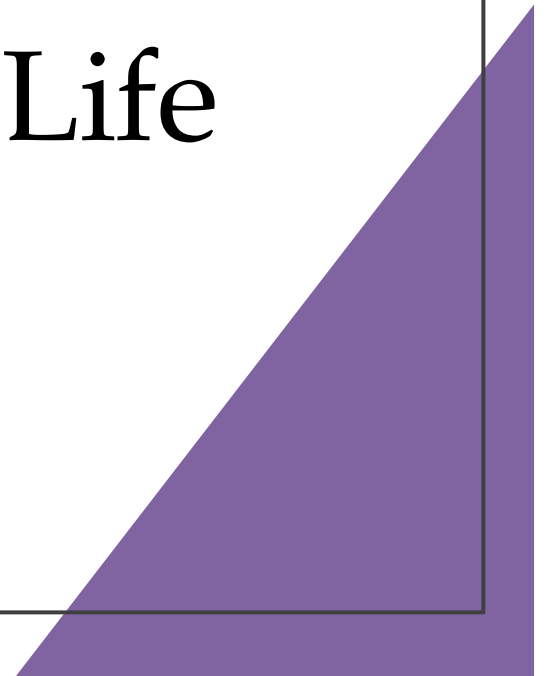
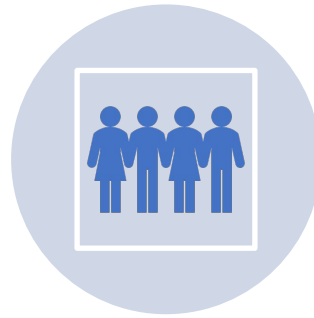


Filling Your Well:
Showing Up as Your Best
Self to Work and Life

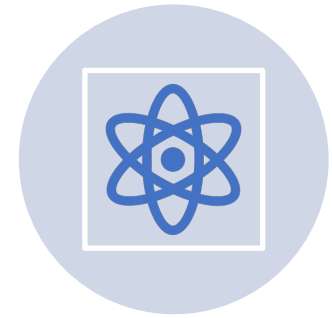




TAKING A STEP BACK
AND ASSESSING YOUR
LIFE



HUMAN
CONNECTION AND
COMMUNITY



SMALL THINGS
MATTER: HOW LITTLE
BY LITTLE ADDS UP





1. Taking a Step Back and Assessing Our Lives





What Fits in **YOUR** Life:



Don't Drop The Glass Balls



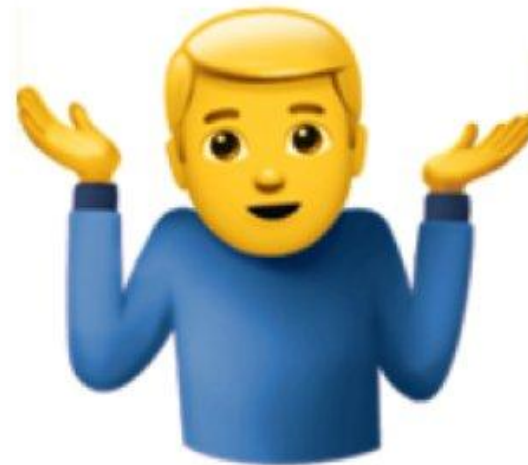
Don't Drop The Glass Balls: what my daughter did while I was working



You Can't Help Others (Students) if
Your Well Isn't Full....

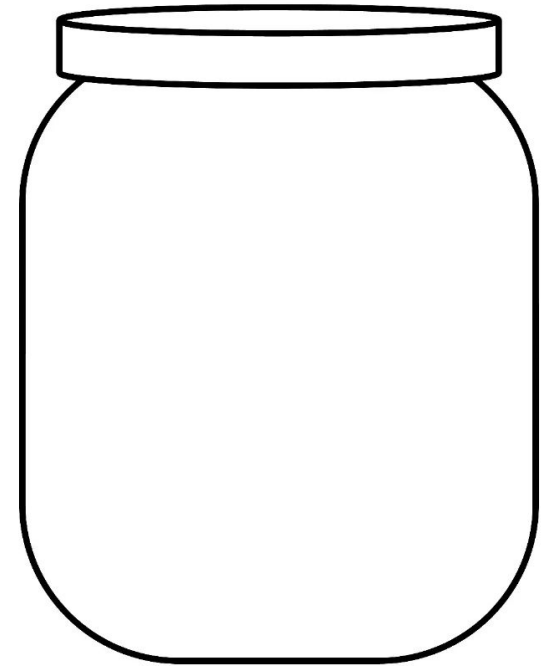


What does your life say about what matters most to you?



What is Filling Up Your Days With Joy?

A Record 768 Million
U.S. Vacation Days
Went Unused in 2018



TRYING AND FAILING

HEARTBROKEN



WORRIED ABOUT HER HEALTH

FEELING OK FOR THE FIRST TIME IN YEARS



RECENTLY LOST HIS JOB



RECENTLY LOST HER MOTHER



WORRIED ABOUT HER FRIEND



UGH. ALL THESE HAPPY PEOPLE WITH THEIR PERFECT LIVES. THEY HAVE NO IDEA.

2. Human Connection and Community:



I just wish someone would reach out to me.....



My 2020:



What
People
Said to
us:

What and how we say it
MATTERS:

- Weddings are expensive, you're so lucky.
- At least you have each other.
- Why don't you just wait until "this" is over?
- Who cares about the rules, just have your normal sized wedding.
- Get married at the courthouse.
- It isn't about the wedding, you should be focusing more on the marriage.

Here is what I wanted
them to say:

I'm sorry.....

How can I help?

Can I offer you a solution?



The Impossible Becomes Possible with Collaboration



Stories

change

Stories

change

Stories

You have a

Gift

that somebody, somewhere needs.







3. Small Things Matter



The Ripple Effect of Small Things on Repeat



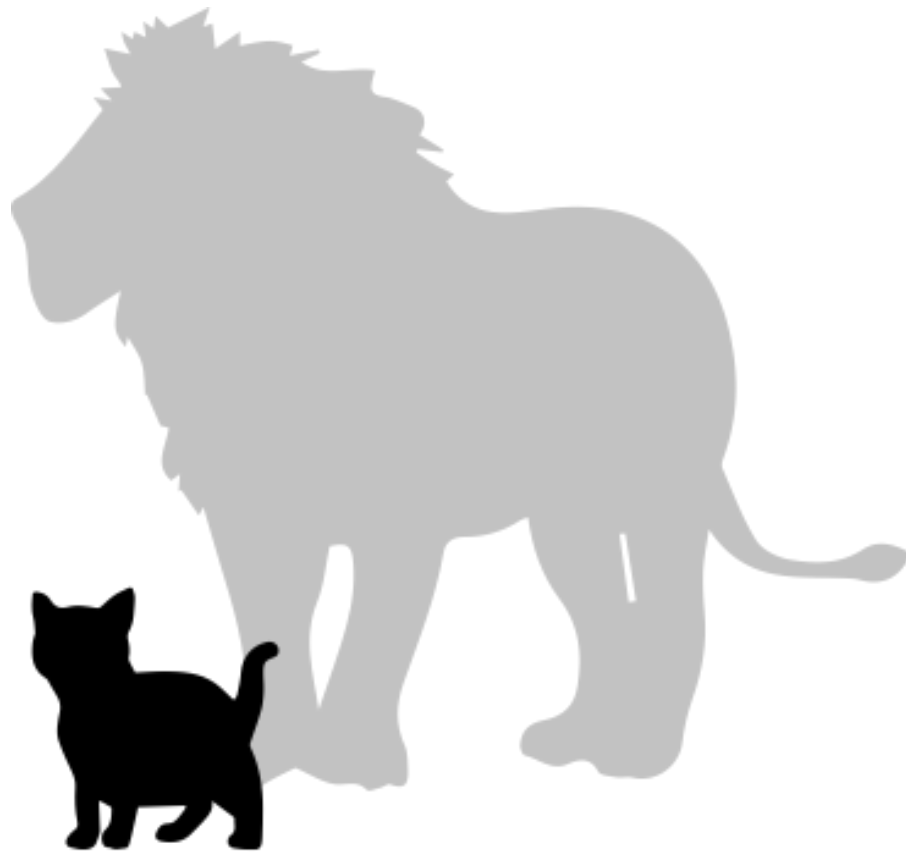
Your Legacy



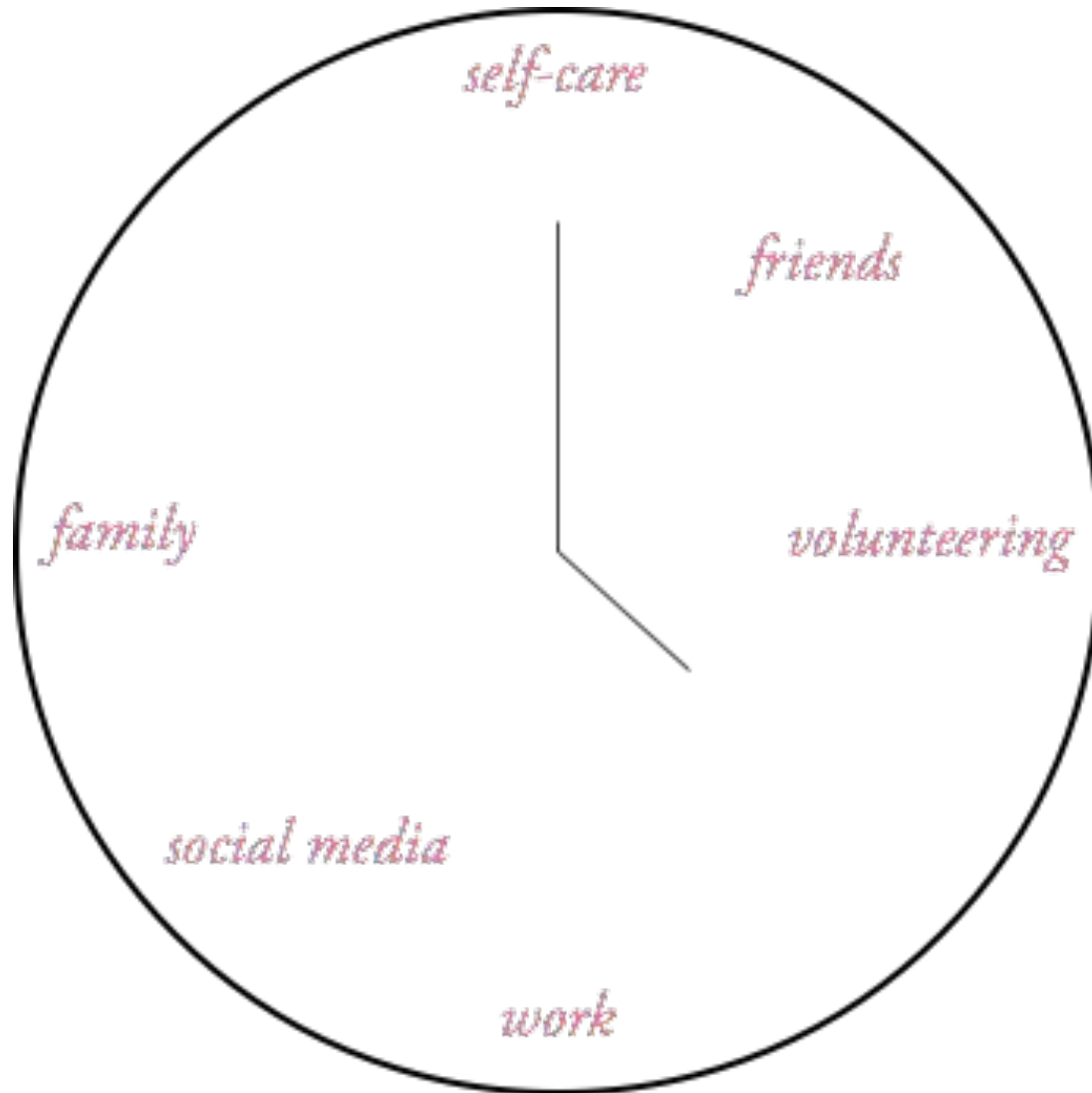
“It doesn’t matter if they live in the biggest mansion or in the smallest cardboard box on the side of the street. ***You treat everyone the same.***”

Everyone is worthy of dignity
regardless of circumstances.

small can be mighty



What we do with our time matters.



Kindness

is the great

Equalizer

Southwest Airlines  @SouthwestAir

Replying to @carriegraceshop

Carrie, I'm not sure I understand the situation fully, please elaborate in a DM. ^KJ
twitter.com/messages/compo...

Hey! I'm flying (which I'm terrified of) around my birthday and I wanted to write sweet notes/mini gift to all the passengers. But I didn't know if would be possible to get a number count for the flight? And if it's possible to put on the seats prior to boarding? Just want to spread more kindness into the world!



24 Mar 2017 ✓

In a world full of no,
we're a plane full of yes.

Southwest 

Made with 100% recycled fiber (May contain incidental [$<0.5\%$] non-recycled fiber)





Life is Short: Care for Yourself & Others Well





10 Ways to Fill Your Well and Others too!

1: Write a Thank You Note



2. Ask How Someone is Doing



3. Offer to Help



4. Connect with One Another



5. Surprise Someone!



6. Go Out of Your Way



7. Compromise



8. Listen Well



9. Celebrate Others



10. Remember The Golden Rule

**TREAT
OTHERS**

the way

you

want to be

TREATED.

Be the

best

kitchen table story!

5 minutes of awesome



1 year of

awesom

e:

1,825

MINUTES!