

Thriving Through Life's Journey
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1. Kit to Thrive Through Life's Journey: Rose Colored Glasses, Skin of a Rhino and Soul of an Angel, Tongue, Big Picture, Box, Rubber Band, Key, Water, 5 Fruits and Vegetables a Day, Watch
2. Attitude: Our Reality is Based on Our Perception
 - a. The Imaginary Journey
 - b. The Cookie Thief
 - c. The Filters Through Which you See the World: Yourself, Other People, Your Work, Your Lifestyle
 - d. Are You a Horn Honker or a Car Fixer?
 - e. The Charlie Concept
 - f. Aging With Grace Study
 - g. Practice Seligman's Learned Optimism
 - h. Stress Mindset – Know When to “Hold Em” Know When to “Fold Em”
 - i. Think About What You are Thinking About - Mindfulness Practice
 - j. Practice the TH
 - k. STOMP OUT ANTS!
 - l. Research supports that 50% or more of our level of happiness-defined as the sensation of well-being-comes from our DNA...this genetic hard-wiring gives us individual biochemical profiles that create happiness set-point similar to our body weight set-point..... we have up to 40% control of how happy we are! Happiness comes from within....you can't find it outside yourself....YOU can choose happiness, it's not a matter of luck or happenstance.
 - m. Choose Happy
 - n. Practice the Attitude of Gratitude
 - o. Kindness Matters
 - p. We Communicate our Attitude
 - q. Attitude is a Choice

“If you change the way you look at things, the things you look at change.” ~Wayne Dyer

“No one can make you feel inferior without your consent.” Eleanor Roosevelt

“It is your attitude, not your aptitude that determines your altitude in life.” Zig Ziglar

This is the beginning of a new day, what I do today is important because I am exchanging a day of my life for it. I want it to be good, not bad; happy, not sad; success not failure, that I may not regret the price I paid for today.

3. Albert Schweitzer on How to Succeed in Life

4. A Tongue – So You Don't Have to Bite Your Own
5. A Penny For the Thoughts of a Friend or Mentor
6. The Big Picture
7. Stepping Outside of the Box... We don't see things as they are, we see them as we are. ~Anaïs Nin
8. Stay Flexible....willing to bend, but not to break.
9. Key to Unlocking Potential and Inspire Others to be the Best They Can Be
10. The Gift of Time

Our days are like suitcases, all the same size but some seem to pack more into them than others. Author Unknown

11. Self-Care: Lifestyle Choices that Make a Difference

“Choosing to live your life by your own choice is the greatest freedom you will ever have.” Shad Helmstetter

12. The Challenge of Change
 - a. Prochaska's Stages of Change
 - b. Portia Nelson's Autobiography in Five Chapters

13. The New York Style Cafeteria

14. Thriving Through Life's Journey Poem

Eckmann, T. & Eckmann, K. (2018, May). 101 Mindfulness & Meditation Practices. Healthy Learning Publications.

Eckmann, T. (2016, May). 101 Ways to Age Gracefully. Healthy Learning Publications.

Eckmann, T. (2013, May). 101 Brain Boosters. Healthy Learning Publications.

Kit to Thrive Through Life's Journey

Rose colored glasses to see the best,
For each person with different gifts is blessed.
The **soul of an Angel and a Rhino's thick skin**,
Doing our best to inspire and believe from within.
A **tongue** to bite, to take time to think things through,
With a mentor or special friend who'll help to guide you.
Striving to see the **big picture**, stepping outside of the **box**,
For it's the joy in life's journey our attitude unlocks.
A **rubber band** to stay flexible and willing to change,
For every person in our life is not on the same page.

You are the **key** to supporting family, community and friends,
Unlocking great potential to help all do their best.
So take care of yourself, a difference you can make,
Drink water, exercise, and eat 5 fruits and veggies a day.
A **watch** to remember the gift of time and how you spend your dash,
We know it's the difference we make in others'
lives....it's not about the cash:~!

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