

The background of the image shows five clear glass tumblers arranged in a row. Each glass is being filled with water from above, creating a dynamic scene with splashing and bubbles. The water level in each glass increases from left to right. The overall color palette is light blue and white, giving a fresh and clean appearance.

# **THE CUP OF LIFE: STRATEGIES TO EMPOWER & REFUEL YOUR WORK**

**TYREE M. VANCE**

**2020 APPRECIATIVE CONVERSATIONS**

THANK  
YOU!



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# THE CUP OF LIFE



# **THE CUP OF LIFE ACTIVITY**

**WHAT YOU WILL NEED:**

**1.**

**PEN/PENCIL**

**2.**

**PAPER**

# **THE CUP OF LIFE ACTIVITY**

**WRITE WHAT HOLES ARE IN  
YOUR CUP?**

**THE CUP OF LIFE ACTIVITY**

**TIME TO SHARE**

# THE CUP OF LIFE ACTIVITY

SHARE HOW WE CAN FILL  
OUR HOLES IN COMMUNITY



# **THE CUP OF LIFE RULES**

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

# THE CUP OF LIFE RULES

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

# THE CUP OF LIFE RULES

**#3) 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**

# **WAYS TO FILL YOUR CUP: DESIGN**

- **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: 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: DON'T SETTLE**

- **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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