

McCombs Career Webinar



December 16, 2010





A Stress Free Holiday Season & The Keys to a New Beginning



by Mike Rinehart, BBA '77, JD '80





Forgiveness



Forgiveness is:

 NOT Forgiving is like drinking poison and expecting the other person to die.



Forgiveness is:

- NOT Forgiving is like drinking poison and expecting the other person to die.
- NOT Tolerating.



Forgiveness is:

- NOT Forgiving is like drinking poison and expecting the other person to die.
- NOT Tolerating or Condoning.
- NOT Acting like nothing happened.



Forgiveness is:

- NOT Forgiving is like drinking poison and expecting the other person to die.
- NOT Tolerating.
- NOT Acting like nothing happened.
- ABOUT YOU and FOR YOU Not THEM.



Forgiveness

HOW???



- Admit it.
- Every time it comes up, say to yourself:

"I forgive you _____, for not being the ____, ___, and ____ I wanted and expected you to be."

And/Or



Everyday for two weeks, start the day by asking in prayer or however else you wish:

- For them to have whatever it is you want in life.
- Whether you mean it or not just say it.
- Doing this out loud in front of a mirror can be especially powerful.



Gratitude

Gratitude is the art of painting an adversity into a lovely picture. ~Kak Sri

Gratitude is a positive emotion or attitude in acknowledgment of a benefit that one has received or will receive. ~Wikipedia



Gratitude

Touch your heart practice.



Grief

The 10 Steps of Grief From Saying Good-bye by Dan Jones



Grief

- 1. Moving out of Denial into Awareness
- 2. Moving out of Shock into Feeling
- 3. Moving out of Hopelessness into Confidence
- 4. Moving out of Fear into Safety
- 5. Moving out of Anger into Forgiveness
- 6. Moving out of Guilt into Self-Forgiveness
- 7. Moving out of Shame into Self-Appreciation
- 8. Gratitude & Appreciation
- 9. Love
- 10. Farewell & Release



Completing the Past Auld Lang Syne ~ "Times Gone By"

When you take your car in to have the oil changed, what is the first thing they do?



Completing the Past "Times Gone By"

When you take your car in have the oil changed, what is the first thing they do?

Drain the old oil out.

Why?



Completing the Past

To make room for the new...



Completing the Past

- Make a list of everything that you said you would do or expected or intended to do in 2010.
- Beside each item on the list write down what you did and did not do.
- Forgive yourself for what you did not do.
- Acknowledge yourself for what you did do.
- Declare it complete.



A Stress Free Holiday Season Oh but you can begin again...

Now, you are ready to create the New Year Newly...not on top of an incomplete past.



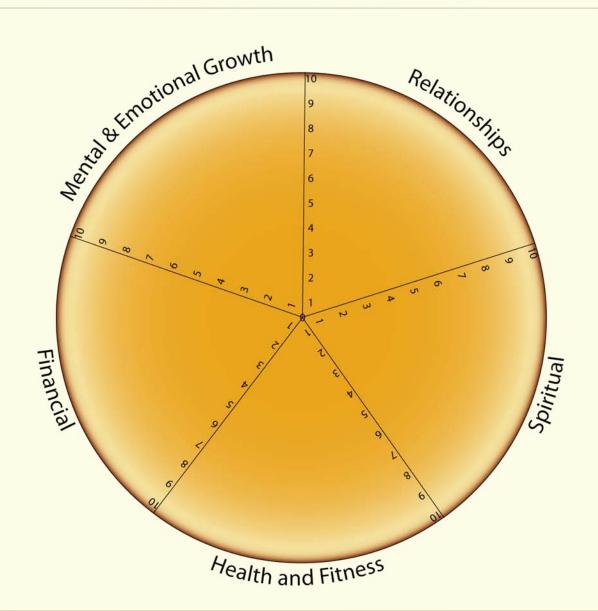
Oh but you can begin again...

"3 % of adults have written goals...everyone else works for them."

Brian Tracy

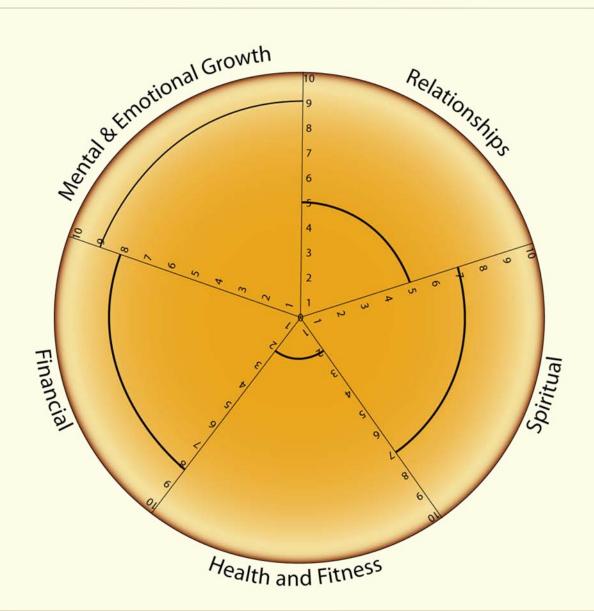


Wheel of Life





Wheel of Life





Oh but you can begin again...

- 1. Create a BHAG.
- 2. Begin with the end in mind.
- 3. Where are you now.
- 4. How might I get there.
- 5. Create a detailed plan.
- 6. Get in Action NOW.
- 7. Monitor your progress and modify your plan.
- 8. Celebrate the end of the journey.



What we said...

- Forgiveness
- Gratitude
- Grief
- Complete the Past
- The Wheel of Life
- Create the New Year Newly



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Thank You!

The recording of today's presentation, along with the PowerPoint slides, will be available on our Career Programming Web page by next week:

http://www.mccombs.utexas.edu/alumni/careers/programming/

 Save the date for our January Third Thursday Career Webinar: "How to be a Leader BEFORE You Become the CEO" with Donna Fox, MBA '95