

In response to the ever changing economic, political and social landscapes we all face on a daily basis, Bob created a seminar about importance of being "ready for anything." While researching the topic of readiness, he interviewed US Navy Seal trainers, professional improvisers, NASA astronauts, Trauma surgeons and even a man who survived 35 years on the streets of Philadelphia (legally blind for the last ten years.) He asked them all the same question: How does one become ready for anything? Their answers are insightful, funny and very practical. Here are the highlights from his presentation:

Readiness is about mind-control. Your state of readiness must be relaxed, not "squirrel-ready."

The 7 skills for readiness include: awareness, focus, energy, attitude, flexibility, creativity and agility

Practice new skills to make them permanent.

"It is not the strongest of the species that survives nor the most intelligent. It is the one that is most adaptable to change." – Charles Darwin

"Change is the only constant."

When you have the power to make changes, consider the impact on others. A "flick of your wrist can cause a sonic boom" in your organization. Wield the power of change with care and caution.

### **AWARENESS:**

Pay attention to everything or you will miss something important you need in your life.

Listen with your ears, eyes, undivided attention and your heart. It adds value to your relationships.

Use your peripheral vision - - take in the context of everything around you to avoid surprises.

Highjack your auto-pilot and stay aware of what's going on around you.

Be aware of what and who is in your "circle of influence."

Sidebar: "Circle of influence" is a term from Stephen Covey's 7 Habits of Highly Effective People. Proactive people focus on their Circle of Influence or **the things they can do something about such as** health, family relationships, and work performance. Reactive people focus on the Circle of Concern or things over which they have little or no control such as the national debt, terrorism, the weather. **Become more aware by focusing your energies on things you can control.**

### **FOCUS:**

Be here now! Multi-tasking is a myth.

Focus on focusing; do one thing at a time really well!

Embrace the obvious.

Simplicity = genius! Find a way to simplify.

Know what's important. Don't waste time focusing on the little things. Write a list of your priorities.

Stay alert; stay alive! Keep your eyes open.

## **ENERGY:**

Know where you find your energy. Find someone who will help take care of you when you need a lift.

Go where your energy is and get a cup!

Avoid energy vampires!

When it comes to friends, knowledge and assets, more is better.

## **AGILITY**

"Life is either a daring adventure or nothing at all." – Helen Keller

Go into adventure mode. Become a super hero.

If you can't find something you love in what you do (work), go someplace else...do something else.

Make your own security (financial future). Don't rely on your employer.

Commit (act with power) and adapt (when things change)

Take the time to "learn." The old adage "you can't teach an old dog new tricks" is a bold-faced lie.

Consider lessons and successes in life (experiences) as an asset.

Don't live your life by the "should" of others. Live by "what if" and "why not."

Do what you love, love what you do or find love in what you do.

## **FLEXIBILITY**

Reset your expectations about what you can accomplish and endure; re-align your expectations of your ability with your capabilities. Get training to fulfill your potential.

Reset your paradigms (things you grew up believing).

Set your expectations to be flexible – call them "flexexpectations."

## **CREATIVITY:**

"Do what you can, with what you have, where you are." – Teddy Roosevelt

Ask yourself, "How am I employing the resources I have?"

Do less complaining and more innovating!

Be a MacGyver! (80's TV adventure character) Find everything useful and use it to your advantage. Find a way to create what you need from what you have.

"Grow a weed." If you put effort into something that's a nuisance and nurture it, you will find potential in it – it could become a beautiful flower.

**ATTITUDE:**

“There is no try. Only do.” – Yoda

Choose your attitude – no one can make you mad, sad, etc. You decide! Be proactive about happiness.

“Fear is your friend.” Control your fear, don’t let it control you. Your fear can protect you.

Be cool! Stress is optional. You have a choice to reject stress and it will become a habit. Remember 80% of the time when people freak out, there was nothing to worry about.

Make a plan to deal with stuff you don’t like. It’s about your attitude.

Take nothing personally (the bad stuff.)

Keep your sense of humor.

Pain is inevitable - - suffering is optional.

No Whining! It does nothing...find another way to vent.

Do the right thing. You know when you’re doing wrong.

Give back. Give time, talent or something treasured. It does not have to be money. Find a way to give what you’ve got.

Keep things in perspective - - someone always has it worse.

Learn to improvise. Say “yes and...” Take what you get and make something out of it.

Celebrate human nature. Everyone makes mistakes, all the time...get over it.

Find a way to forgive others and yourself. Go easy and try not to make the same mistake.

Learn to let go – release the baggage...everything that won’t help you today or tomorrow, drop it and travel light.

Take care of each other. We’re in this together.

Be you! It is the only thing you’re guaranteed to do better than anyone else.

For more information about Bob Kodzis, click on this link: <http://www.flightofideas.net/>