work, in neighborhoods, etc. When we purposefully choose our friends and then work to nurture the relationships, we will build valuable connections that will last a lifetime.

Link: A TED talk about the value of social relationships

(https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life#t-153676)

Further Exploration

Do you have a best friend? Do you have more than one best friend? If so, list them here.

Where did you meet your closest friends? Why did they become your friends?

If you don't have a best friend, what might be some of the qualities you would look for?

Where might you meet people who would have those qualities?

What would be a fun way to expand your circle of friends or to maintain your current friendships?

Donating Time for Fun and Profit

Key Concept from Ron's book, *Do it Well, Make it Fun*:

Volunteerism is not only about giving, but also about receiving.

Brief Overview

Many of us can hardly keep up with the demands of work and family. The last thing we want to think about is adding one more item on the schedule. Yet, there are many needs in our communities that can't be met by government agencies or service organizations. In fact, if we really pay attention, we might find out that there are needs right next door. Volunteerism gets us out of ourselves and allows us to see and address the needs of others. And if we could find a way to volunteer for at least one hour per week, we could change the world.

Links: Creative video using Martin Luther King, Jr's words about service
(https://www.youtube.com/watch?time_continue=57&v=hTyXw2MNL8&feature=emb_title)

Further Exploration

Do you currently volunteer your time? If so, where and how often?

What gifts or skills do you possess that could be used in a volunteer capacity to help someone else?
What causes are you passionate about?

What are some of the greatest needs in your community? If you don't know, where could you find out?

What types of new volunteer opportunities would be fun for you?

Recommended Reading

Alda, Alan (2017). *If I Understood You, Would I Have This Look on My Face? My Adventures in the Art and Science of Relating and Communicating*. Mayflower Productions, Inc.

Allen, David (2015). *Getting Things Done: The Art of Stress-Free Productivity*. Penguin Books.

Achor, Shawn (2010). *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work*. Crown Books.

Burchell, Michael & Robin, Jennifer. (2011) *The Great Workplace*. Jossy Bass.

Buettner, Dan (2012). *Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*. National Geographic.

Chapman, Gary (1992). *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. Northfield Publishing.

Colvin, Geoff (2008). *Talent is Overrated*. Portfolio.

Covey, Stephen (1989). *The 7 Habits of Highly Effective People*. Simon & Schuster.

Frankl, Viktor (2006). *Man's Search for Meaning*. Beacon Press.

Gladwell, Malcolm (2008). *Outliers: The Story of Success*. Little, Brown, & Co.

Gostick, Adrian & Christopher, Scott (2008). *The Levity Effect: Why it Pays to Lighten Up*. Wiley.

Grenny, McMillan & Switzler (2011). *Crucial Conversations Tools for Talking When Stakes Are High*. McGraw Hill.

Harris, Dan (2014). *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works*. Harper Collins.

Kabat-Zinn, Jon (2013). *Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam.

Klein, Allen (1989). *The Healing Power of Humor*. Jeremy P. Tarcher, Inc.

Freiberg, Kevin & Freiberg, Jackie (1996) *Nuts! Southwest Airlines' Crazy Recipe for Business and Personal Success*. Bard Press.

Peck, M. Scott (1978). *The Road Less Traveled*. Simon & Schuster.

Rinpoche, Sogyal (2012). *The Tibetan Book of Living and Dying*. Harper Collins.

Robertson, Jeanne (1998). *Don't Let The Funny Stuff Get Away*. Rich Publishing Company.

Rosenberg, Marshall (2015). *Nonviolent Communication: A Language of Life*. Puddle Dancer Press.

Tolle, Eckhart (1999). *The Power of Now: A Guide to Spiritual Enlightenment*. Namaste Publishing.

von Oech, Roger (1983). *A Whack on the Side of the Head: How You Can Be More Creative*. Warner Books.

Helpful Websites

Authentic Happiness: <https://www.authentichappiness.sas.upenn.edu>

Blue Zones: <https://www.bluezones.com>

Corporation for National and Community Service: <https://www.nationalservice.gov>

MasterClass: <https://www.masterclass.com>

Mental Floss: <https://www.mentalfloss.com>

Mindful: <https://www.mindful.org>

TED Talks: <https://www.ted.com/talks>

10% Happier: <https://www.tenpercent.com>

Twelve Rules for Life: <https://www.jordanbpeterson.com/12-rules-for-life/>

What Color is Your Parachute Career Guide: <https://www.parachutebook.com>

Younger Next Year: <https://www.youngernextyear.com>

Your Speaker

Ron Culberson, MSW, CSP, CPAE is a former hospice social worker, middle manager, and senior manager whose mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association and in 2014 was inducted into the CPAE Speaker Hall of Fame®.

Ron's book titles:

- *If Not Now, When? Making the Most of Your Life, Your Relationships, and Your Work* (2017)
- *Do it Well. Make it Fun. The Key to Success in Life, Death and Almost Everything in Between* (2012)
- *My Kneecap Seems Too Loose: 365 Random Thought to Inspire Deeply Shallow Thinking* (2010)
- *Is Your Glass Laugh Full? Some Thoughts on Finding Humor in Life* (2004)

