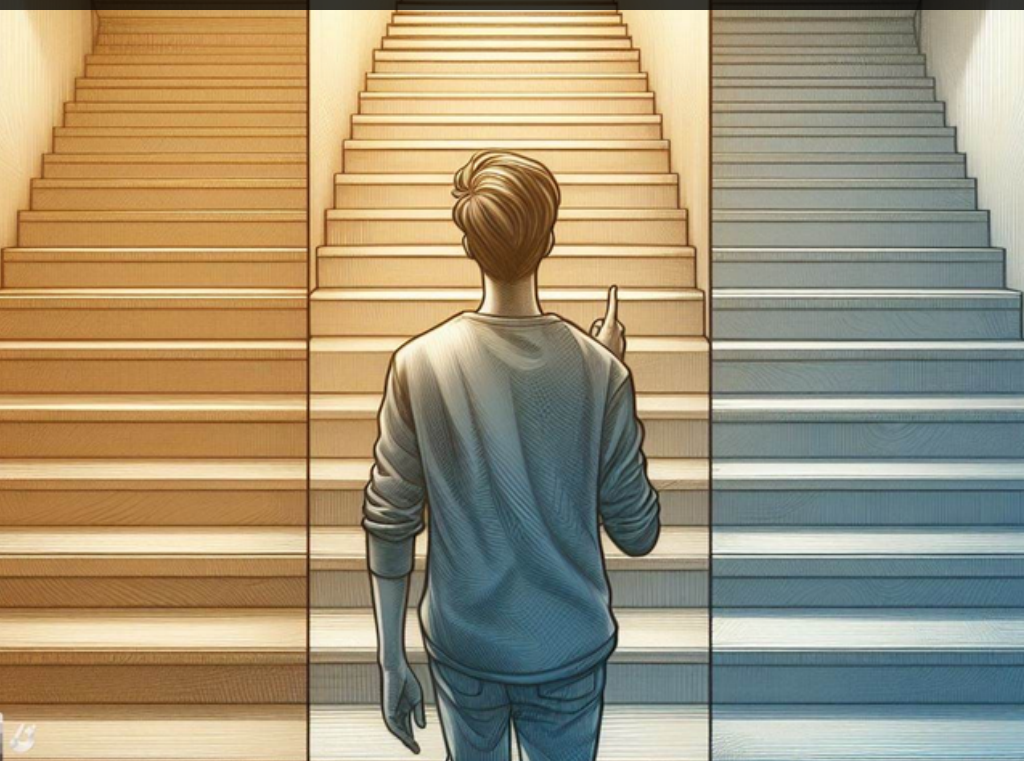


1  
ITS

3  
OOPS

4  
OPPS



**MANAGE THE 'ITS'**

10 HUMAN TRAITS THAT GET IN OUR WAY

**LEARN FROM THE 'OOPS'**

10 PAINFUL MISTAKES WE ALL MAKE

**FIND THE 'OPPS'**

20 OPPORTUNITIES THAT CAN'T BE MISSED

BY STEVEN L. GLASER

FORWARD BY DR. BRYAN ROBINSON

# *Forward*

WE ALL KNOW STUDENTS, YOUNG ADULTS, AND THEIR PARENTS STRUGGLING WITH AN INCREASINGLY STRESSFUL, DIVISIVE, DIGITALLY DISTORTED, AND COMPETITIVE WORLD.

IN MY PRACTICE, I HAVE SEEN THEM STRUGGLING WITH THEIR MINDS AND EMOTIONAL REACTIONS, THEIR MISTAKES AND FAILURES, AND THEIR SEARCH FOR THE BEHAVIORS AND ATTITUDES THAT CAN MAKE THEM BECOME THEIR BEST SELVES.

STEVE HAS CAPTURED THESE ELEMENTS IN HIS IT'S, OOPS, AND OPPS. THIS BOOK WILL HELP YOU:

- 1) UNDERSTAND AND MANAGE YOUR ITS, THE HUMAN TRAITS THAT CAN GET IN OUR WAY.
- 2) LEARN FROM YOUR OOPS, THE MISTAKES THAT WE ALL MAKE AND HOPEFULLY GROW FROM.
- 3) FIND YOUR OPPS, THE ATTITUDE AND BEHAVIORS THAT BECOME YOUR FORMULA FOR SUCCESS.

STEVE HAS A UNIQUE GIFT IN HIS ABILITY TO TAKE THE COMPLEX AND MAKE IT SIMPLE. I'M EXCITED THAT STEVE HAS APPLIED HIS TALENTS TO BRING SOME OF OUR COLLECTIVE EVIDENCE-BASED TECHNIQUES AND WISDOM TO THE NEXT GENERATIONS.

IT IS CRITICAL THAT PEOPLE START AS EARLY IN LIFE AS POSSIBLE TO ACTIVELY MANAGE THEIR ITS, OOPS AND OPPS.

WITH A PURPOSE OF EDUCATION, THIS CONCISE AND VISUALLY ENHANCED BOOK PROVIDES SIMPLE BUT ESSENTIAL DESCRIPTIONS, INSIGHTS AND PROVEN TOOLS. IT ALSO PROVIDES A PATH TO A MORE POSITIVE AND EMPOWERED STATE OF BEING.

DR BRYAN ROBINSON,  
RESILIENCE EXPERT, AUTHOR, THERAPIST,  
PROFESSOR EMERITUS, FORBES CONTRIBUTOR

# ITS - OOPS - OPPS

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THIS BOOK MAY NOT BE REPRODUCED OR TRANSMITTED IN ANY FORM WITHOUT THE WRITTEN PERMISSION OF THE AUTHOR. EVERY EFFORT HAS BEEN MADE TO MAKE THIS BOOK AS CONSISTENT WITH EVIDENCE BASED STUDIES AND RESEARCH, THERE MAY BE INTERPRETATIONS THAT DIFFER FROM SOME STUDIES AND TOPICS THAT ARE COVERED IN AN INCOMPLETE WAY DUE TO THEIR COMPLEXITIES THAT WOULD DETER YOUNG PEOPLE FROM STARTING THE LEARNING PROCESS ABOUT THEMSELVES.

THIS BOOK IS ONLY INTENDED TO HELP PEOPLE BECOME INTERESTED IN AND BEGIN TO UNDERSTAND AND MANAGE COMMON EVERYDAY HUMAN TRAITS. IT WAS MEANT TO BE SIMPLE, VISUAL AND CONCISE AS A FIRST STEP THAT YOUNG PEOPLE CAN TAKE TO BEGIN TO LEARN MORE ABOUT THEMSELVES.

THE PURPOSE OF THIS BOOK IS EDUCATION ONLY. IT IS AND WAS NEVER INTENDED TO DIAGNOSE OR TREAT MENTAL HEALTH ISSUES OR DISORDERS, AND IS AND WAS NEVER MEANT TO BE A REPLACEMENT FOR A MENTAL HEALTH PROFESSIONAL

THE AUTHOR DOES NOT WARRANT THE INFORMATION IN THIS BOOK AS FULLY COMPLETE AND SHALL NOT BE RESPONSIBLE FOR ANY ERRORS OR OMISSIONS. THE AUTHOR SHALL HAVE NEITHER LIABILITY NOR RESPONSIBILITY TO ANY PERSON OR ENTITY THAT WITH RESPECT TO ANY HARM, LOSS OR DAMAGE CAUSED OR ALLEGED TO BE CAUSED DIRECTLY OR INDIRECTLY BY THIS BOOK, NOR DO WE MAKE ANY CLAIMS OR PROMISES OF YOUR ABILITY TO MAKE ANY PERSONAL MENTAL HEALTH OR PERFORMANCE IMPROVEMENTS USING THIS INFORMATION.

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# ITS - OOPS - OPPS

## *Not a Replacement for Mental Health Professionals*

THIS BOOK IS NOT A REPLACEMENT FOR MENTAL HEALTH PROFESSIONALS.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING STRONG EMOTIONS AND MENTAL HEALTH CHALLENGES, IT IS IMPORTANT TO SEEK HELP.

HERE ARE SOME RESOURCES THAT CAN PROVIDE SUPPORT:

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

THE YOUTH MENTAL HEALTH PROJECT

YOUTH.GOV

REMEMBER, IT IS OKAY TO SEEK HELP AND SUPPORT.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS, HERE ARE SOME NATIONAL HELP LINES THAT PROVIDE FREE AND CONFIDENTIAL SUPPORT:

NATIONAL SUICIDE PREVENTION LIFELINE:  
CALL 1-800-273-TALK (8255)

988 SUICIDE & CRISIS LIFELINE: CALL 988

CRISIS TEXT LINE: TEXT HOME TO 741741



# SECTION 1: THE ITS

## *Introduction*

### *1*

EMOTIONAL TRIGGERS

### *2*

OBSESSIVE THOUGHTS

### *3*

PROTECTORS

### *4*

COMPARISONS

### *5*

JUDGEMENTS

STEVEN L. GLASER

ITS

*6*

REACTIONS

*7*

NEGATIVITY

*8*

RESISTANCE

*9*

FEELING STUCK

*10*

SELF ABSORBED

STEVEN L. GLASER

# ITS - INTRODUCTION



WE ALL WANT TO BE OUR BEST SELVES, AND OFTEN WE CAN BE. BUT THERE ARE TIMES THAT OUR HUMAN TRAITS GET IN THE WAY. I CALL THESE 'ITS'. THIS SECTION PROVIDES A SIMPLE ONE PAGE VIEW OF 10 SIGNIFICANT ITS.

THESE ITS ARE NORMAL! EVERY ONE OF US HAS EVERY ONE OF THESE ITS ON A REGULAR BASIS. HOWEVER, THEY MAY IMPACT EACH PERSON VERY DIFFERENTLY. ONE THING WE'VE LEARNED IS THAT THE ABILITY TO UNDERSTAND AS MUCH AS POSSIBLE ABOUT THESE ITS CAN GREATLY HELP US COPE AND MANAGE THEM TODAY AND IN THE FUTURE.

YOU ARE ALREADY TAKING A GREAT STEP FORWARD BY GETTING THIS BRIEF INTRODUCTION, WHICH INCLUDES SOME KEY MANAGEMENT TOOLS THAT SHOULD HELP YOU EVERY DAY.

## UNDERSTAND YOUR 'ITS' TO BE YOUR BEST SELF

# IT #1 - EMOTIONAL TRIGGERS



PANIC  
ATTACK



LOSS OF  
PERSPECTIVE

WE ALL GET TRIGGERED AT TIMES, CREATING A STRESS RESPONSE, IT CAN THROW YOUR RATIONAL BRAIN OFFLINE, WHICH COULD LEAD TO EXCESSIVE FEAR, ANGER OR EVEN A PANIC ATTACK. HOW? STRESS HORMONES ARE RELEASED THAT CAN AFFECT CELLS OPERATING IN THE PART OF YOUR BRAIN CALLED THE PRE-FRONTAL CORTEX.

THIS IS IMPORTANT TO KNOW; ITS NOT JUST YOUR MIND, ITS YOUR BODY IMPACTING YOUR MIND! DON'T WORRY! SIMPLE BREATHING EXERCISES CAN BRING DOWN YOUR PHYSICAL STRESS RESPONSE AND BRING YOUR LOGICAL BRAIN AND PERSPECTIVE BACK ON LINE.

WHEN YOU HAVE A STRESS RESPONSE, BREATHE IN FOR 4 SECONDS, HOLD YOUR BREATH FOR 4 SECONDS, AND THEN SLOWLY BREATHE OUT FOR 6 SECONDS. THIS TRIGGERS YOUR 'BRAKES' (PARASYMPATHETIC NERVOUS SYSTEM), TO OFFSET THE 'GAS' (SYMPATHETIC NERVOUS SYSTEM).

# IT #2 - OBSESSIVE THOUGHTS



'WHAT IFS'  
IN FUTURE



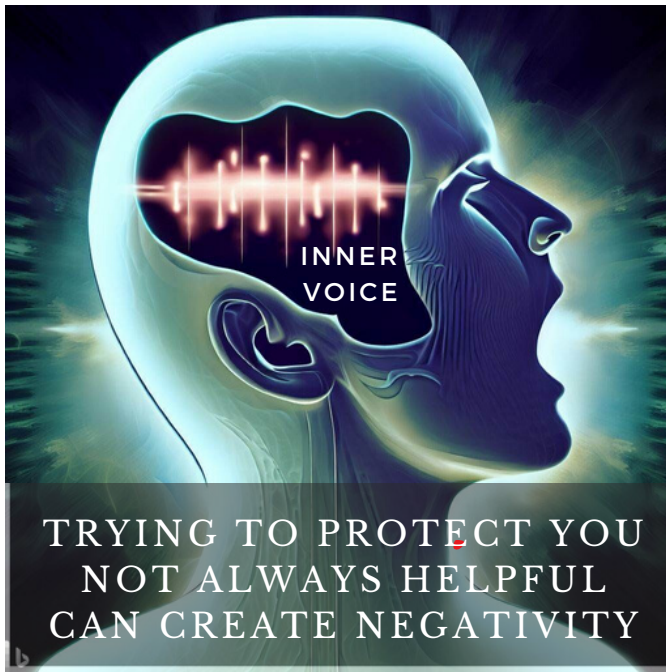
RUMINATION  
ON PAST

IT'S EASY TO GET CAUGHT UP IN AN ENDLESS LOOP OF THOUGHTS. YOU MAY BE RUMINATING ABOUT SOMETHING THAT HAPPENED IN THE PAST, OR MAY BE CATASTROPHIZING ABOUT WHAT COULD HAPPEN IN THE FUTURE, THIS CAN WASTE A LOT OF YOUR ENERGY AND STOP YOU FROM EXPERIENCING AND THRIVING IN THE PRESENT MOMENT.

SIMPLE GROUNDING AND MINDFULNESS EXERCISES CAN HELP YOU STAY PRESENT AND SLOW THOUGHTS. TRY THIS SIMPLE AND SHORT EXERCISE; SIT QUIETLY NEAR AN OPEN WINDOW OR OUTSIDE. NOW LISTEN FOR AND LABEL ALL SOUNDS FOR ONE MINUTE,

YOU CAN ALSO LABEL AND TALK TO YOUR OBSESSIVE THOUGHTS TO GAIN SEPARATION AND CONTROL, OR CREATE A LIST OF POSITIVE 'WHAT IFS' TO OFFSET NEGATIVE 'WHAT IFS' ABOUT THE FUTURE.

# IT #3 - PROTECTORS



INNER  
CRITIC



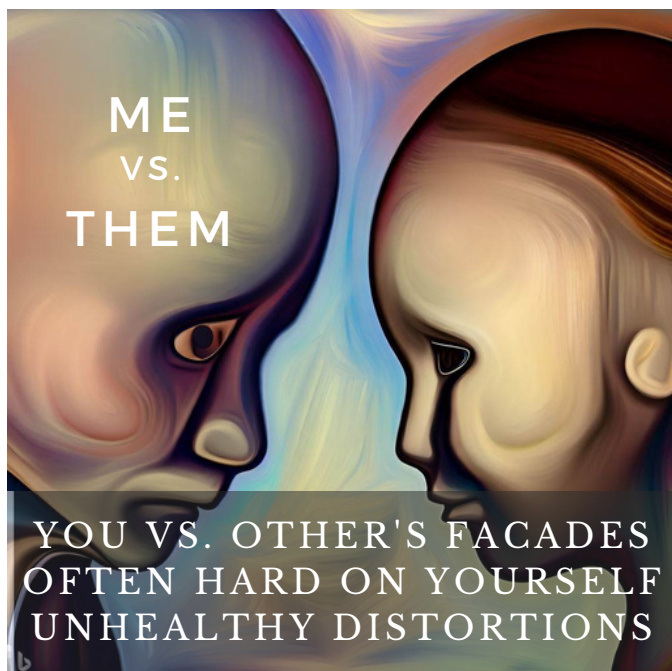
WARNING  
SIGNALS

YOUR INNER VOICES, ALSO CALLED “PROTECTORS” IN PSYCHOLOGY, CAN STEER YOU AWAY FROM BOTH PERCEIVED DANGERS AND GREAT OPPORTUNITIES. ARE YOU LETTING SOMETHING THAT IS NOT EVEN REAL BRING YOU DOWN OR HOLD YOU BACK?

SOMETIMES OUR INNER VOICES CAN LEAD US DOWN THE WRONG PATH, AND COULD BECOME AN 'INNER CRITIC' CREATING NEGATIVITY ABOUT OURSELVES. BUT BY LABELING, ACCEPTING, AND THANKING THESE VOICES FOR TRYING TO HELP, WE CAN LEARN TO MANAGE THEIR IMPACT ON US.

DON'T EVER FIGHT THEM! LET THEM BE WHO THEY ARE, TALK TO THEM, AND LET THEM KNOW WHO IS THE BOSS. IF YOU HAVE MULTIPLE VOICES, THINK ABOUT THEM AS YOUR SET OF ADVISORS. OF COURSE YOU ARE THE DECISION MAKER, CHOOSING WHICH ADVICE TO TAKE OR DISCARD.

## IT #4 - COMPARISONS



POOR SELF  
IMAGE



DISTORTED  
PERSPECTIVE

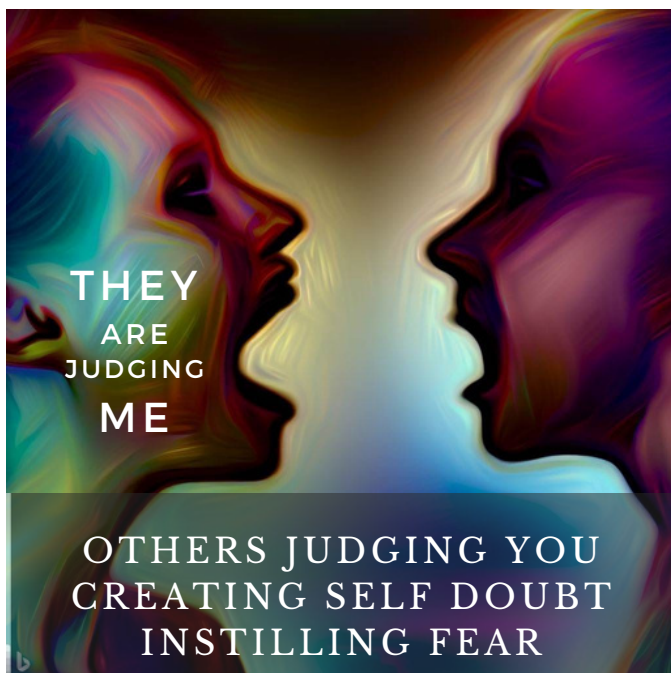
MANY COMPARE THEMSELVES TO OTHERS, WHO SEEM SO MUCH MORE SUCCESSFUL, SMART, GOOD LOOKING, HAPPY AND EVERYTHING ELSE THAT IS 'BETTER'. ITS TOO EASY TO LOOK AT THOSE CAREFULLY CRAFTED SOCIAL MEDIA POSTS, OR THOSE POPULAR PEOPLE THEY HANG AROUND WITH.

BUT, ARE YOU UNFAIRLY JUDGING YOURSELF AGAINST SOMETHING THAT ISN'T REAL? AND AGAINST SOMETHING OR SOMEONE THAT REALLY SHOULDN'T AFFECT YOUR LIFE?

WHEN YOU START TO COMPARE, REMIND YOURSELF THAT OTHER PEOPLE'S "OUTSIDES" CAN'T BE COMPARED TO YOUR "INSIDES", WRITE DOWN YOUR POSITIVE ATTRIBUTES TO OFFSET ANY NEGATIVES THAT MAY BE IN YOUR MIND. GIVE YOURSELF MORE CREDIT FOR WHO YOU ARE NOW, WITH A PERSPECTIVE OF WHAT YOU CAN CONTINUE TO LEARN AND GROW FROM,



# IT #5 - JUDGEMENTS



FEAR OF  
FAILURE



SELF  
DOUBT

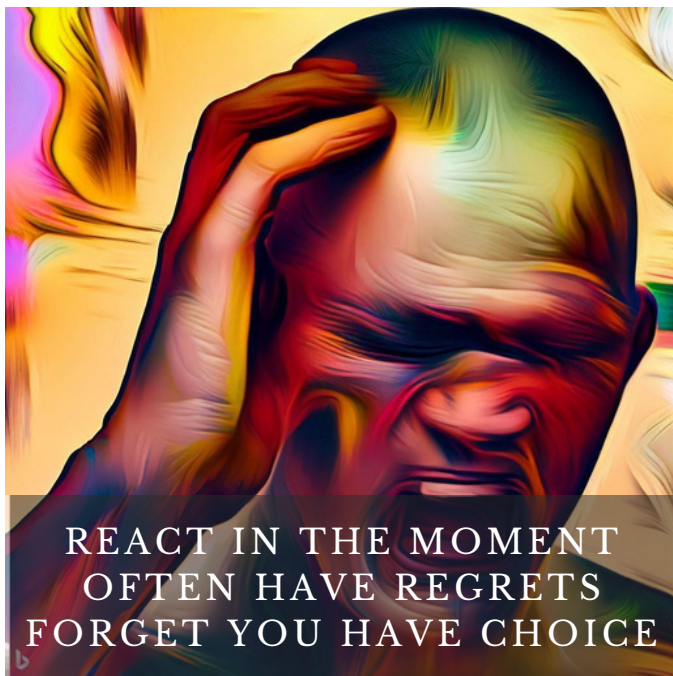
WE ALL LET WHAT OTHERS SAY ABOUT THEM DISTORT HOW WE SEE OURSELVES. BUT ARE JUDGEMENTS FROM EQUALLY COMPLEX HUMANS SOMEHOW MORE ACCURATE THAN WHAT YOU KNOW ABOUT YOURSELF?

YOUR WORTH IS NOT SOLELY DETERMINED BY OTHERS' VIEWS OF US, WHO HAVE THEIR EMOTIONS, EXPERIENCES, AND SOMETIMES SELF SERVING MOTIVATIONS. UNFORTUNATELY, THEY MAY BE TRYING TO PUSH YOU DOWN TO MAKE THEM FEEL BETTER. BUT SOMETIMES THEY ARE GIVING YOU A GIFT THAT YOU CAN GROW FROM.

WHEN OTHERS HAVE SOME HARSH WORDS FOR YOU, DON'T JUMP TO A CONCLUSION OR REACT, QUESTION IF THE PERSON IS ACTUALLY JUDGING YOU OR YOU ARE FEELING THREATENED DUE TO YOUR OWN INSECURITIES, "OWN YOUR TRUTH" BY HAVING FAITH IN WHO YOU ARE, AND TRY TO TAKE A POSITIVE LEARNING FROM WHAT WAS SAID.



# IT #6 - REACTIONS



LOSE  
CONTROL



REGRET  
REACTIONS

SOMETIMES YOU JUST REACT, AND THEN REGRET IT. AND MAYBE YOU THINK YOU DIDN'T HAVE A CHOICE. BUT ARE YOU ALREADY CHOOSING? YOU HAVE MORE POWER THAN YOU THINK! YOU HAVE A CHOICE TO REACT, OR TO WAIT AND THOUGHTFULLY RESPOND IN EVERY SITUATION,

BUT FIRST, YOU NEED TO BECOME AWARE OF WHEN YOUR RATIONAL BRAIN HAS BEEN HIJACKED BY THE STRESS OF THE MOMENT, AND WAIT TILL YOU'VE CALMED DOWN. YOU CAN TAKE BACK CONTROL OF HOW YOU REACT AND RESPOND WITH THE 'W.A.I.T.' EXERCISE.

FIRST, LABEL AND WATCH (W) YOUR EMOTIONAL REACTION LIKE A BLEMISH ON YOUR HAND. ACKNOWLEDGE (A) ITS EXISTENCE BY WELCOMING IT AND THANKING IT FOR TRYING TO PROTECT YOU. INTERNALIZE (I) IT BY JUST LETTING IT SIT WITH YOU FOR A FEW MINUTES. THEN TALK (T) TO IT AS IF IT WERE A GOOD FRIEND.

# IT #7 - NEGATIVITY



LOSS OF  
HOPE



NEGATIVE  
VIEWS

AT TIMES, YOU ONLY SEE AND FEEL THE CLOUDS, OR UNPLEASANT AND NEGATIVE THOUGHTS CONSUMING YOU. BUT ISN'T THE SKY ABOVE THE CLOUDS ALWAYS BLUE?

IT'S EASY AND NORMAL TO FOCUS ON THE CLOUDS, BECAUSE WE ALL HAVE A 'NEGATIVITY BIAS' OF THOUGHTS TO PROTECT US FROM HARM! BUT WHEN NEGATIVITY TAKES OVER FOR TOO LONG, IT CAN LEAD TO A LOSS OF HOPE. BUT THE CLOUDS ARE JUST TEMPORARY, AND IN THE WAY OF YOUR VIEW INTO THE BLUE SKY ABOVE THEM, AND A WORLD WITH ENDLESS POSSIBILITIES.

WHEN YOUR NEGATIVE THOUGHTS GET IN THE WAY OF A POSITIVE AND HAPPY "YOU", REMEMBER THEY ARE JUST CLOUDS THAT ARE TEMPORARILY BLOCKING THE BLUE SKY THAT IS ALWAYS THERE, YOU CAN ALSO OFFSET YOUR NEGATIVITY BIAS WITH AN EXERCISE. FOR EVERY NEGATIVE THOUGHT, WRITE DOWN A POSITIVE THOUGHT.

## IT #8 -RESISTANCE



HIGH  
STRESS



WASTED  
ENERGY

SOMETIMES WE ALL FEEL STRESSED OR HELPLESS WHEN THINGS HAPPEN TO US THAT ARE OUT OF OUR CONTROL. OR MAYBE A SITUATION IS JUST NOT SOMETHING YOUR HAPPY WITH. OFTEN WE WANT TO RESIST, FIGHT OR TRY TO TAKE BACK CONTROL. BUT, ARE ALL OF YOUR PERSPECTIVES AND CHOICES REALLY OUT OF YOUR CONTROL?

THERE ARE SITUATIONS WHERE RESULTS OR CHOICES OF OTHERS CAN'T BE IMPACTED BY OUR OWN WORDS OR ACTIONS. WHEN YOU DEEPLY CARE ABOUT THE OUTCOME OR ARE HELD ACCOUNTABLE, IT CAN BE DIFFICULT.

BY FIRST ACKNOWLEDGING, THEN ALLOWING AND ULTIMATELY ACCEPTING WHAT YOU CAN AND CAN'T CHANGE, IT IS POSSIBLE TO REGAIN A HEALTHIER PERSPECTIVE. ACCEPTANCE CAN ALSO HELP YOU MAKE BETTER CHOICES ABOUT WHERE YOU SPEND YOUR TIME AND ENERGY.

# IT #9 -FEELING STUCK



INCREASING  
ANXIETY



PARALYZED  
IN SITUATION

AT TIMES, YOU MAY BECOME PARALYZED OR FEEL STUCK. MAYBE YOU THINK YOU DON'T KNOW WHAT TO DO IN A DIFFICULT SITUATION. BUT WHAT IF YOU COULD BUILD YOUR OWN PLAN? AND GET HELP FROM OTHERS?

STUDIES HAVE SHOWN THAT CREATING AN 'IF X, THEN Y' PLAN CAN GET YOU MOVING FORWARD AGAIN. THE X REPRESENTS THE SCENARIOS THAT YOU HAVE TO PLAN FOR, AND THE Y REPRESENTS THE ACTIONS YOU CAN TAKE IN EACH SCENARIO. IT WILL HELP YOU FEEL MORE CONFIDENT AND IN CONTROL, AND WILL IMPROVE YOUR ABILITY TO FOLLOW THROUGH ON DECISIVE AND WELL THOUGHT OUT ACTIONS.

SO WHEN YOU GET THROWN BY A DIFFICULT SITUATION, BUILD YOUR 'IF X, THEN Y' PLAN LEVERAGING ALL OF YOUR TRUSTED PERSONAL, DIGITAL AND PROFESSIONAL RESOURCES, AND REFINE IT AS YOU TEST AND LEARN.

# IT #10 - SELF ABSORBED



FEELING  
ISOLATED



EXHAUSTION  
& BURNOUT

WE ALL HAVE CHALLENGES, AND IT'S IMPORTANT TO TAKE CARE OF OURSELVES EMOTIONALLY AND PHYSICALLY. HOWEVER, SOMETIMES WE CAN GET SELF ABSORBED. THIS CAN LEAD TO BURNOUT, EXHAUSTION AND EVEN FEELINGS OF ISOLATION.

WHAT IF YOU SHIFTED MORE FOCUS TO OTHER'S NEEDS, UNDERLYING EMOTIONS, FEARS AND INSECURITIES, AND THE GREAT UNDER APPRECIATED POTENTIAL YOU MAY SEE IN THEM? IMAGINE WHAT YOU CAN IMPACT AND LEARN.

RESEARCH HAS SHOWN THAT A MIX OF HELPING OTHERS AND TREATING ONESELF CAN IMPROVE YOUR WELL-BEING. HELPING OTHERS CAN LEAD TO A HIGHER SENSE OF VALUE, PURPOSE, MEANING AND DEEPER CONNECTIONS. IT CAN ALSO BRING OUT OUR BEST EMPATHETIC AND PROBLEM SOLVING SELVES. AT THE SAME TIME, IT CAN MAKE OTHERS FEEL MORE VALUED AND CARED FOR. ITS A TRUE WIN-WIN.

# MANAGE YOUR 'ITS' TO BE YOUR BEST SELF

HUMAN  
MIND



HUMAN  
BODY

HOPEFULLY, YOU NOW HAVE A BETTER UNDERSTANDING OF 10 ITS, SOME OF THE KEY TRAITS THAT WE ALL SHARE AND OFTEN STRUGGLE WITH AS HUMAN BEINGS.

MOST OF THESE ITS AREN'T ALWAYS OBVIOUS WHEN THEY HAPPEN, YET THEY CAN IMPACT OUR CHOICES, FRIENDSHIPS, ACADEMICS AND WORK.

WHY? BECAUSE THE MIND AND BODY TEND TO INTERACT IN WAYS THAT AREN'T ALWAYS OBVIOUS.

LEARNING MORE ABOUT THESE ITS AND THE TOOLS THAT CAN HELP YOU MANAGE THEM IS A GREAT FIRST STEP.

BECOMING MORE AWARE OF WHEN THEY ARE AT WORK AND HOW THEY ARE AFFECTING YOU IS THE NEXT BIG STEP.

BY HELPING OTHERS WITH YOUR KNOWLEDGE, YOU HAVE AN OPPORTUNITY TO ACCEELRATE YOUR OWN LEARNINGS AND GREATLY HELP YOURSELF.

BY UNDERSTANDING AND MANAGING YOUR 'ITS', YOU CAN BECOME YOUR BEST SELF! TO TAKE THE NEXT STEP, UNDERSTAND YOUR OOPS AND OPPS COVERED IN THE NEXT TWO SECTIONS.



# SECTION 2: THE OOPS

## *Introduction*

### *1*

BEING HELD BACK BY FAILURES

### *2*

MAKING EMOTION-DRIVEN DECISIONS

### *3*

HOLDING ONTO RESENTMENT

### *4*

TRYING TO CONTROL (WHAT YOU CAN'T)

### *5*

DOING TOO MUCH

STEVEN L. GLASER

# OOPS

*6*

CONSUMED WITH CONFLICT

*7*

DECIDING YOU'RE NOT ENOUGH

*8*

UNREALISTIC EXPECTATIONS

*9*

SHUTTING OTHERS OUT

*10*

BEING MANIPULATED

STEVEN L. GLASER



# OOPS - INTRODUCTION



WE ALL ARE TRYING TO DO OUR BEST AND BE OUR BEST SELVES, BUT WE ALL MAKE MISTAKES. FOR ALMOST EVERY SUCCESS YOU SEE FROM OTHERS, THERE WAS A SET OF MISTAKES AND FAILURES THAT CREATED THE LEARNINGS NEEDED TO SUCCEED.

I CALL THESE 'OOPS'. THEY ARE OFTEN CAUSED OR MADE WORSE BY MANY OF THE HUMAN TRAITS WE COVERED IN THE 'ITS' SECTION. THEY MAY ALSO BE A RESULT OF BAD LUCK, A LACK OF EXPERIENCE, NOT KNOWING WHAT YOU DON'T KNOW, OR A PAST FAILURE THAT YOU NEVER CHOSE TO LEARN FROM.

THESE OOPS ARE NOT ONLY NORMAL, BUT OFTEN THE SOURCE OF KNOWLEDGE AND MOTIVATION FOR SUCCESS. WHILE WE ALL MAKE MISTAKES THROUGHOUT OUR YOUNG AND OLDER LIVES, THEIR IMPACT ON EACH PERSON WILL DIFFER GREATLY. THOSE THAT FOSTER POSITIVITY AND A GROWTH MINDSET WILL LEARN FROM EVERY MISTAKE, AND BECOME THEIR BEST SELVES.

## LEARN FROM YOUR 'OOPS' TO BE YOUR BEST SELF

# OOPS #1

## BEING HELD BACK BY FAILURES



STUCK IN  
THE PAST



DISAPPOINTED  
OR DEMORLIZED

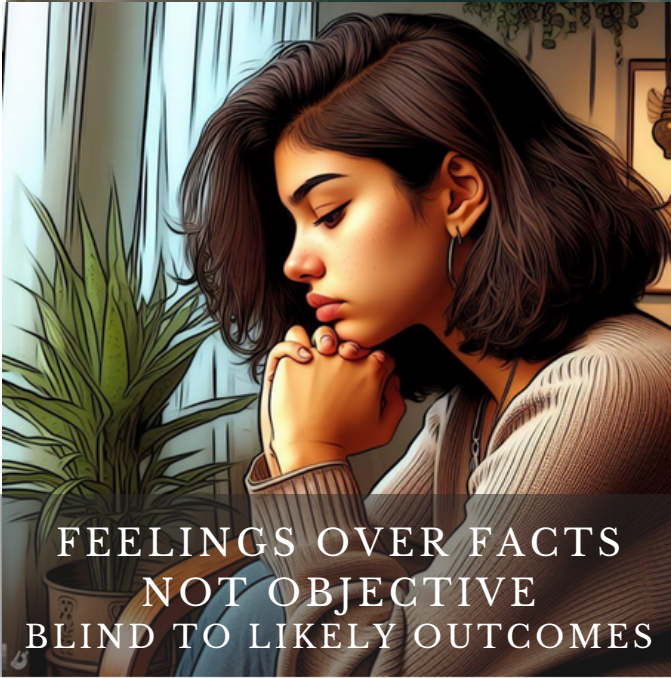
MISTAKES WILL HAPPEN. REJECTIONS WILL HAPPEN. FAILURES WILL HAPPEN. WHEN THEY OCCUR, EVERY HUMAN BEING FEELS SOME LEVEL OF DISAPPOINTMENT. THEY MAY EVEN FEEL DEMORALIZED, LOSING THE MOTIVATION TO TAKE ON THE NEXT CHALLENGE. FORTUNATELY, BEHIND EVERY SUCCESS IS A PATH OF MISTAKES, REJECTIONS AND FAILURES THAT CREATED AN OPPORTUNITY TO LEARN AND SUCCEED.

WHAT IF THESE MISTAKES OR FAILURES HELP YOU BUILD A GROWTH MINDSET AND BECOME INCREMENTALLY BETTER?

THE FIRST STEP IS TO ACCEPT AND EMBRACE YOUR THE SITUATION AND GIVE YOURSELF A COMPASSIONATE BREAK NO MATTER WHAT HAPPENED; MAYBE YOU DID YOUR BEST, HAD BAD LUCK, WEREN'T PREPARED, OR ARE BEING TOO CRITICAL ABOUT YOURSELF. NEXT, IDENTIFY WHAT YOU CAN LEARN FROM THE SITUATION AND ABOUT YOURSELF, AND USE THOSE LEARNINGS TO BECOME EVEN BETTER AND MORE RESILIENT.

# OOPS #2

## MAKING EMOTION-DRIVEN DECISIONS



REGRET



LIMIT YOUR  
CHOICES

WHILE EMOTIONS CAN SOMETIMES GUIDE US, THEY CAN ALSO TRIGGER REACTIONS THAT NARROW OUR PERSPECTIVES AND LEAD TO DECISIONS WE REGRET. THEY CAN STRAIN RELATIONSHIPS, DRAIN OUR FINANCES AND UNDERMINE OUR OWN PERSONAL AND PROFESSIONAL GOALS. EMOTIONS CAN ALSO LEAD US TO TAKE SHORTCUTS, AND GREATLY LIMIT THE MANY GOOD OPTIONS THAT COULD BE CONSIDERED.

WHAT IF YOU COULD TURN THIS REGRET INTO AN OPPORTUNITY TO BECOME MORE AWARE OF YOUR EMOTIONS, AND MAKE BETTER DECISIONS IN THE FUTURE?

MOVING FORWARD, LEVERAGE THE POWER OF TIME TO REGAIN YOUR OBJECTIVITY AND PERSPECTIVE BEFORE YOU MAKE THAT DECISION. THEN FOLLOW A PROCESS THAT CONSIDERS AT LEAST 3 DIFFERENT OPTIONS YOU CAN TAKE. SEEK OBJECTIVE GUIDANCE FROM A MENTOR, FRIEND OR FAMILY MEMBER. BECOME RELENTLESS IN PURSUIT OF OTHER'S EXPERIENCE AND WISDOM, NEW INFORMATION, AND NEW IDEAS.

# OOPS #3

## HOLDING ONTO RESENTMENT



RUMINATE/  
CATASROPHIZE



LOSE  
POSITIVITY

PEOPLE THAT HOLD RESENTMENT FOR OTHER'S ACTIONS BECOME VICTIMS OF THEIR OWN CHOICE. THEY TYPICALLY LOSE POSITIVE ENERGY, INCREASE THEIR OWN STRESS, AND/OR EXPERIENCE MORE ANGER. THEY ALSO TEND TO LET THEIR MINDS LOOP OVER AND OVER ABOUT THE PAST (RUMINATION) OR ABOUT ITS IMPACT ON THE FUTURE (CATASTROPHIZING). THEY ALSO ROB THEMSELVES OF LIVING IN THE PRESENT, AND APPRECIATING ALL THEY HAVE. OFTEN, THESE SAME PEOPLE ARE UNABLE TO FORGIVE THEMSELVES.

WHAT IF YOU CONVERTED THE RESENTMENT YOU FEEL INTO THE POWER OF FORGIVENESS? WHAT IF YOU USED YOUR ENERGY FOR THINGS THAT COULD MOVE YOU FORWARD?

FOR YOUR OWN PERSONAL WELL-BEING, COMPLETELY AND UNCONDITIONALLY FORGIVE OTHERS AND FORGIVE YOURSELF. THIS REQUIRES THE CONCEPT OF ACCEPTANCE, RATHER THAN CONTINUOUS RESISTANCE TO SOMETHING THAT HAPPENED IN THE PAST. YOU WILL BE ABLE TO RELEASE THESE EMOTIONAL BURDENS, PROMOTE INNER PEACE, AND BECOME MORE PRESENT IN AND POSITIVE ABOUT YOUR LIFE.



# OOPS #4

## TRYING TO CONTROL (WHAT YOU CAN'T)



FRUSTRATION  
& STRESS



CONFLICT &  
DISTRACTION

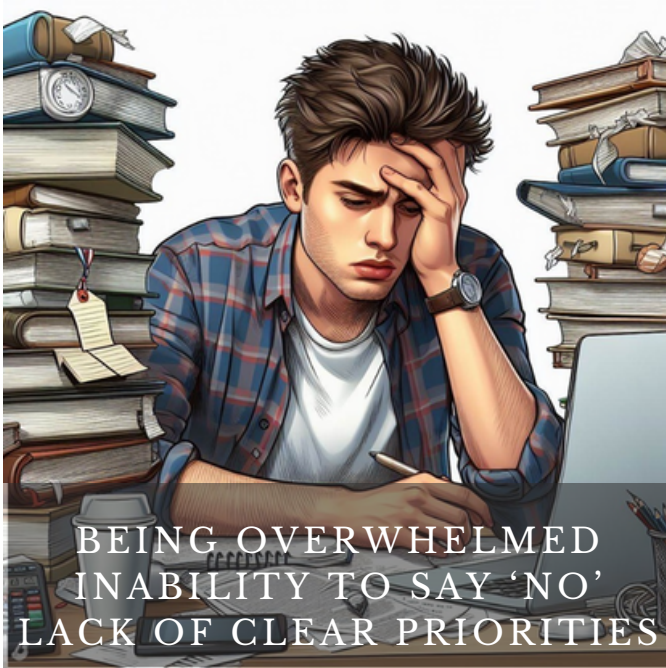
TRYING TO CONTROL THINGS THAT ARE OUT OF YOUR CONTROL CAN BE FRUSTRATING, ADD TO OVERALL STRESS LEVELS, LEAD TO CONFLICT, AND CONSUME SIGNIFICANT ENERGY. IT CAN ALSO DISTRACT YOU FROM FOCUSING ON THE IMPORTANT THINGS THAT YOU CAN CONTROL. IT CAN TAKE YOU OUT OF THE PRESENT AND PREVENT YOU FROM PURSUING YOUR ACADEMIC OR PROFESSIONAL GOALS, EXPLORING NEW PASSIONS, AND NURTURING RELATIONSHIPS WITH FRIENDS AND FAMILY.

WHAT IF YOU WERE ABLE TO RECOGNIZE WHAT YOU CAN AND CAN'T CONTROL? WHAT IF YOU COULD FUNNEL ALL YOUR ENERGY INTO THINGS YOU CAN CONTROL?

IT STARTS WITH AWARENESS AND OBJECTIVITY. ASK YOURSELF WHETHER YOU ARE IN A SITUATION THAT YOU CAN CONTROL OR IMPACT. REMIND YOURSELF THAT EVEN WHEN SITUATIONS ARE OUT OF YOUR CONTROL, YOU CAN CONTROL YOUR ACTIONS, RESPONSES, AND POSITIVE ATTITUDE. FOR THE THINGS OUT OF YOUR CONTROL, STRIVE FOR UNCONDITIONAL ACCEPTANCE. THE TRUE TEST FOR ACCEPTANCE IS A COMPLETE LACK OF RESISTANCE. THEN FOCUS YOUR ENERGY ON YOUR OTHER GOALS, NEEDS AND RELATIONSHIPS.

# OOPS #5

## DOING TOO MUCH



STRESS &  
ANXIETY



OVERWHELMED

BEING OVERWHELMED  
INABILITY TO SAY 'NO'  
LACK OF CLEAR PRIORITIES

THE WORLD IS FULL OF DEMANDS, DISTRACTIONS AND OPPORTUNITIES. IT'S ALSO FULL OF DIFFERENT TYPES OF PEOPLE, THAT MAY OR MAY NOT RESPECT YOUR TIME, ENERGY, MENTAL HEALTH OR PHYSICAL HEALTH. WHEN YOU TAKE ON TOO MUCH, IT CAN LEAD TO A LOSS OF WORK-SCHOOL-LIFE BALANCE, A LOSS OF PRODUCTIVITY, FEELINGS OF BEING OVERWHELMED AND DISRESPECTED, AND INCREASED LEVELS OF STRESS AND ANXIETY.

WHAT IF YOUR EXPERIENCE OF DOING TOO MUCH CAN GIVE YOU CRITICAL INSIGHT INTO WHAT MATTERS THE MOST TO YOU? WHAT IF IT HELPS YOU TO DEFINE BOUNDARIES FOR YOUR PERSONAL LIFE, YOUR RELATIONSHIPS, AND YOUR SCHOOL OR WORK?

WHEN FEELING OVERWHELMED, IT'S IMPORTANT TO DEFINE CLEAR PRIORITIES AND SET PERSONAL BOUNDARIES. THIS INCLUDES DECIDING WHAT TO SAY 'NO' TO, AND BLOCKING OUT YOUR CALENDAR FOR WORK TIME, SELF CARE AND PLAY TIME. TO HELP YOU MAKE DECISIONS, CONSIDER HOW THE 80/20 RULE APPLIES TO YOUR CHOICES. CLEARLY DEFINE WHAT 20% OF YOUR SCHOOL OR WORK TASKS, PERSONAL ACTIVITIES, RELATIONSHIPS, AND SCHEDULED EVENTS GIVE YOU 80% OF THE VALUE YOU STRIVE FOR.

# OOPS #6

## CONSUMED WITH CONFLICT



ANGER &  
BLAME



CONFUSED &  
DISTRACTED

RELATIONSHIP CHALLENGES AT HOME, SCHOOL OR WORK CAN BE EMOTIONALLY TAXING, INCREDIBLY DISTRACTING, AND CONSUME YOUR POSITIVE ENERGY. IT CAN ALSO CREATE A SENSE OF FEAR AND UNCERTAINTY ABOUT THE FUTURE, MAKE US CONFUSED, QUESTION OUR OWN SELF-WORTH, AND CULMINATE IN BLAME AND/OR ANGER WITH OTHERS AND OURSELVES. WHEN EMOTIONS AND FEAR ARE INVOLVED, IT OFTEN THROWS OUR RATIONALE BRAIN OFF-LINE, SHUTS DOWN OUR ABILITY TO LISTEN, NARROWS OUR PERSPECTIVE AND LEADS TO ACTIONS THAT WE REGRET.

WHAT IF THESE CONFLICTS LED TO A BROADER AND HEALTHIER PERSPECTIVE, A MORE OPEN MIND, AN ABILITY TO REALLY LISTEN TO OTHERS, POWERFUL SELF-DISCOVERY AND PERSONAL GROWTH?

TAKE TIME TO REFLECT ON EVERY SITUATION AND RELATIONSHIP. PUT THE CONFLICT INTO A BIGGER PERSPECTIVE BY ASKING WHAT THIS SITUATION MIGHT MEAN IN 10 DAYS, 10 MONTHS AND THEN 10 YEARS FROM NOW. THEN TRY TO OPEN YOUR MIND AND LET THE EMOTIONS CALM DOWN. FINALLY, RE-ENGAGE BY ASKING QUESTIONS, LISTENING INTENTLY, AND REFLECTING BACK WHAT YOU HEARD.

# OOPS #7

## DECIDING YOU'RE NOT ENOUGH



DISTORTED BY COMPARISONS  
NOT RECOGNIZING AND  
BUILDING ON STRENGTHS

LOST  
OPPORTUNITY



LOW SELF  
ESTEEM

TOO MANY PEOPLE ARE CONCLUDING THAT THEY ARE “NOT GOOD ENOUGH”; NOT SMART ENOUGH, GOOD LOOKING ENOUGH, ACCOMPLISHED ENOUGH, ATHLETIC ENOUGH, OR NOT LIKEABLE ENOUGH. RATHER THAN GROUNDING THEIR SELF-WORTH BASED ON THEIR EVER-GROWING STRENGTHS AND GIFTS, THEIR PERSPECTIVE IS DISTORTED BY COMPARISONS TO THE FACADES OF PEOPLE IN SOCIAL MEDIA AND THE INTENSE COMPETITION TO GET INTO THE BEST SCHOOLS, GET THE BEST GRADES AND LAND THE BEST JOBS.

WHAT IF YOUR SELF-CRITICISM CAN BE TURNED INTO A HEALTHY DOSE OF SELF-COMPASSION? WHAT IF IT HELPED YOU TO BUILD ON YOUR STRENGTHS, AND TO BE TRUE TO WHO YOU ARE?

TAKE TIME TO ACKNOWLEDGE THE EFFORT YOU’VE PUT INTO IMPROVING YOURSELF. FOR EVERY WEAKNESS YOU’VE IDENTIFIED, WRITE DOWN A STRENGTH AND HOW YOU WILL BUILD ON THESE STRENGTHS. REFOCUS YOUR ENERGY ON PERSONAL GROWTH RATHER THAN PERFECTION. AND FINALLY, STEP UP YOUR PRACTICE OF SELF-COMPASSION AND SEEK OUT GREAT ADVISORS, MENTORS, COACHES, TRAINERS AND/OR MENTAL HEALTH RESOURCES.



# OOPS #8

## UNREALISTIC EXPECTATIONS



SELF  
DOUBT



DISAPPOINTMENT

SETTING UNREALISTIC EXPECTATIONS FOR ACHIEVEMENTS, FINANCIAL WELLBEING AND LIFESTYLE CAN LEAD TO DISAPPOINTMENT AND SELF-DOUBT. WHILE WE ALL NEED AND WANT GOALS TO DRIVE US, WE ALSO NEED TO ACCEPT THAT MOST THINGS ARE NOT ACHIEVED IN ONE STEP OR OVERNIGHT. THEY TYPICALLY REQUIRE A MIX OF OPPORTUNITY, HARD WORK, PATIENCE, AND SOMETIMES GOOD LUCK. THEY OFTEN INVOLVE MISTAKES AND FAILURES ALONG THE WAY.

WHAT IF YOUR DISAPPOINTMENT TURNED INTO A CLEARER SET OF INTERMEDIATE STEPS, MORE OPTIONS TO CHOOSE FROM AND MORE CELEBRATIONS ALONG THE WAY?

BEFORE SETTING EXPECTATIONS, CLEARLY DEFINE YOUR ASSUMPTIONS AND DEPENDENCIES, THE VARIOUS SCENARIOS THAT COULD OCCUR, WHAT IS IN YOUR CONTROL AND WHAT IS NOT, AND THE LEVEL OF RISK AND UNCERTAINTY. CONSIDER HOW YOU MAY ADJUST THOSE EXPECTATIONS AS THINGS CHANGE. AT THE SAME TIME, LEARN TO PRACTICE MORE SELF-COMPASSION AND FOCUS ON THE PROGRESS THAT YOU CONTINUE TO MAKE.

# OOPS #9

## SHUTTING OTHERS OUT



SERIOUS  
MISTAKES



SELF  
DOUBT

FOR MANY REASONS PEOPLE OFTEN BELIEVE THEY KNOW MORE THAN THEY DO. THEY OFTEN “DON’T KNOW WHAT THEY DON’T KNOW.” WHEN THIS LEADS TO MISTAKES OR FAILURES, IT CAN LOWER SELF-ESTEEM AND INCREASE SELF-DOUBT. WHILE PEOPLE SHOULD BE PROUD OF WHAT THEY CONTINUE TO LEARN, IT WILL TYPICALLY PALE IN COMPARISON TO THE KNOWLEDGE BASE, EXPERIENCE AND WISDOM OF MANY OTHERS WITH KNOWLEDGE THAT IS OFTEN AVAILABLE IN ONE FORM OR ANOTHER.

WHAT IF YOUR REALIZATION CAN MAKE YOU MORE HUMBLE, MORE OPEN TO OTHER’S VIEWS, AND MORE METHODOICAL IN HOW YOU REACH OUT FOR AND USE INFORMATION?

THINK ABOUT THE UNDERLYING REASONS WHY YOU ASSUMED YOU KNEW TOO MUCH. WERE YOU TRYING TO JUSTIFY A DECISION YOU ALREADY MADE? DID YOUR OWN EGO GET IN THE WAY OF A MORE THOROUGH ANALYSIS? WERE YOU JUST TAKING A SHORTCUT? THEN USE THIS ANALYSIS TO LEARN SOMETHING ABOUT YOURSELF, AND TO DRIVE A NEW PROCESS TO REACH OUT TO NEW SOURCES OF INFORMATION AND EXPERIENCED PEOPLE THAT CAN GUIDE YOU.

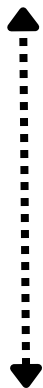
# OOPS #10

## BEING MANIPULATED



AI, SOCIAL MEDIA, CABLE NEWS  
MANIPULATING THOUGHTS &  
ACTIONS W/ EMOTIONS

ACTIONS  
YOU REGRET



MISINFORMED

IN TODAY'S AI, SOCIAL MEDIA, AND CABLE NEWS DRIVEN WORLD, MANY PEOPLE ARE INFLUENCED BY THE MOST EXTREME AND VOCAL PERSONALITIES, AND EMOTION-GENERATING TACTICS. UNFORTUNATELY, MANY BALANCED SOURCES OF FACTS AND UNBIASED POSITIONS GET DROWNED OUT. THIS IS ALSO TRUE OF THOSE TRYING TO SELL SOMETHING TOO GOOD TO BE TRUE, TELLING THEIR LISTENERS WHAT THEY WANT TO BELIEVE. THE RESULT IS THAT MANY OF US ARE BEING MANIPULATED INTO BELIEVING IN OR DOING SOMETHING THAT THEY REGRET.

WHAT IF YOUR EXPERIENCE CAN BE USED TO CREATE A NEW LEVEL OF DISCIPLINE IN WHAT YOU LISTEN TO, HOW OFTEN YOU LISTEN TO IT, AND HOW YOU QUESTION THE INFORMATION YOU GET?

START BY EVALUATING YOUR SOURCES OF INFORMATION, WHAT DRIVES THOSE SOURCES TO SAY AND DO WHAT THEY DO, AND WHAT BIASES MAY OR MAY NOT EXIST. USING THIS INFORMATION, CHOOSE INFORMATION SOURCES YOU CAN TRUST, ARE ALIGNED TO YOUR CORE VALUES, AND ARE INCLUSIVE AND SUPPORTIVE OF DIVERSE PERSPECTIVES AND BACKGROUNDS. LIMIT YOUR EXPOSURE TO ANY ONE SOURCE.

# LEARN FROM YOUR 'OOPS' TO BE YOUR BEST SELF



HOPEFULLY, YOU NOW HAVE A BETTER UNDERSTANDING OF 10 OOPS, SOME OF THE COMMON MISTAKES WE ALL MAKE.

THE OOPS ARE OFTEN CAUSED OR MADE WORSE BY MANY OF THE HUMAN TRAITS WE COVERED IN THE 'ITS' SECTION. THEY MAY ALSO BE A RESULT OF BAD LUCK, A LACK OF EXPERIENCE, NOT KNOWING WHAT YOU DON'T KNOW, OR A PAST FAILURE THAT YOU NEVER CHOSE TO LEARN FROM.

MOST OF THESE OOPS AREN'T ALWAYS OBVIOUS WHEN THEY HAPPEN, YET THEY CAN IMPACT OUR CHOICES, FRIENDSHIPS, ACADEMICS AND WORK.

WHY? BECAUSE THE MIND AND BODY TEND TO INTERACT IN WAYS THAT AREN'T ALWAYS OBVIOUS.

LEARNING MORE ABOUT THESE OOPS AND THE DIFFERENT WAYS TO LEARN FROM THESE EXPERIENCES IS A GREAT FIRST STEP.

BY LEARNING FROM YOUR 'OOPS', YOU CAN BECOME YOUR BEST SELF! TO TAKE THE NEXT STEP, UNDERSTAND YOUR OOPS COVERED IN THE LAST SECTION.

# OPPS

*1*

MAKE THE GLASS HALF FULL

*2*

HAVE A PURPOSE

*2*

EXPAND PERSPECTIVES

*4*

OPEN NEW DOORS

*5*

BROADEN HUMAN CONNECTIONS

STEVEN L. GLASER

# OPPS

*6*

DEVELOP NEW SKILLS

*7*

EXPLORE OTHER CULTURES

*8*

LEARN FROM OTHERS

*9*

EXERCISE CREATIVITY

*10*

DEFINE ACHIEVABLE GOALS

STEVEN L. GLASER

# OPPS

*11*

ELEVATE MENTAL HEALTH

*12*

ELEVATE PHYSICAL HEALTH

*13*

EMBRACE LAUGHTER

*14*

EXPAND COMMUNITIES

*15*

GIVE MORE

STEVEN L. GLASER

# OPPS

*16*

BE MORE GRATEFUL

*17*

RECOGNIZE OTHERS

*18*

IMPROVE FINANCIAL INTELLIGENCE

*19*

EMBRACE FAMILY

*20*

DEMONSTRATE LEADERSHIP

STEVEN L. GLASER



# OPPS - INTRODUCTION



AS WE ALL EVOLVE FROM MANAGING OUR ITS AND LEARNING FROM OUR OOPS, WE BEGIN TO DISCOVER A COMMON SET OF OPPORTUNITIES THAT CONTRIBUTE TO A REPEATABLE FORMULA FOR OUR SUCCESS AND HAPPINESS.

I CALL THESE 'OPPS'. THE OPPS HAVE ONE THING IN COMMON - THEY CREATE POSITIVITY, POSSIBILITIES, NEW PATHS AND POTENTIAL. THEY CAN ALSO HELP TO BALANCE OR OFFSET OUR STRUGGLES WITH THE HUMAN TRAITS WE COVERED IN THE 'ITS' SECTION, OR THE MISTAKES WE COVERED IN THE OOPS SECTION.

THE 20 UNIQUE OPPS TOUCH ALMOST EVERY CATEGORY OF LIFE, FROM PERSPECTIVES TO PURPOSE, BEHAVIORS, ACTIONS, ATTITUDES, CAREER, FAMILY AND FINANCES

THESE OPPS ARE AVAILABLE TO ALL OF US AT ALL TIMES AND CAN BE A SIGNIFICANT CONTRIBUTOR IN ENABLING EACH OF US TO BECOME OUR BEST SELVES.

**FIND YOUR 'OPPS'**  
**TO BE YOUR BEST SELF**



WHAT IF WE COULD APPROACH EVERY  
OBSTACLE AS AN OPPORTUNITY?

WHAT IF WE COULD FIND THE SILVER LINING  
IN EVERY DARK CLOUD?

WHAT IF OUR UNWAVERING BELIEF IN  
POSITIVE OUTCOMES COULD INSPIRE  
OTHERS TO DO THE SAME?



# HAVE A PURPOSE

WHAT IF WE COULD WAKE UP EVERY DAY  
EXCITED ABOUT OUR STUDIES, WORK OR  
PERSONAL GROWTH?

WHAT IF OUR CAREER ALIGNED PERFECTLY  
WITH OUR PASSIONS AND VALUES?

WHAT IF WE COULD MAKE A REAL  
DIFFERENCE IN THE WORLD?





## EXPAND PERSPECTIVES

WHAT IF WE COULD BROADEN OUR HORIZONS BY  
IMMERSING OURSELVES IN NEW CULTURES, DIVERSE  
VIEWS AND DIFFERENT LIFE EXPERIENCES?

WHAT IF WE CAN FIND NEW DOTS TO CONNECT,  
OR AN EVEN BIGGER PICTURE?

WHAT IF WE TRIED SOMETHING WE DIDN'T  
APPRECIATE, AND DISCOVERED NEW POSSIBILITIES  
AND PERSONAL GROWTH?



## OPEN NEW DOORS

WHAT IF WE EXPANDED OUR KNOWLEDGE,  
EXPERIENCE OR SKILLS THAT WOULD OPEN NEW  
DOORS FOR CAREER AND PERSONAL DEVELOPMENT?

WHAT IF WE COULD UNLOCK A NEW WORLD OF  
OPPORTUNITIES BY CONNECTING WITH THE  
CONNECTIONS OF SOMEONE YOU KNOW?

WHAT IF YOU TOOK A STEP IN A NEW DIRECTION  
THAT LET YOU SEE ADDITIONAL STEPS YOU  
DIDN'T EVEN KNOW EXISTED?



# BROADEN HUMAN CONNECTIONS

WHAT IF WE COULD EXPAND OUR SOCIAL CIRCLES  
AND FORM DEEP, MEANINGFUL, FUN AND  
SUPPORTIVE RELATIONSHIPS?

WHAT IF WE COULD ENRICH OUR HUMAN  
EXPERIENCE BY CREATING NEW TYPES OF BONDS  
WITH NEW TYPES OF PEOPLE?

WHAT IF WE COULD LEARN MORE ABOUT  
OURSELVES WITH PEOPLE THAT SHARE AND  
REFLECT OUR VALUES?





## DEVELOP NEW SKILLS

WHAT IF WE COULD LEARN NEW SKILLS THAT BUILD  
ON OUR STRENGTHS, AND WOULD ALLOW US  
TO DO SOMETHING WE LOVE?

WHAT IF WE COULD LEARN TO GET ALONG BETTER  
WITH OTHERS, LISTEN INTENTLY, AND  
POSITIVELY INFLUENCE THOSE IN CHARGE?

WHAT IF WE COULD IMPROVE THE SKILLS NEEDED  
TO MAINTAIN OUR MENTAL AND PHYSICAL HEALTH?



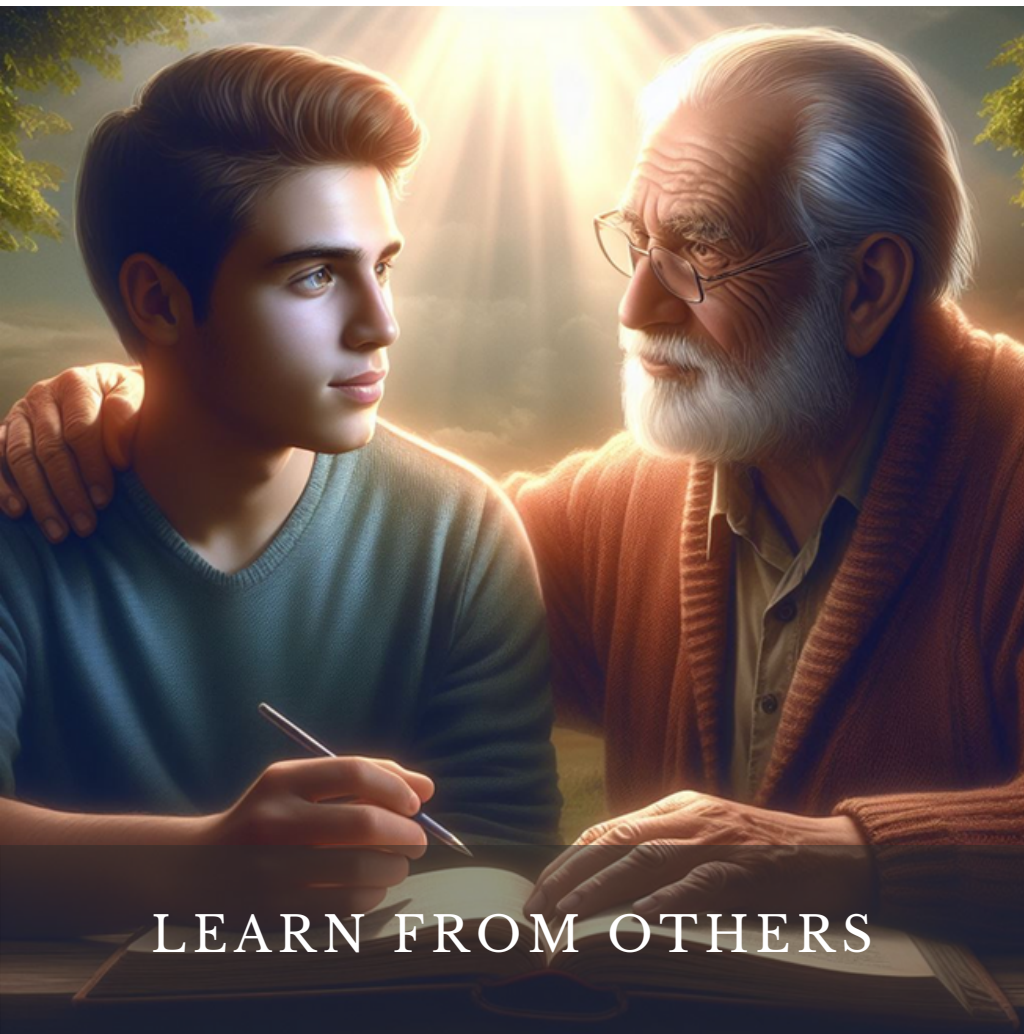
## EXPLORE OTHER CULTURES

WHAT IF WE COULD IMMERSE OURSELVES IN THE RICH TAPESTRY OF WORLD CULTURES, GAINING A DEEPER APPRECIATION FOR OTHERS?

WHAT IF WE COULD RECOGNIZE THE COMMON TRAITS, WANTS AND NEEDS THAT MANY CULTURES SHARE?

WHAT IF WE COULD CREATE BRIDGES OF UNDERSTANDING WITHIN OUR OWN COMMUNITIES?





## LEARN FROM OTHERS

WHAT IF WE HAD A MENTOR WHO COULD PROVIDE  
FEEDBACK, PERSPECTIVE, EXPERIENCE AND IDEAS?

WHAT IF WE ASSUMED 'WE DON'T KNOW WHAT  
WE DON'T KNOW' AND ALWAYS SEARCHED  
FOR MORE INFORMATION?

WHAT IF WE COULD COLLABORATE WITH THE MOST  
BRILLIANT MINDS WE CAN FIND TO TACKLE  
MEANINGFUL AND COMPLEX CHALLENGES?



## EXERCISE CREATIVITY

WHAT IF WE COULD TAP INTO OUR INHERENT CREATIVITY AND FEEL THE PRIDE OF CREATING SOMETHING UNIQUE?

WHAT IF WE COULD EXPLORE NEW ARTISTIC OUTLETS FOR SELF-EXPRESSION?

WHAT IF WE CAN GET EVERYONE THINKING 'OUT OF THE BOX' TO FIND NEW WAYS TO SOLVE IMPORTANT PROBLEMS?



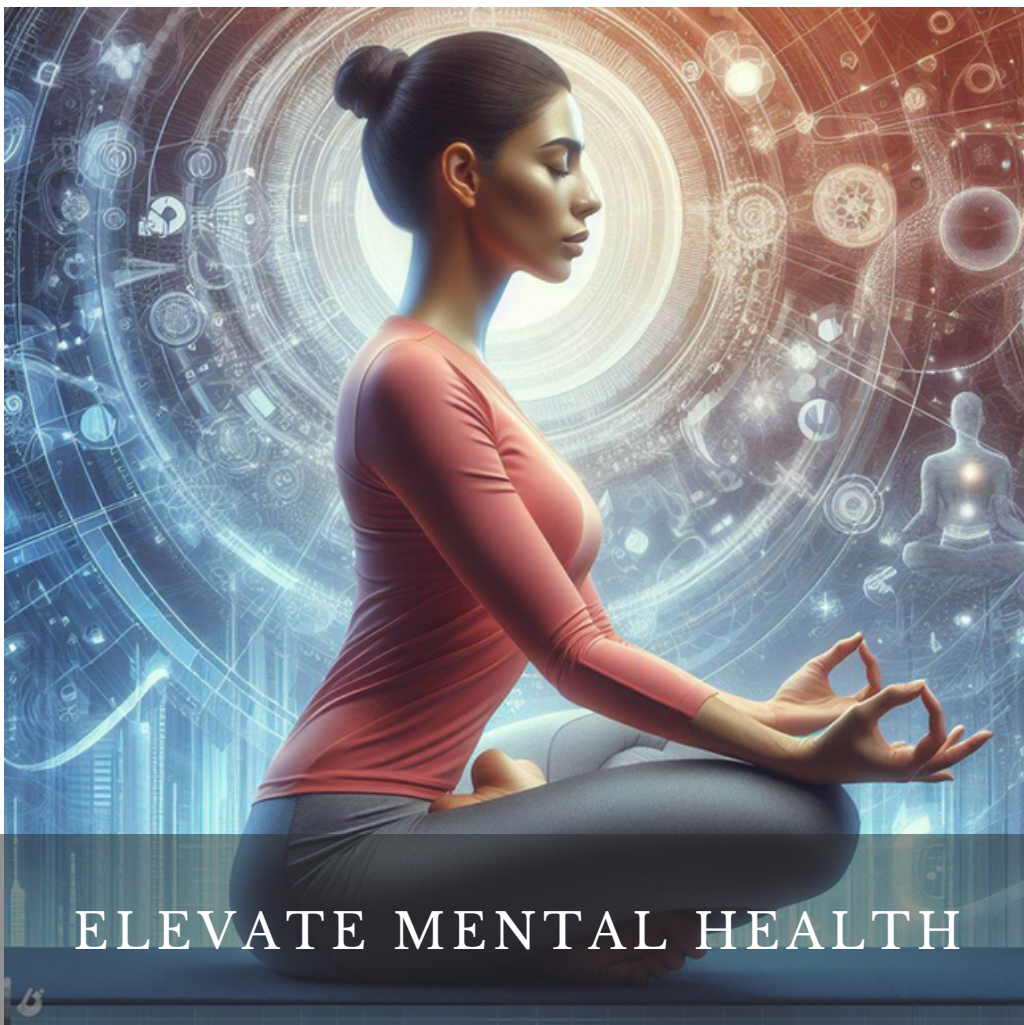
## DEFINE ACHIEVABLE GOALS

WHAT IF WE COULD SET GOALS THAT MOVED US  
FORWARD ONE STEP AT A TIME?

WHAT IF WE COULD CELEBRATE THE SMALL  
ACHIEVEMENTS, FUELING OUR POSITIVE ENERGY AS  
WE PURSUE SOMETHING EVEN BIGGER?

WHAT IF WE HAD A ROADMAP FOR PERSONAL  
DEVELOPMENT, AND BE HELD ACCOUNTABLE BY  
OURSELVES AND MENTORS WHO BELIEVE IN US?





## ELEVATE MENTAL HEALTH

WHAT IF WE COULD ATTAIN A STATE OF  
MENTAL AWARENESS, UNDERSTANDING,  
ACCEPTANCE AND WELL-BEING?

WHAT IF WE EMBRACED MINDFULNESS, AND AN  
ABILITY TO LIVE MORE IN THE PRESENT,  
RATHER THAN THE FUTURE OR PAST?

WHAT IF WE SOUGHT PROFESSIONAL GUIDANCE  
AND SUPPORT TO OVERCOME AN OBSTACLE WE  
ARE STRUGGLING WITH?



## ELEVATE PHYSICAL HEALTH

WHAT IF WE COULD IMPROVE OUR LEVEL OF  
ENERGY AND PHYSICAL STRENGTH BY  
GETTING OUR BODIES MOVING?

WHAT IF WE IMPROVED OUR SELF-ESTEEM BY  
ADOPTING A HEALTHIER LIFESTYLE?

WHAT IF WE ADDED NEW HOBBIES, SPORTS,  
FITNESS CLASSES, AND/OR WALKING GROUPS, AND  
FORM NEW FRIENDSHIPS AS A RESULT?



## EMBRACE LAUGHTER

WHAT IF WE COULD INFUSE OUR LIVES WITH MORE  
LAUGHTER AND JOY DURING CHALLENGING TIMES?

WHAT IF WE COULD LAUGH AT OURSELVES  
INSTEAD OF PENALIZING OURSELVES?

WHAT IF LAUGHTER IMPROVED OUR CONNECTIONS  
WITH FRIENDS AND FAMILY, AND OUR ABILITY TO  
SUPPORT THEM IN TIMES OF NEED?





## EXPAND COMMUNITIES

WHAT IF WE COULD FIND GROUPS THAT LET US EXPERIENCE NEW BOOKS, HOBBIES, SPORTS, PLACES TO VISIT, OR HEALTHIER LIFESTYLES?

WHAT IF WE COULD FIND OUR 'TRIBE', A GROUP OF LIKE-MINDED INDIVIDUALS WHO GENUINELY CARE ABOUT US?

WHAT IF WE COULD BROADEN OUR HORIZONS WITH NEW DIVERSE PERSPECTIVES, CULTURES, INSIGHTS, AND/OR EXPERIENCES?



## GIVE MORE

WHAT IF WE COULD MAKE A TANGIBLE IMPACT ON  
OUR COMMUNITIES THROUGH ACTS OF SERVICE?

WHAT IF WE STEPPED INTO MENTOR OR  
LEADERSHIP ROLES THAT ALLOWED US TO  
INSPIRE AND GUIDE OTHERS?

WHAT IF WE LEARNED MORE ABOUT OURSELVES  
BY GIVING WHAT WE HOPE TO RECEIVE?





## BE MORE GRATEFUL

WHAT IF WE COULD SHIFT OUR FOCUS TOWARDS  
GRATITUDE AND APPRECIATION FOR THE  
ABUNDANCE IN OUR LIVES?

WHAT IF WE CELEBRATED LIFE'S SIMPLE  
PLEASURES WHEN AND WHERE THEY OCCUR?

WHAT IF WE COULD HELP OTHERS IN NEED FIND  
AND EXPAND ON THE GOOD IN THEIR LIVES?

A young man and woman are smiling and high-fiving each other. The woman is on the left, wearing a blue denim jacket over a light-colored top. The man is on the right, wearing an orange hoodie over a light-colored shirt. They are both looking at each other and smiling.

## RECOGNIZE OTHERS

WHAT IF WE COULD CREATE A CULTURE OF  
RECOGNIZING THE ROLES AND VALUE PEOPLE  
BRING IN OUR PERSONAL LIFE, STUDIES AND WORK?

WHAT IF WE ACKNOWLEDGED THE CONTRIBUTIONS  
OF FRIENDS AND FAMILY, BOOSTING MOTIVATION  
AND A FEELING OF WELL-BEING?

WHAT IF WE COULD ENCOURAGE RECOGNITION TO  
ENHANCE TRUST, COOPERATION, AND A SHARED  
SENSE OF BELONGING?



## IMPROVE FINANCIAL INTELLIGENCE

WHAT IF WE COULD LIVE ONE LEVEL BELOW OUR  
MEANS TO INCREASE SAVINGS AND LIVE A MORE  
SECURE, STABLE, AND FULFILLING LIFE?

WHAT IF FINANCIAL DISCIPLINE HELPED US TO  
REDUCE STRESS WHILE WORKING TOWARDS  
ACHIEVING LONG-TERM GOALS?

WHAT IF INTELLIGENT FINANCIAL INVESTMENTS  
GAVE US A BETTER LIFESTYLE WITH LOWER RISKS?



## EMBRACE FAMILY

WHAT IF WE COULD STRENGTHEN THE BONDS WITH  
OUR FAMILY MEMBERS, WHILE HAVING THEM  
LEARN TO RESPECT OUR BOUNDARIES?

WHAT IF WE CAN FEEL AND SHOW OUR  
GRATITUDE FOR THE UNIQUE SUPPORT WE GET?

WHAT IF WE OPEN OUR MINDS TO THE EXPERIENCES  
AND PERSPECTIVES THAT MAY INCREASE SECURITY,  
PREVENT MISTAKES, AND ENRICH OUR LIVES?





## DEMONSTRATE LEADERSHIP

WHAT IF YOU COULD DEVELOP LEADERSHIP TRAITS  
TO INSPIRE AND GUIDE OTHERS?

WHAT IF BECOMING MORE TRANSPARENT,  
AUTHENTIC, INCLUSIVE AND EMPOWERING  
IMPROVES YOUR CAREER AND PERSONAL LIFE?

WHAT IF BECOMING MORE EMOTIONALLY  
INTELLIGENT HELPS YOU WITH ALL TYPES OF  
RELATIONSHIPS AND IMPROVES MENTAL HEALTH?

# FIND YOUR 'OPPS' TO BE YOUR BEST SELF



HOPEFULLY, YOU NOW SEE THE HUGE NUMBER OF OPPORTUNITIES WE ALL HAVE, SPANNING ALMOST EVERY ASPECT OF OUR LIVES.

THE OPPS CAN NOT ONLY ENRICH OUR LIVES AND CREATE NEW POSSIBILITIES FOR OUR FUTURE, BUT CAN ALSO OFFSET MANY OF THE ITS AND OOPS WE ALL STRUGGLE TO MANAGE AND LEARN FROM EVERY DAY.

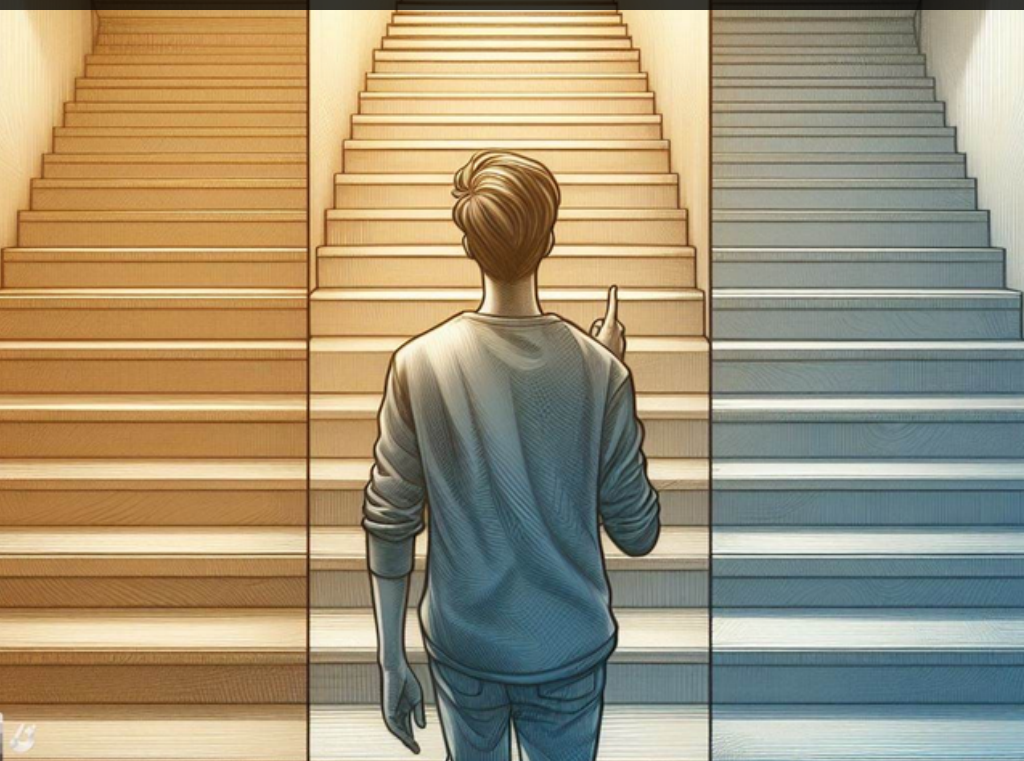
LIKE THE ITS AND OOPS, MOST OF THESE OPPS CAN IMPACT OUR BEHAVIORS, CHOICES, FRIENDSHIPS, ACADEMICS AND WORK.

WHY? BECAUSE THE MIND AND BODY TEND TO INTERACT IN WAYS THAT AREN'T ALWAYS OBVIOUS.

SEEING THE 'WHAT IF' POSSIBILITIES ASSOCIATED WITH EACH OPPS IS A GREAT FIRST STEP. YOU CAN FURTHER EXPLORE THE OPPS OF MOST INTEREST TO YOU, AND DIFFERENT WAYS TO CAPITALIZE ON THEM IN YOUR LIFE.

BY FINDING YOUR 'OPPS', YOU CAN BECOME YOUR BEST SELF! .

# NOW ITS UP TO YOU!



## **MANAGE THE 'ITS'**

10 HUMAN TRAITS THAT GET IN OUR WAY

## **LEARN FROM THE 'OOPS'**

10 PAINFUL MISTAKES WE ALL MAKE

## **FIND THE 'OPPS'**

20 OPPORTUNITIES THAT CAN'T BE MISSED