Control Your Destiny: The Challenge of Change

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Do You Ever Wonder Why…

• Resolutions really don’t work?
• Old habits are tough to break?
• Change just doesn’t happen?

“WELCOME TO THE CHALLENGE OF CHANGE!!!”
Fact:

• We’re all busy.
• Doesn’t seem to ever be enough “time.”
• 8% of us will succeed at New Year’s Resolutions
• We all have bad habits.
Let’s “Kill The Bad Habits”
#1 – Social Media:

- Problem/Change = SM platforms are masters of keeping you “there.”
- Solution = Replace the need for it:
  - Human interaction
  - Look for “new” + “unknown”
  - Turn it OFF!
- How = Set a time “later” to check emails, Facebook, Instagram, etc...
#2 – It’s Really All About You:

Assume it is not about you and you’ll be much happier.
#3 – Kill The Digital Multi-tasking:

• Only 2% of us can really multi-task.
• Close all browsers except the one you are working on!
• Cut the streams of distraction.
  • Works for your desk, home, etc...
• Focus on one at a time.
#4 – You’re #1:

• You’re not!
• Someone else makes that decision.
• There will always be someone better...
• No more comparisons!
• Focus on you – NOW!
#5 – Quit Complaining:

• No one cares.
• Looks/sound bad.
• Be aware of emails, tweets, what you say/write.
• No one likes a whiner, everyone enjoys good people.
#6 – Lose The Losers:

• You are wasting your time.
• Negative people hold you back and will destroy you.
• Stop being available to them (see #1, you are wasting your time).
#7 – Long Meetings:

- Short and sweet.
- Keep it business/task oriented.
- Be friends later.

**Efficient gatherings (organize):**

1. What is the task?
2. What has been completed or where are we?
3. What still needs to be done?
4. Set an “end/complete” date/time.
#8 – Saying Yes:

• You **DO** have enough time.
• You are just spending time on the wrong things!
• Say **NO**!
• Love **NO**!
• **NO** is your new friend.
#9 – Self-doubt/Negative Beliefs:

- You are good at what you do.
- You have it in you.
- Silence the negative voice of doubt.
- Example – Write down three things you want to change about yourself this semester.
- Feel better? You just took the first step, endorphins released in your brain, keep it going.
- Break the habit and start a new one!
#10 – Get Up And Move:

• Get off your _____________!
• Run, walk, exercise, yard work!
• Feel good about movement.
#11 – Stop Underachieving:

• You are better.
• You have much more to give.
• Time clock is ticking...
• Do it now!
#12 – Quit Bragging:

• Your brain thinks you have accomplished things when you announce it to the world.
• Don’t read your own press clippings!
#13 – No More Excuses:

• We all have reasons for not.
• Only we believe them!
#14 – Reality TV:

- Housewives of LA, Sister Wives, Celebrity Gossip, Political Talking Heads
- ...Tremendous waste of time!
- They slowly erode your soul...
#15 – Stop Obsessing Over Doomsday:

- Healthy skepticism is good.
- Pessimists do not: change the world.
  - motivate anyone.
  - create new ideas.
  - help anyone!
#16 - Quit Obsessing Over Things Outside Of Your Control:

• Focus your time, energy, and resources on improving you.
• You can control you.
• Master your universe!
#17 – Stop Being Perfect:

• It’s not gonna happen!
• It becomes a complicated form of procrastination.
• It becomes a deeper manifestation of your fear.
• Get out of your own way.
• Let it rip!
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