

# Tons of Tips & Tunes for Thrivers

**brought to you by:**  
**Kim Ratz**  
**Speaker • Trainer**  
**Singer • Songwriter**



**My Core Message:**

*I help people create more **HARMONY**  
in your own life, & in your relationships with others.*

If you want to do your best, especially when it's important to you, or you're facing change/challenge/conflict, strive for --



**CONGRUENCE =**  
aligned **ATTITUDES + APTITUDES + ACTIONS**

*It's about **CHOICES** - what you do & how you do it -  
that largely determine if you feel **Content**, or regret,  
and whether you just "get by," or **Thrive** ...*

Let's talk for a moment about **incongruence & regrets ...**



- Incongruence** is how you feel when you're thinking:  
*"I wish I hadn't said or done that" ... or -  
"I should have said/done this or that ..."*
- When seniors were asked if they had regrets, most acknowledged they did. Most regrets, however, are not about something they did or said. Rather, **most regretted something they did NOT do ...**

*For of all sad words of tongue or pen, the saddest are these:  
'It might have been!' - John Greenleaf Whittier*

**What observable behaviors would you see/hear that would lead you to believe someone is a:**

<b>Get-Byer</b>	<b>Thriver</b>

**We all listen to radio station:**  
**"WIIFM"**



**(What's in it for me?)**

- Achievement -- Advancement
- Belonging -- Challenge
- Enjoyment -- Excellence
- Power -- Recognition
- Responsibility

**TIP#1: ATTITUDE**

- ...what you believe is true, right, good.
- ... how you see the world.
- ... the options you give yourself ...

**Manage your own morale**

**Have an honest conversation with yourself:**

- How is this mindset serving me well?
- What's the worst thing that could happen?
- What am I waiting for?

**Monitor & adjust your 'self-talk' ...**  
*"If you think you can or can't do it, you're right." (Henry Ford)*

**"If you think you can or can't do it, you're right."**

**Tip#1: ATTITUDE**

**Reframe the situation**

Step back & ask yourself:

- What's REALLY going on?
- Where's the opportunity?

**Reach for your stars!**

- Shoot all your arrows ...
- Soar with the eagles!

*"If you do what you've always done, you get what you've always got."*

**Tip#2: APTITUDE**

... using your gifts to their fullest.  
 ... giving yourself the skills you need.  
 ... being a lifelong learner ...

**Do Watcha Like, Like Watcha Do**

(PURPOSE + PASSION = POWER!)

- Beware: Routine & Repetition!
- Be aware of the trade-offs
- Recognize when you procrastinate & leverage your strengths against what you don't like ...

**Tip#2: APTITUDE**

**Practice Mastery**

- Are you as good today as you're ever going to be?
- Practice makes ~~perfect~~ better. (Ever known anyone who is "perfect"?)
- Don't wait for someone else to give you the skills you need to succeed -- Be a Life-long Learner!

**Tip#3: ACTIONS**

It's about having the commitment, courage and discipline to do the heavy lifting when the going gets tough; Where Congruence happens - or not.

**Be Good to Yourself**

(You can't help others UNLESS you take care of yourself first!)

- Seek positive relationships
- Balance/Exercise: Body - Mind - Soul
- Slow down ... Breathe - Be Present ...
- Love yourself for the special person you are!
- Don't hold regrets, let them go...

**Be good with people**

"I don't like that person very much - I ought to get to know them better." (Will Rogers)

**Tip#3: ACTIONS**

**Be 100% responsible for yourself.**

"If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth shall pause and say - here lived a street sweeper who did his job well." - Dr. Martin Luther King, Jr.

**Be committed**

There's a difference between being interested in something & being committed.  
 When you're interested in something you do it only when it's convenient.  
 When you're committed to something you accept no excuses, only results.

**Be good at change**

Be willing and able to change course when you acquire new, relevant & compelling information to do so ...

**Review:**

ATTITUDE to work on: \_\_\_\_\_

APTITUDE to work on: \_\_\_\_\_

ACTION to work on: \_\_\_\_\_

**Personal Promise**

Overall, the one thing I will work on to help me Thrive even more is: \_\_\_\_\_

Three things I will do in the next week to make this happen are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_