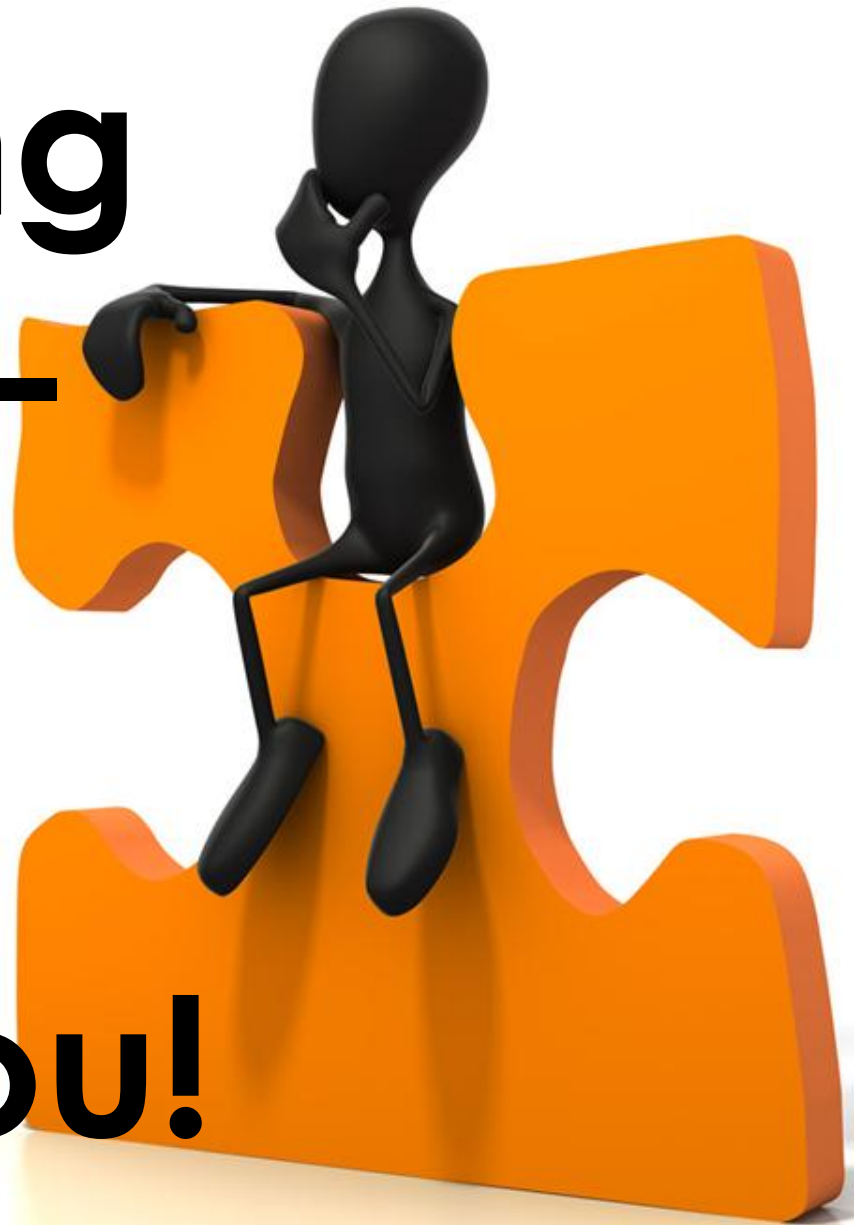


**Enhancing
Quality –
What
Matters
Most to you!**



Dr. Gale K. Gorke

Motivation

1. Biological – hunger, thirst, sleep, etc.
2. Extrinsic – rewards & punishments
3. Intrinsic – choice/control, create/learn, & benefit/enhance





Things We Know About Change

- Individualized
- What do I have to give up?
- Without “pressure”, things will go back to the way they were before the change.

TLC's – Therapeutic Life Choices

- Exercise
- Diet and Nutrition
- Time in Nature
- Contribution & Service
- Relationships
- Recreation
- Relaxation & Stress Management
- Religious & Spiritual





The Element

- Aptitude
- Attitude
- Passion
- Opportunity





Aptitude

What Is Intelligence?

- Ask the right question?
- Other kinds
- One size fits all



7 Ways of Knowing Multiple Intelligences - Howard Gardner

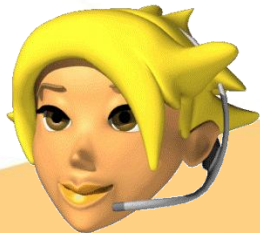


jungle 'ʒɒŋɡl̩ - ɡɛɪ
Etymology: Hindi *jang*
1 a: an impenetrable tract overgrown with trees
2: a hob
in Sanskrit *jangala* desert region
angled mass of trees
vegetation b: a
mass of veget




$$E=MC^2$$

- Logical/Mathematical Intelligence
- Verbal/Linguistic Intelligence



- **Body/Kinesthetic Intelligence**



- **Musical/Rhythmic Intelligence**



Visual/Spatial Intelligence



Intrapersonal Intelligence



Interpersonal Intelligence

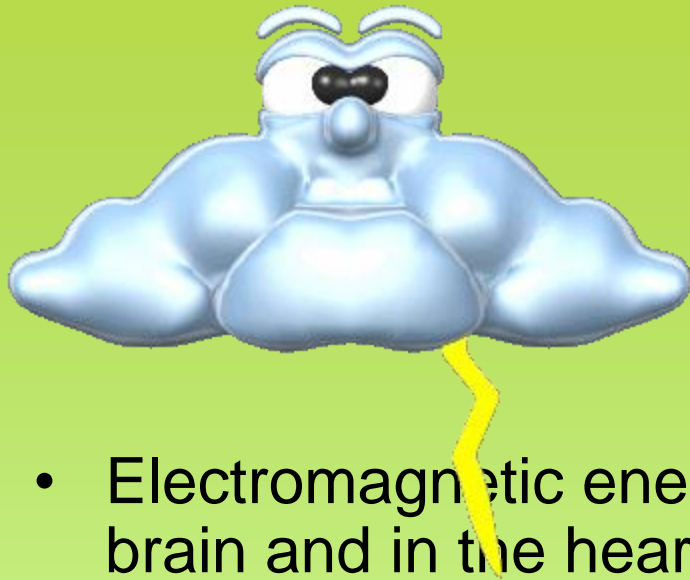


Three Brains From Inception

Germ Layers

1. Brain and Spinal Cord
2. Muscular and Skeletal System
3. Other organs of the core





"Em" Energy

- Electromagnetic energy is generated by neurons in the brain and in the heart (your 2nd brain). Book: The Heart's Code- Pearsall
- Heart Em energy is 5000 times stronger than brain Em energy
- Em energy forms a field that radiates out 12-15 feet from the body; it is strongest at three feet.
- Form of radiation that is never destroyed.
- Brain waves synchronize to heart rate and vice versa when people engage in caring touch.
- Focus needs to be on positive thoughts = positive Em, negative thoughts = negative Em.



Passion



Love Languages

Dr. Gary Chapman



1. Words of Praise and Affirmation

2. Gift Giving

3. Gifts of Service

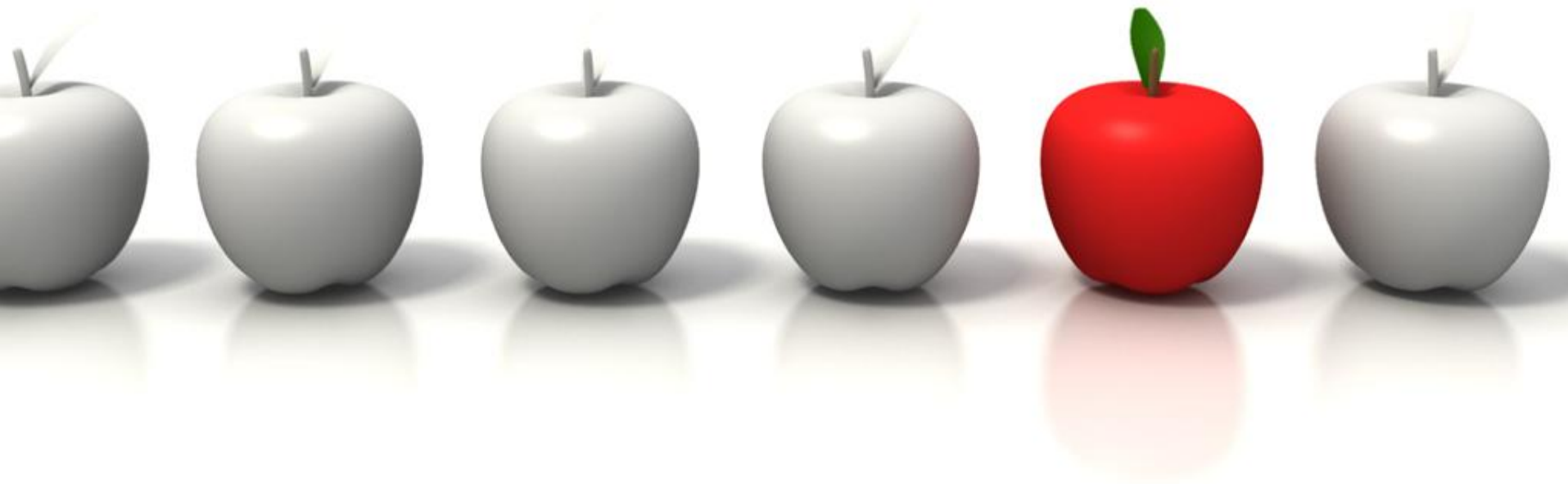
4. Quality Time

5. Physical Touch





Attitude



LESSON OF THE SUPER BALL

- **It Has POTENTIAL – It can GO ALMOST ANYWHERE.**
- **ENERGY & DIRECTION ARE KEY IN REACHING POTENTIAL.**
- **A POSITIVE ATTITUDE IS ESSENTIAL TO SUCCESS.**





Opportunity

Key to Growth is Self Reflection!

**When we are
successful – we
party.**

**When we make a
mistake – we
ponder.**

**That's why greatness
can only come from
mistakes.**

A. Robbins



You Can Change the World!



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