Building an Awesome Life:

Work, Home, Love & Fun!

# Hello! **I am Kristen Mattei**

I am looking forward to sharing this time with you today!

## What I can’t do:

Magic.

## What I can do:

* Simplify big concepts
* Suggest action steps & exercises you can take back with you.

# What makes a life *awesome?*

**Introduce** yourself to the person next to you and **share** your thoughts

# The Science Behind an Awesome Life

“There are no perfect human beings”

(Maslow,1970a, p. 176).

## What we need according to Maslow:

* Physiological
  + Breathing, food, water, sex, sleep, homeostasis, excretion
* Safety
  + Security of body, of employment, or resources, of morality, of the family, of health, of property
* Love / Belonging
  + Friendship, family, sexual intimacy
* Esteem
  + Self-esteem, confidence achievement, respect of others, respect by others
* Self-actualization
  + Morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
* Points to ponder

# Self-actualization

* The feeling of being fulfilled
* Finding a meaning to life that is important to you.
* Can be achieved through creating art, being a student, playing sports, or in a career.
* A continual process of *becoming* rather than a perfect state one reaches of a 'happy ever after'

## How does this relate to our work?

* The system tends to focus on meeting the basic physiological needs…

## Food for thought

Some people are struggling to meet their basic needs.

* + With low wages, this can include some of our direct support staff.
* How do you feel this inhibits personal & professional growth?
* Is it realistic to expect people to be present/caring/innovative/focused & engaging without paying a living wage?

# 2. Expecting More

From ourselves **and** the people we support

Let’s meet people where they’re **at…**

but also figure out where they want to **go**.

1. Find a partner
2. Take turns sharing about a time when **you** felt a deep sense of accomplishment.

## Talking points:

* **Who/What/Where**
  + Include some details behind the moment.
* **Motivation**
  + What was your motivation to work towards this accomplishment?
* **Support**
  + Who supported you during your journey?”
* **Investment**
  + What did you invest to reach your goal? Time? Money?

## Food for thought

* Was your story about that time you made your bed?
* Or washed your dinner plate?

*(Probably not…)*

In the pursuit of safety, are we keeping people from living their best lives?

# Beyond the Basics

How do we cultivate a greater sense of **safety**, **love** and **confidence**?

* Start by building a better foundation
* Opportunity
* Growth
* Connections

## Opportunity

* To love, share, learn, try, fail, succeed, connect
* To physically show up to new experiences
* To make choices

## Connection

* Meaningful relationships with unpaid people
* Becoming part of a group organized around a common interest.
* The ability to share gifts and talents with others

## You showed up today!

## That’s awesome!

This is an **opportunity** for *you* to experience **growth** and **connection**.

A key part of our job is to model, facilitate and support quality social interactions.

So now let’s focus on flexing our own skills!

## Food for thought

* Studies show it takes over **200 hours** to turn a casual friend into a best friend.
* (And the process can feel really uncomfortable.)

### A few suggestions:

1. Learn people’s names (and use them!)

That barista who always makes your latte?

Ask their name & use it once before you leave

2. **Ask** new questions **Hear** new answers

While supporting someone, break out of the small talk and ask what their first childhood memory is.

(*being mindful of capacities*

3. Don’t “be yourself”

New perspective on popular advice:

* We are so affected by moods and context, it’s hard to define who “yourself” really is.
* Creating structure by playing a role you choose allows you to build up and reinforce the real you. *(Not the you that’s angry about a parking ticket)*

## What’s a good role to play to deepen a relationship?

Try being a “student” :

* Listen
* Be vulnerable- ask questions, share your thoughts
* Seek advice- studies show it’s a great way to connect

1. Find a partner
2. Take a walk
3. Take turns talking & listening

## Try it out…

* **Choose** a question to ask your partner
* **Ask** the question
* **Listen** & ask clarifying questions
* **Switch**

1. What cause are you deeply passionate about?
2. What is a dream you have that you’ve yet to achieve?
3. What did you have to give up to achieve your current level of success?

* **Choose** a question to ask your partner
* **Ask** the question
* **Listen** & ask clarifying questions
* **Switch**

4. Has anything ever happened to you that you could not, and cannot, explain?

5. Do you ever find there are things about you that people misunderstand? What are they?

6. For what are you most grateful today?

7. What are you most afraid of?

How did that experience feel for you?

# Thanks sharing a bit of yourself here today!

**Any questions?**

Feel free to email me at **krismattei@gmail.com**