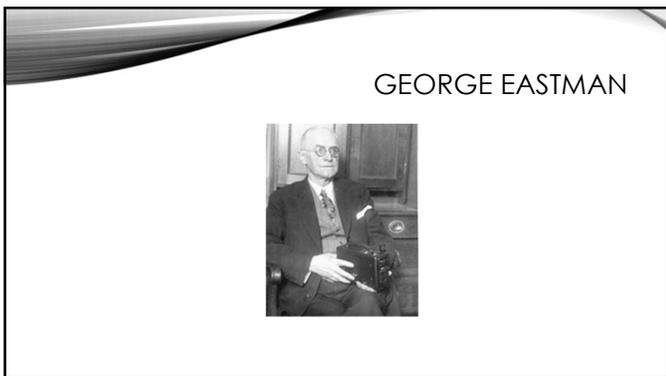




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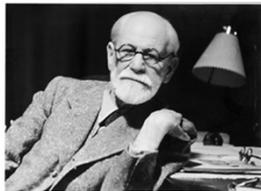
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VINCENT VAN GOGH



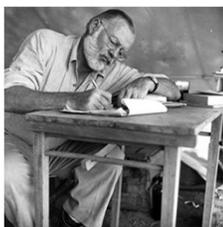
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SIGMUND FREUD



5

ERNEST HEMINGWAY



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SYLVIA PLATH

7



HUNTER S THOMPSON

8



ROBIN WILLIAMS
1951 - 2014

9



10

TRACY AND JENNIFER CROSS

- "The data that has been collected offers hints as to what might make gifted students at risk for suicidal thoughts and tendencies. Perfectionism, or a self- or socially inflicted pressure to perform well, is a common characteristic among gifted students and has been found to correlate with suicide ideation in studies of psychiatric and university samples. the data that has been collected offers hints as to what might make gifted students at risk for suicidal thoughts and tendencies. Perfectionism, or a self- or socially inflicted pressure to perform well, is a common characteristic among gifted students and has been found to correlate with suicide ideation in studies of psychiatric and university samples. ...a lack of positive social support ultimately contributes greatly to the demise of a suicidal student. Making schools inclusive, safe spaces where students care about the well being of their peers is imperative."

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WHY NURTURE THE SOCIAL EMOTIONAL NEEDS

- Uneven Development
- Peer Relations
- Excessive Self-Criticism
- Perfectionism
- Avoidance of Risk-Taking
- Multipotentiality

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1. ALIGN YOUR ACTIONS WITH YOUR VALUES.

Have the courage to say no. Have the courage to face the truth. Do the right thing because it's right. These are the magic keys to living your life with integrity.

~ W. Clement Stone



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1. ALIGN YOUR ACTIONS WITH YOUR VALUES

- Sometimes living with integrity means finding the courage to speak what you know must be said.
- Say NO if you need to say no. Say YES if you need to say yes. Speak your truth always, not for the purpose of being right but for the purpose of being whole and at peace within yourself. For the purpose of living with integrity.

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MAHATMA GANDHI

• "Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."



Destroy negative thoughts when they first appear. This is when they're the weakest.
George Orwell

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MODEL IT

- "I will keep my thoughts positive because my thoughts become my words. I will keep my words positive because my words become my behavior. I will keep my behavior positive because my behavior becomes my habits. I will keep my habits positive because my habits become my values. I will keep my values positive because my values will become my destiny."

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2. PICK YOUR BATTLES CAREFULLY.

Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

~ Norman Vincent Peale



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2. PICK YOUR BATTLES CAREFULLY

"I can choose this or I can choose peace."
Wayne Dyer

- Let go of having to be right.
- Let go of having to be heard.
- Let go of always having to jump in.



Be selective in your battles. sometimes peace is better than being right.

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MODEL IT

- I will let go of having to be right.
- I will let go of having to be heard.
- I will let go of always having to jump in.

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3. GET TO KNOW YOURSELF

He who knows others is clever; he who knows himself is enlightened.
~ Lao-Tzu



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3. GET TO KNOW YOURSELF

- Personality-Who Am I
- Perfectionist or Healthy Striver
- Overexcitabilities – Channels of reception
- Learn to self-reflect
- Ask yourself, "How does my behavior impact others?"

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PERSONALITY

- Extraverts vs. Introverts
- Sensing vs. Intuition
- Thinking vs. Feeling
- Judging vs. Perceiving

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EXCELLENCE

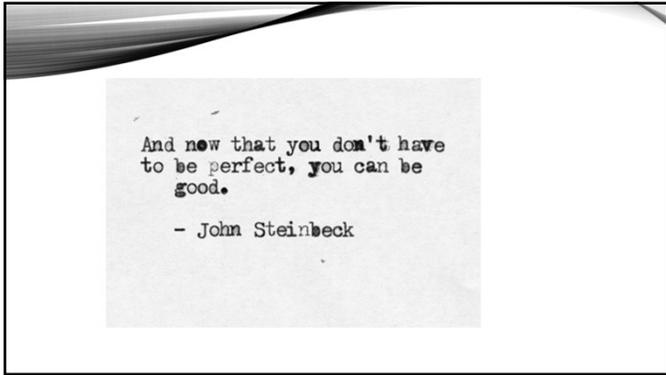
<p>Excellence is risk. Excellence is effort. Excellence is openness to being wrong. Excellence is spontaneity. Excellence is flow. Excellence is confidence. Excellence is acceptance. Excellence is encouraging.</p>	<p>Perfectionism is fear. Perfectionism is anger and frustration. Perfectionism is having to be right. Perfectionism is control. Perfectionism is pressure. Perfectionism is doubt. Perfectionism is judgment. Perfectionism is criticizing.</p>
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DABROWSKI'S OVEREXCITABILITIES

- **Psychomotor** – An unusual need for physical activity and movement. (ex. Rapid talk, pacing, hand gestures).
- **Sensual** – Greater than normal perceptiveness of sensory experiences; unusual awareness and enjoyment of sensation.
- **Imagination** – Inventiveness, the ability to visualize clearly, metaphorical speech, dreaming, fantasy and magical thinking.
- **Intellectual** – The desire to question, to analyze; the ability to delight in the abstract and theoretical, in logical thinking, puzzles and problem solving
- **Emotional** – An intensity of feeling and of relationships; preference for few close friends rather than many acquaintances; natural empathy and compassion.

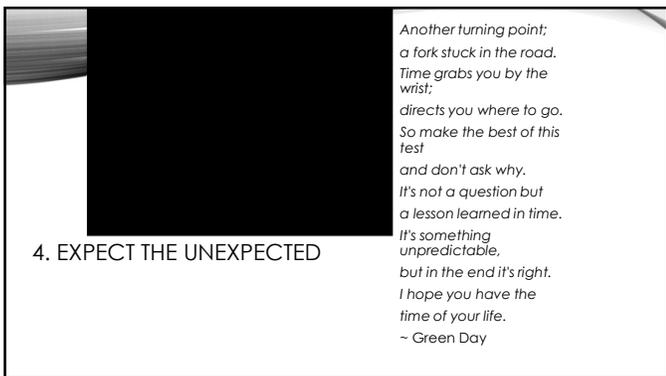
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4. EXPECT THE UNEXPECTED

- Forks in the road
- Descanso's and rebirth
- "I-choose-to-see-this-as-a-blessing" frame of mind
- Wow! Won't it be interesting to see how this all turns out!

When you try to control everything, you enjoy nothing. Sometimes you just need to relax, breathe, LET GO and live in the moment.

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MODEL IT

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5. KNOW YOUR PASSION: DISCOVER IT, DREAM IT, LIVE IT

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly.
—Langston Hughes



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DISCOVER YOUR GIFTS

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

~ Harold Whitman



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SIGNS OF A TRUE GIFT

- Listen to the **FEEDBACK** people give you.
 - Your doing a great job, I love what you doing, That's amazing I wish I could do that
- Look for repeated **PATTERNS** in your life.
 - Types of jobs that attracted you, skills you use to make life easier
- Check your **ENERGY** meter.
 - How excited do you get when your in this task, how energized do you become?
- Be on the lookout for **EXTRAORDINARY** results
 - Amazing people that turn up for you, large sums of money being donated,



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DREAM ROAD ADAPTED FROM TARA MOHR

Being on the road to my dream means:
 I've found the courage to articulate them.
 I've pulled them out from being buried
 in my soul and spoken them, even if only to myself.

Being on the road to my dream means:
 Saying this dream is worthy.
 Worthy of my time, my energy, my best effort.
 I will host it, I will welcome it,
 I will keep the kindling's going for the fire.

Being on the road to my dream means:
 Keeping the vision alive in my minds.
 Returning, again and again, to the imagined future,
 and letting its image guide me.

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DREAM ROAD

Being on the road to my dream means:
 Saying, I'm in. I'm in for this project.
 I will try. I will work toward it.
 I will be my own friend in this way.
 Freedom comes when I step, with both feet,
 onto the road toward my dreams
 not when I reach the destination.
 That's when the joy and the poignancy
 and the lightness of heart arrives.
 When I step, wholeheartedly
 with both feet
 with permission and with surrender
 onto the road of my dreams.

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LIVE IN YOUR GIFTS

Too many of us are not living our dreams because we are living our fears.
 ~ Les Brown



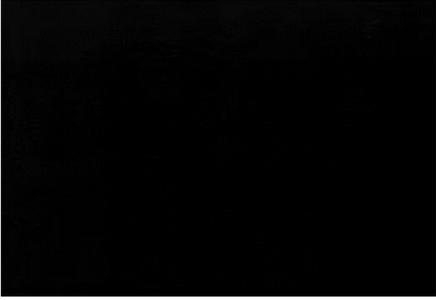
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LIVE IN YOUR GIFTS

- There is a nudge within you—a stirring, a longing, a dream, a mission, an assignment, a purpose, a calling,—that doesn't go away. It will always be there, compelling you, even if you never act on it your entire life. It will still be there, lying dormant within you pretending to sleep, waiting, even as this life comes to an end.
- When you use your gifts the way they were meant to be used, you produce profound effects, far beyond what you would normally create with simply a talent or a skill. There is no greater way for you to impact humanity and to experience loving your life than to know the gifts you have AND the ones you don't have.

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HERE'S TO THE CRAZY ONES



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SAY TO YOUR CHILDREN...



"Make your life spectacular, I know I did."

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