McCombs Career Webinar

November 18, 2010
THE KEYS TO HAPPINESS & SUCCESS

by Mike Rinehart
Your Beyond
THE KEYS TO HAPPINESS & SUCCESS:
A MATHEMATICAL EQUATION

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What we *Say* and what we *Do* is an outward manifestation of what we *Think* and what we *Feel*. 
What we Say and what we Do is an outward manifestation of what we Think and what we Feel.

What we Think and what we Feel is determined by the Mood we are in.
What we **Say** and what we **Do** is an outward manifestation of what we **Think** and what we **Feel**.

What we **Think** and what we **Feel** is determined by the **Mood** we are in.

And our **Mood** is determined by the Ration of **Energy** and **Tension** inside us.
What quadrant am I in right now?

What actions can I take right now to move back to the upper right quadrant?

What actions can I take right now to increase my energy?

What actions can I take right now to decrease my tension?
your beyond

- Breathe
your beyond

- Breathe
- Exercise
your beyond

- Breathe
- Exercise
- Laugh
your beyond

- Breathe
- Exercise
- Laugh
- Eat
your beyond

- Breathe
- Exercise
- Laugh
- Eat
- Sing
your beyond

- Breathe
- Exercise
- Laugh
- Eat
- Sing
- Smile
your beyond

- Breathe
- Exercise
- Laugh
- Eat
- Sing
- Smile
- Yawn
In Closing…

“It’s all too simple; I’m just too complicated to understand it.”

And

K.I.S.S., a lot…

(Keep It Super Simple)
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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.mcccombs.utexas.edu/alumni/careers/programming/