THE CUP OF STRATECIES TO E & REFUEL YOUR TYREE M. VANCE

2020 APPRECIATIVE CONVERSATIONS







INTERIM COORDINATOR, AFRICAN AMERICAN STUDENT CENTER AT CAL POLY POMONA APPRECIATIVE ADVISING **FACULTY MEMBER EDUCATIONAL CONSULTANT**



THE CUPOF LIFE



WHAT YOU WILL NEED: PEN/PENCIL PAPER

2.

THE CUP OF LIFE ACTIVITY



WRITE WHAT HOLES ARE IN YOUR CUP?

THE CUP OF LIFE ACTIVITY



TIME TO SHARE





SHARE HOW WE CAN FILL OUR HOLES IN COMMUNITY

THE CUP OF LIFE ACTIVITY



THE CUP OF LIFE RULES

#1) THE QUALITY OF OUR LIVES ARE DIRECTLY CORRELATED TO THE QUALITY OF OUR COMMUNICATION (INTERNAL 6 EXTERNAL).



#2) NOTHING IN LIFE HAS MEANING ASIDE FROM THE MEANING WE GIVE IT.



43) THE MEANING WE ASSOCIATE TO SOMETHING DETERMINES HOW WE FEEL.



WAYS TO FILL YOUR CUP: DISARM

• EXERCISE (RUNNING, SWIMMING, YOGA, ETC.) • BREATHING EXERCISES • MEDITATING • DANCING/LISTENING TO MUSIC • GET A MASSAGE

WAYS TO FILL YOUR CUP: DISCOVER

• JOURNAL • TRY SOMETHING NEW • READ A BOOK • LEARN A NEW SKILL/LANG. • ENROLL IN ONLINE COURSE • TAKE A DIFF ROUTE TO WORK

WAYS TO FILL YOUR CUP: DREAM

• VISUALIZATION • VISION/DREAM BOARDING • JOURNAL · 3 WORDS TO DESCRIBE HOW YOU WANT TO SHOW UP IN LIFE, WITH PPL & AT WORK • WRITE GOALS



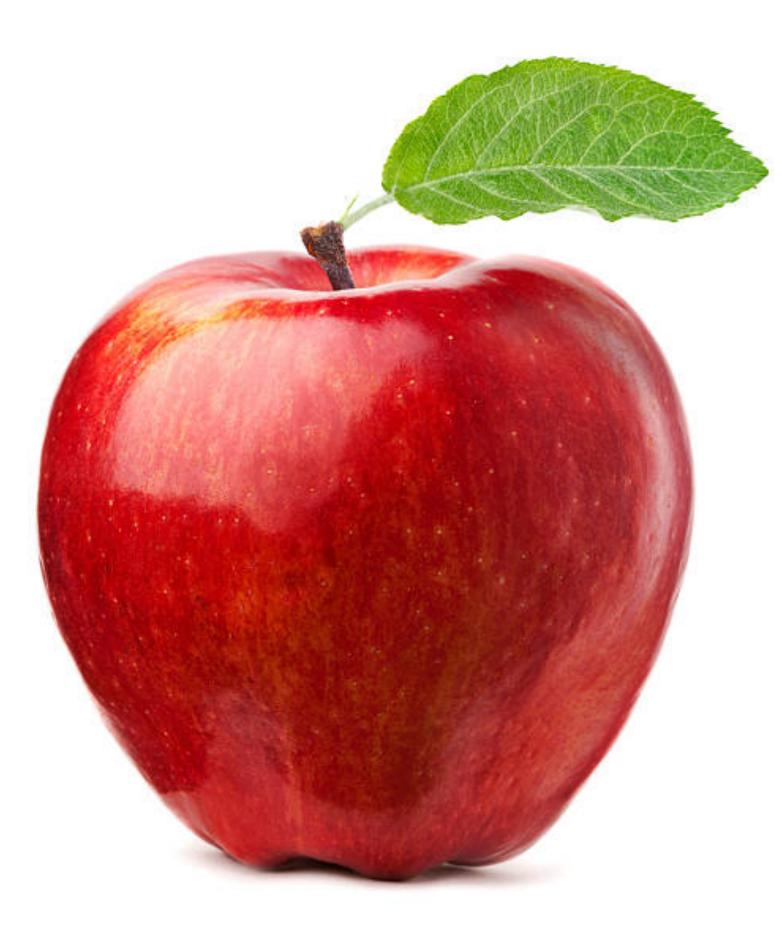
• PLAN YOUR DAY BEFORE YOU START • PLAN HOW TO ACCOMPLISH YOUR GOALS W/ DEADLINES · DOOR TRIGGERS (3 WORDS OF INTENTION)

WAYS TO FILL YOUR CUP: DESCR

WAYS TO FILL YOUR CUP: DELIVER

• PRACTICE POSITIVE SELF TALK • DO SOMETHING CREATIVE • TAKE A RANDOM DAY OFF FOR A STAY-CATION • HONOR YOUR EMOTIONS · ACT WITH THE INTENTION TO ADD VALUE TO OTHERS

WAYS TO FILL YOUR CUP: • CELEBRATE (EVEN THE "LITTLE THINGS") • REFLECT • WHAT DID YOU LEARN? · WHO DID YOU MEET? • WHAT MOVED YOU? • DID YOU ACHIEVE YOUR GOAL?





LET'S STAY IN TOUCH

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