

# 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.

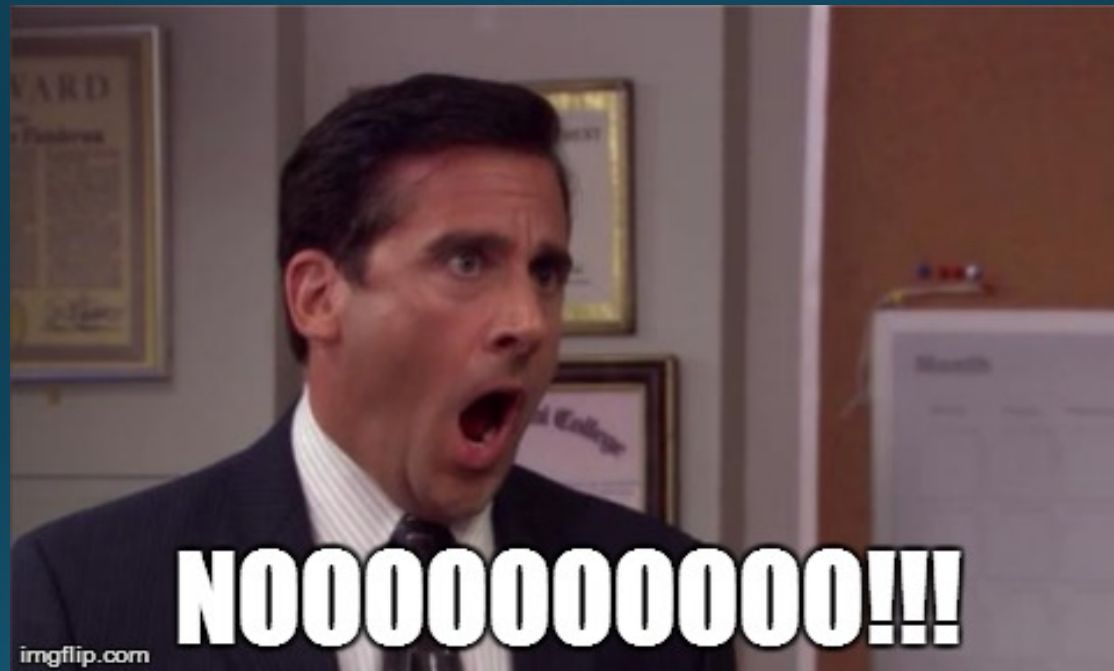
Lets “Kill The Bad Habits”



# #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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