



How many varieties of...
do I need?



Does versatility
overwhelm me
or inspire me?



What is versatility
for me?
What is the
opposite word?

Versatility

An autobiography in five very short chapters.

Chapter 1 I walk down the street. There's a hole in the sidewalk.

It is a very deep hole. I fall in ... I am helpless.

It isn't my fault. It takes forever to find a way out.

Chapter 2 I walk down the same street. There's a deep hole in the sidewalk.

I pretend I don't see it. I fall in ... again.

I can't believe I'm in the same place, but it isn't my fault.

It still takes a long time to get out.

Chapter 3 I walk down the same street. There's a deep hole in the sidewalk.

I see it is there. I still fall in ... it's a habit, but my eyes are open.

I know where I am. It is my fault. I get out immediately.

Chapter 4 I walk down the same street. There's a deep hole in the sidewalk.

I walk around it.

Chapter 5 I walk down another street.

Portia Nelson

To live life to the fullest, you have to be a versatile actor to play all the roles.

Tapán Ghosh

Men are different; sheep are all alike.

Raheel Farooq

Be flexible like trees; when the wind blows bend, but do not break.

Matshona Dhliwayo

Yesterday I was clever, so I wanted to change the world.

Today I am wise, so I am changing myself.

Rumi



Should I focus on today or tomorrow?



How can I help someone today?



What do I need to make it happen?

Practical

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class nodded their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed - incapable of doing anything else until you drop them."

Marc Chernoff

If you want others to be happy, practice compassion.

If you want to be happy, practice compassion.

Dalai Lama XIV, The Art of Happiness

The Four Agreements

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

Don Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom

Identify your problems but give your power and energy to solutions.

Tony Robbins



**What brings out
the best of me -
chaos or structure?**



**What part of your life
would you like to be
more structured?**



**Is structure a foundation
or a destination?**

Structure

One day, the master was watching a practice session in the courtyard. He realized that the presence of the other students was interfering with the young man's attempts to perfect his technique. The master could sense the young man's frustration. He went up to the young man and tapped him on his shoulder. "What's the problem?" he inquired. "I don't know", said the youth, with a strained expression. "No matter how much I try, I am unable to execute the moves properly". "Before you can master technique, you must understand harmony. Come with me, I will explain", replied the master. The teacher and student left the building and walked some distance into the woods until they came upon a stream. The master stood silently on the bank for several moments. Then he spoke. "Look at the stream," he said. "There are rocks in its way. Does it slam into them out of frustration? It simply flows over and around them and moves on! Be like the water and you will know what harmony is." The young man took the master's advice to heart. Soon, he was barely noticing the other students around him. Nothing could come in his way of executing the most perfect moves.

Zen Story

Mission defines strategy, and strategy defines structure.

Peter Drucker

Design is not just what it looks like and feels like. Design is how it works.

Steve Jobs

I thrive on structure. I find my freedom in structure.

Lupita Nyong'o

You can't build a great building on a weak foundation. You must have a solid foundation if you're going to have strong superstructure.

Gordon B. Hinckley

In the midst of movement and chaos, keep stillness inside of you.

Deepak Chopra



Am I ready?



What does it mean
to be ready?



Readiness

Yogi Ramakrishna uses a parable to demonstrate our desire to be strong: One day a teacher took his pupil to the lake's edge.

"Today I will teach you what real devotion is," the teacher said, and asked the student to go into the lake with him, holding the student's head and putting him under the water.

A minute passed. In the middle of the second minute, the young man was already fighting with all his might to free himself from the teacher's hand and return to the surface of the water.

At the end of the second minute the teacher dropped him. And the young man, whose heart was pounding, got up at once, all offended.

"You wanted to kill me!" he shouted.

The teacher waited until the young man calmed down, then said to him:

"I did not want to kill you, because if I wanted to, you would not be here anymore. I just want to know how you felt when you were underwater."

"I felt like I was going to die. All I wanted in life was to breathe a little air!"

"This is exactly true. Devotion only appears when we have a will, a desire to die if we do not realize it."

Indian story

Sometimes, we don't know that we are ready until someone tells us we are.

Srividya Srinivasan

Readiness is when your desire is stronger than your distraction.

Skip Prichard

Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action.

Napoleon Hill

Man lives freely only by his readiness to die, if need be, at the hands of his brother, never by killing him.

Mahatma Gandhi



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