

Please finish the “Live Your 100”

Use one word to describe how you are feeling about the upcoming year.

What do you believe makes White House Middle different than other schools?

How has the pandemic affected the way you teach?

What is one obstacle that you believe you will face this year?

What one change would make you enjoy your job 5 - 10% better?



Find your results in your email

“Live Your 100”

A guide to help you change your focus.

What do you see?



“cookies”

At the time of the test....

- 45 years old
- Type A
- Enneagram 3
 - Ambitious, competent, energetic, driven
- Formerly a successful
 - Student
 - Athlete
 - Teacher
 - Coach
- Currently a successful
 - Assistant Principal
 - Athletic Director
 - Husband
 - Father

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WHEN PEOPLE ASK ME



VIA 9GAG.COM

HOW LIFE IS GOING

- September
 - Testicular cancer
- October
 - Wife Surgery
- November
 - Principal out
 - **Stress, anxiety, lack of sleep**
- December 13, 2020
 - Stroke
- Recovery

Recovery was daily

- Reading
- Writing
- Posting

- Not happy with achievements
- Worrying about health
- Comparing myself to past
- Sleepless and crying

Too much of my 100 was going to things that I could not control.



It is not **if** we give 100%,
it is **how** we apply our 100%.

Lack of progress in mental health is not due to lack of effort or lack of intelligence.

It is due to lack of focus

Focus

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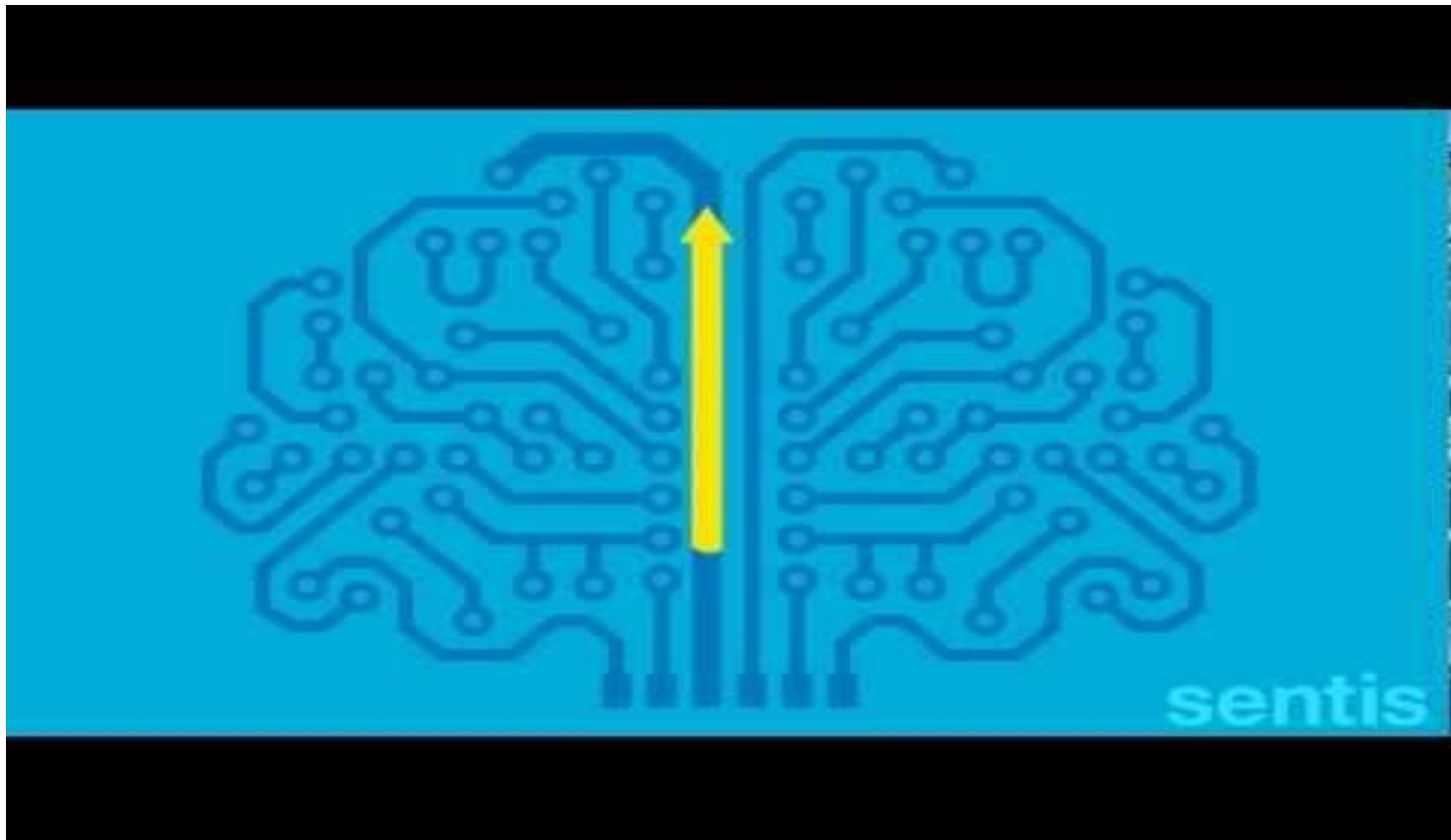
Can control

- Our actions
- Our decisions
- Our attitude
- Our words
 - Even to ourselves

Cannot control

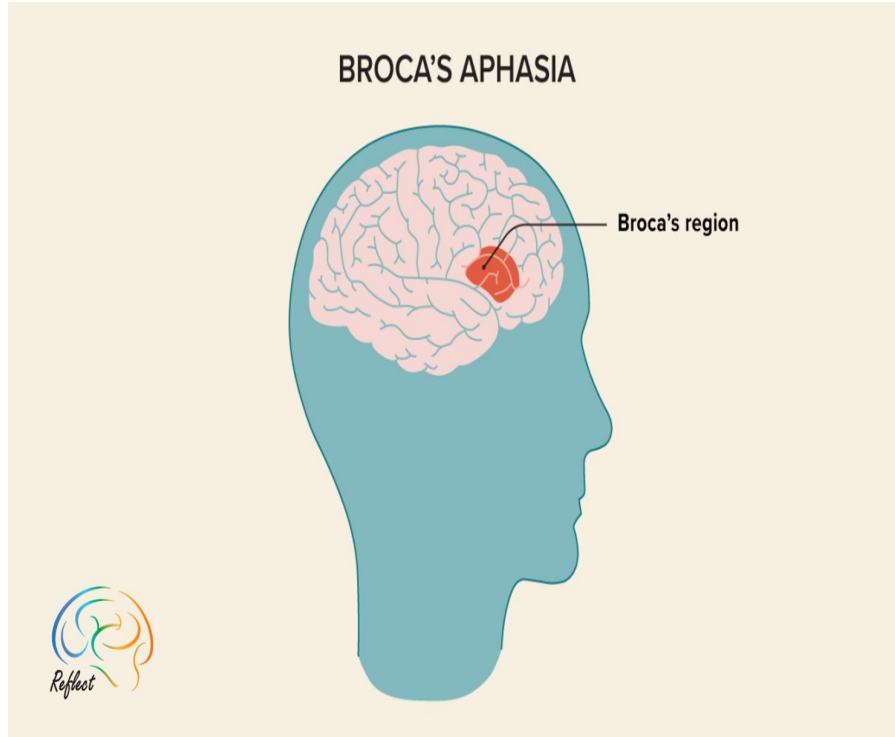


Focus on what you can control today.

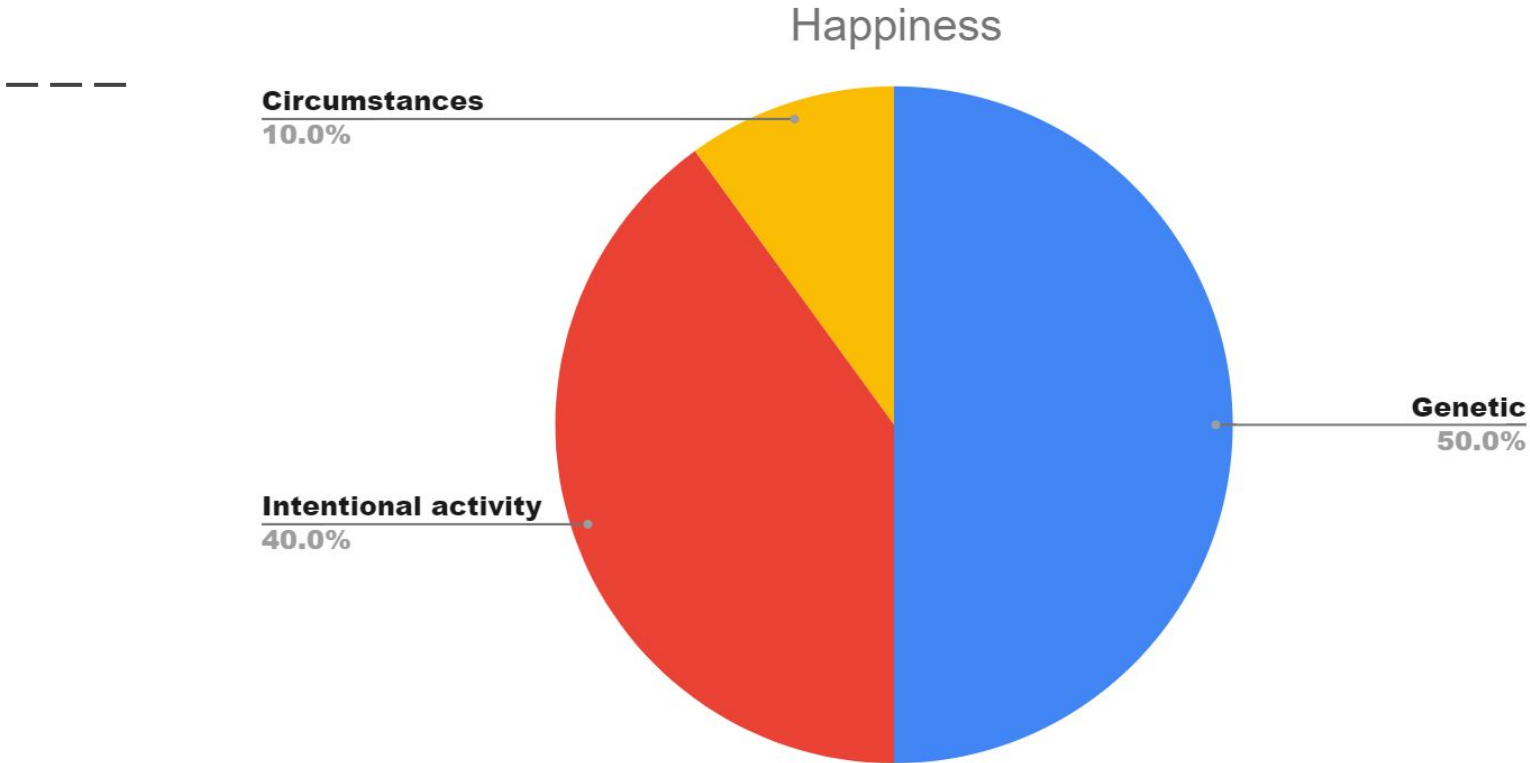


Consistency and patience

Learning about neuroplasticity the hard way.



The formula for “happiness”.



3 Steps

1. Own Your 100
2. Adjust Your 100
3. Live Your 100



Own Your 100

- Analyze your focus and word choice
- Be intentional with time and energy
- Be honest



“Own Your 100” exercise

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Read your answers from the survey.

- What themes and patterns do you see in your word choices?
- What things are you focusing on every day that you **cannot** control?
- What things are you focusing on every day that you **can** control?
- What is one honest statement that you can say about your daily focus?

Focus on what you can control today.

Adjust Your 100

- Set goals that are
 - Small
 - Dependent on you
- The dream behind the complaint
- Grow with adversity
- Be intentional



“Adjust Your 100” exercise

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- How can you adjust a goal you have to make it something completely in your control?
- How can you take one complaint you have and turn it into a dream?
- What adversity are you facing now or planning to face soon?
- What is one intentional step you can take starting today to reach that goal, realize that dream, or overcome that adversity?

Live Your 100

- Enjoy confidence instead of complaining
- Reap the rewards of handling adversity.



“Live Your 100” exercise

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- After you overcome your current adversity, how will your 100 be increased?
What will you be able to do then that you can't now?
- Describe how will you look and feel when you are living your best 100:
- What person or system will help you stay accountable as you continue to own, adjust, and live your 100?

Lather, Rinse, Repeat.

As needed



1. Own Your 100
2. Adjust Your 100
3. Live Your 100

Living my
“100”



Homework

- 1) Choose a partner
- 2) Each day put a circle in the book
- 3) Do it every day
- 4) Own and adjust your 100 daily
- 5) Live your best 100

What I **cannot** control today



What I **can** control today

I am here for you

Thanks :) I'm going through a tough time so it means a lot

And sorry, I lost all my contacts who is this?

This is your Uber driver

Accountability. Consistency. Time.

Focus on what you can
control today.

Learn to live your 100



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- Student/Athlete Coaching
- Amateur Team Coaching
- Educator Coaching
- Education/Business Team Coaching
- Keynote Speaker

