

Creating the Mindset to Win the Game of Life
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Answer Key follows afterwards

"Use the past as a _____, not a _____."—Jim Rohn

"Seek other people's _____, but don't _____ _____. And don't take _____ of anyone's advice. Make sure every _____ you make is a product of your own _____. Be a _____, not a _____."—Jim Rohn

Failure is an _____, not a _____. —Zig Ziglar

An acronym for FEAR could be

F _____
E _____
A _____
R _____. ---paraphrase of Zig Ziglar

Airplanes are off course ____ of the time. Pilots must use the inertial guidance system and air traffic control to _____-_____, allowing pilots to reach their _____ (or goal). (Source: <http://observer.com/2015/12/if-youre-too-busy-for-these-5-things-your-life-is-more-off-course-than-you-think/>)

Bald Eagles are usually successful only ____ of the time, meaning a bald eagle is successful about __ out of ____ times when trying to snag a fish. (Source: <https://www.quora.com/Which-raptor-is-better-at-catching-fish-the-Osprey-or-the-Bald-Eagle>)

In the mechanical world, you can be off _____ of the time; in the natural world, you can be off ____ of the time, but people (who have the ability to _____ and _____) often give up after one or two failures.—Mr. Turner's observation

Mr. Turner's proposal for you: A new way of _____: life is a process of _____, and it is better to fail towards success by _____-_____ and _____ the number of _____ than to give up.

Some tools for self-reflection

1. A _____
2. Writing towards _____ and then a writing towards reflection, making sense of why, and moving forward

“_____ - _____” is one of the factors that determines whether people will become _____: “In your head, you say between three hundred and a thousand words every minute to yourself. Those words can be positive (*I can do it*) or negative (*Oh god, I can’t take this anymore*). It turns out that when these words are positive, they have a huge effect on your mental toughness, your ability to keep going”—(Eric Barker, *Barking Up the Wrong Tree* (n.p.: HarperOne, 2017), 67.)

Just for fun: the Eric Barker bibliographic entry is done in the *Chicago Manual of Style*, 17th edition, and n.p. here stands for no place of publication. The CMS style is the citation style often used for nonfiction books).

Books to Change Your Mindset, Help in a Career Transition, Or Talk Back to the Negative “Gremlins” In Your Head

Bolles, Richard Nelson. *What Color is Your Parachute? 2018: A Practical Manual for Job-Hunters and Career-Changers*. Ten Speed Press, 2017.

Chandler, Steve. *17 Lies That Are Holding You Back and the Truth That Will Set You Free*. Renaissance Books, 2001. I first heard this book on the Hoopla app (which you can use through the Nashville Public Library); I was so impressed that I checked out the physical book from the Nashville Public Library. Now, I own a copy because I bought a good used copy from the Amazon marketplace.

Chandler, Steve. *100 Ways to Motivate Yourself: Change Your Life Forever*. 3rd ed. Career Press, 2012. I checked out the ebook format from the Nashville Public Library

Hyatt, Michael. *Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals*. BakerBooks, 2018.

Miller, Dan. *48 Days to the Work You Love: Preparing for the New Normal*. 10th Anniversary edition. B&H Books, 2015. This is the most current edition of this book and has been substantially revised. I recommend finding the most current book for this valuable resource. This book can

also be checked out from the Nashville Public Library or interlibrary loan (ISBN #1433685922).

Rohn, Jim. *The Art of Exceptional Living*. Nightingale-Conant. Audiobook, 6 CDs.

These bibliographic entries are in the new MLA format (except for the extra notes).

Answer Key

“Use the past as a schoolhouse , not a 2x4 .”—Jim Rohn

“Seek other people’s advice , but don’t take orders . And don’t take 100% of anyone’s advice. Make sure every decision you make is a product of your own conclusion . Be a student , not a follower .”—Jim Rohn

Failure is an event, not a person. –Zig Ziglar

An acronym for FEAR could be

False

Expectations

Appearing

Real. ---paraphrase of Zig Ziglar

Airplanes are off course 90% of the time. Pilots must use the inertial guidance system and air traffic control to course-correct, allowing pilots to reach their destination (or goal). (Source: <http://observer.com/2015/12/if-youre-too-busy-for-these-5-things-your-life-is-more-off-course-than-you-think/>)

Bald Eagles are usually successful only 33% of the time, meaning a bald eagle is successful about 3 out of 10 times when trying to snag a fish. (Source: <https://www.quora.com/Which-raptor-is-better-at-catching-fish-the-Osprey-or-the-Bald-Eagle>)

In the mechanical world, you can be off 90% of the time; in the natural world, you can be off 30% of the time, but people (who have the ability to think and reflect) often give up after one or two failures.—Mr. Turner’s observation

Mr. Turner’s proposal for you: A new way of thinking: life is a process of failing, and it is better to fail towards success by self-correcting and increasing the number of attempts than to give up.

Some tools for self-reflection

1. A journal

2. Writing towards why and then a writing towards reflection, making sense of why, and moving forward (different ways to think about your situation: your own past when you overcame an obstacle or learned something, what you learned from other people's experience [either from printed sources (autobiographies, books, plays, online websites or articles) or multimedia sources (podcasts, motivational CDs, songs, plays, TV shows) or actual living, breathing people])

"Positive self-talk" is one of the factors that determines whether people will become Navy Seals: "In your head, you say between three hundred and a thousand words every minute to yourself. Those words can be positive (*I can do it*) or negative (*Oh god, I can't take this anymore*). It turns out that when these words are positive, they have a huge effect on your mental toughness, your ability to keep going"—(Eric Barker, *Barking Up the Wrong Tree* (n.p.: HarperOne, 2017), 67.)