

Schoveing Series 2: Self-Management: The Science of Balancing Work and Life

Priscilla Gathoni, AstraZeneca Pharmaceutical, Gaithersburg, MD, USA

Abstract

Ever wondered why you don't have time to do something like reading, thinking, planning, developing (things and yourself), dreaming, or simply embracing harmoniously the beauty spots of life? Have your daily habits and mental attitude led you to a life of continued compliance with an unfathomable comfort zone that is slowly eating away at your strength, intelligence, and courage to change? Do you find yourself compromising your values, ability to be great, ability to achieve optimal health, and your ability to love? Is your knowledge limited to only that which you think you know? Are you living in the future and not forgiving the past? This paper will help you unlock 7 keys in your life that will help you embrace right-mindedness that will drive you, and help you prevail after dying to your old ways and being born to the perfect creation of your Mind. These keys will help you to open your thought system to your will, uniting you with the rewards that come when you undo all the consequences of your wrong decisions. As you embrace and practice the keys, you awaken the Principle of Power within you and cause a well of knowledge to spring up within you that give you life within yourself. Your environment begins to reflect conditions corresponding to the predominant mental attitude that you entertain, because you plan courageously and execute fearlessly. You will also begin a journey of accepting people and things as they are, and appreciating the fact that you are a wonderful being, living in a wonderful world, giving and receiving wonderful services for a wonderful pay. You then come to the realization that self-management has a lot to do with the way you think, feel, and believe, which eventually determines your destiny. And then, the unstoppable wonderful and rewarding journey of balancing your work and life begins.

INTRODUCTION

The inspiration to write this paper came on October 13th, 2015. I still remember the day clearly as my mind raced with the idea that I knew something about self-management that is important for many people that I meet in my daily life. My hands were shaking as I wrote the title you see above and then something happened, I heard a Voice telling me that there are infinite powers within each of us, which we inherently do not use or take advantage of and then I quickly started writing what the Voice was saying. "These are: The power of your word. The power of your values. The power of your knowledge. The power of greatness. The power of health. The power of Love." Then the Voice stopped talking. I sat there, in the stillness and contemplated what I had just heard and written. It was a great feeling to imagine that I knew the answers to these powers and I could easily talk about them with the guidance of this Voice, if only I could get the voice to keep coming back when I beckoned It for guidance, leadership, directing, and showing the path to write more.

Two years earlier, (October 13, 2013) a close friend and loving Brother had gotten tired of my constant replies about how my day or weekend was...I am an avid cyclist, runner, leader, people manager, racquetball player, parent, friend, foe, rescue diver, skier, etc. So my replies to how my day was would be something like, "Yesterday, I cycled 75 miles, and today I cycled another 75 miles. On Monday, there is a 5K, which I plan to run under 23 minutes. During the week, I will handle challenges of a major NDA submission I am working on. I also need to ensure that all performance evaluations are done before the end of the week. The coming weekend, we have a major racquetball tournament and the goal is to ultimately scoop first place in all divisions that I am entered in. I am also listening to an audio book by Eckhart Tolle." Interesting, isn't it? So, HansPeter Muller my loving and awesome friend, having listened to these kind of answers for several years challenged me on that day by asking the following: "Do you ever have time to do something like...reading...thinking...planning...developing (things and ... yourself) ... dreaming ... beauty spots for your soul." At first, I was in shock after reading these words my friend wrote. Maybe bewildered and shocked is a better way to put. Was he implying that I don't know how to use my time and self-manage myself? Were my habits leading me to a life of continued compliance of what I thought was good for me? Was I running away from something? Was there someone troubling me? Did I like my job? Did I detest my current working environment and the people I worked with? Was my manager supportive? Was my family situation in the right order? Was I seeking solace in this intense sports that drove my mind away of the problem that lay clearly at hand? What was getting in the way of my self-realization, my self-appreciation, and most importantly SELF-MANAGEMENT? I knew it with absolute certainty that my journey on self-management had just begun. I did not have answers to these important questions until 2 years later. This has not been an easy journey, I must warn you.

The 7 keys that you are about to read and embrace in this paper are designed to open a new way of thinking for you and your loved ones. I am still *evolving* practicing each one of them, so we are together in this journey. As you embrace the philosophy, you will learn and know that you have these keys within you that unlock the infinite potential of being able to lead a life that you ALONE appreciate and love, because you end up releasing the need to control anything, anyone, and yourself now and forever. As you read, don't read with your mind only, feel the words and the

response deep within. I am only writing what you already know. You will discover that all I am doing is to remind you of what you have forgotten. You will know explicitly that these words are true when that feeling of heightened aliveness engulfs you. You are now on a path to career success, a happier family life, loving life, work life, and a better social life. A NEW BALANCED YOU! Self-Management is a definite success within you already. And, the secret to a successful life is to do everything in a perfect way, each moment, holding your goal or vision in mind with the unwavering faith that you can succeed.

Within each individual are infinite powers seeking expression - it is my will that this paper brings those powers into action and that each person may have the ability to meet life's situation's with poise, confidence, passion, and enthusiasm.

The POWER skills described in this paper draw its conclusions from the author's personal experiences as an individual and people manager and various books on personal development by authors listed in the reference section.

What is the Schoveing Series? It's a plain and meekly made up name that I thought would be great to come up with when I am given the chance and honor to present in major conferences! That's it to the name.

KEY 1: THE POWER OF YOUR WORD

We live and work in an environment where most people are constantly complaining, condemning, or criticizing everything and everyone around them. What a shame and wastes of words! If only, we could understand that we are a sum total of the thoughts that we allow to inhabit our minds. And, that our conditions and experiences reflect our adherence to the natural law, the law of attraction. If you are constantly complaining about how overworked and underpaid you are, those are the exact conditions that will continue to manifest in your life, because the law operates with perfect certainty. The alternative is to see the ideals you desire in your life manifested in your objective world. How many of us can do that? Try it now. In fact, challenge yourself to try it 777 times each day!

Through knowledge of metaphysics we are discovering how the use of the Principle of Power can be harnessed. By your word you contact this power. Then, miraculously, every burden is lifted and every battle won. Life and death are in the power of the tongue. Watch your word with all diligence. You are continually reaping the fruits of your words. The journey to self-management requires a fearless attitude and calls for inner strength. Fear is man's only adversary. You face defeat whenever you are fearful! Fear of lack! Fear of failure! Fear of loss! Fear of personality! Fear of criticism! Fear robs you all the power, for you have lost your contact with the Universal Power House. "Why are ye fearful, Oh ye of little faith?" Fear is inverted faith. It is faith turned upside down. While you are fearful, you begin to attract the things you fear; You are magnetizing it. You are hypnotized by the race thought when you are afraid.

Poor or lack of self-management have caused many people to lose what they prized most dearly in life. The only weapon you can use against your lions is your Word. Your word is your wand, filled with magic and power. You wave your wand over your lion and transmute him to a kitten. I like that! BUT the lion will remain a lion unless you walk up to him. You may well ask, "How do we walk up to lions?" By being fearless and eradicating fear from our lives. We must stand still and allow the Principle of Power to guide us, protect us, and heal us. You must trust this power, keep your poise, and give it right of way. Bernard Shaw, in his book *Back to Methuselah*, says: "Adam invented murder, birth and death and all negative conditions." It was actually the development of the reasoning mind. Of course, Adam stands for the Generic Mind. In the Garden of Eden stage, man functioned only in the superconscious. Whatever he desired or required was always at hand. With the development of the reasoning mind came the fall of man. He reasoned himself into lack, limitations, and failure. He earned his bread by the sweat of the brow, instead of being Divinely provided for. Our work through our word is to remember that when you ask for something to happen in your life, "believe that ye receive it, and you shall have it."

I once asked a friend at work how he managed to balance his family life and be head of the clinical department. He said to me, "I live by the words of Prentis Mulford that to succeed in any undertaking, any art or any trade or any profession, simply keep it ever persistently fixed in mind as an aim, then study to make all effort toward it as play or recreation. The moment it becomes hard work, we are not advancing." As I look back on my experiences, I see how true this is. I grew up seeing how my mother loved her work at the bank and her passion always radiated the office. She simply expressed herself in her work. She did not need anyone's approval to do a wonderful job.

When you constantly use the words "I don't have time to exercise", "I do not have time to spend with my family", "I do not have time for anything or anyone", etc You rob yourself of the Power within you to succeed. It has been said that the two robbers on the Cross with Jesus stood for the robbers of time. One spoke of the past and one of the future, and Jesus represented the present moment when he said, "NOW is the appointed time, today thou shalt be with me in paradise." In the old Sanskrit poem by Kalidasa, we are told:

*Look to this day:
For it is life, the very life of life.*

*In its brief course
Lie all the verities and realities of your existence.
The bliss of growth,
The glory of action,
The splendour of achievement
Are but experiences of time.*

*For yesterday is but a dream
And tomorrow is only a vision;
And today well-lived, makes
Yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well therefore to this day;
Such is the salutation to the ever-new dawn!*

The words you use everyday define you and therefore it important that you use words that lift you up personally and also illuminate your surroundings instead of polluting yourself and those around you. Keep the environment clean from mental pollution. You have only one judge – your word. Why? Because your words justify or condemn you. Every day is a day of judgment. We used to be taught that judgment would be at the end of the world. Look back in your life and see how you have attracted either happiness or disaster through your words. The subconscious mind has no sense of humor. People joke destructively about themselves, their spouses, their children, coworkers and the subconscious takes it seriously!

Now that you are a person that knows the power the word, you will become very careful of your conversation. You have to watch the reaction of your words to know that they do not return void. People make their worst mistake by speaking while they are angry or resentful, because there is so much ill-feeling back of their words. Owing to vibratory power of your words, what you voice, you begin to attract. People who continually speak of disease, invariably attract disease. We have heard before that: “Life and death are in the power of the tongue”. Yet most people are speaking destructively from morning until night. It is because they have formed a habit of criticism, condemnation, and complaint and are eager to tell you of their misfortunes and how mean all their relatives, bosses, and coworkers are. Avoid such people like you would avoid rattle snakes! They are talking themselves into a flock of troubles and you don’t need to hear it! Now that we know the power of the word why not take advantage of it?

KEY 2: THE POWER OF NOW

I learned the importance of the power of NOW from my mother. I still remember her wise words when I was overwhelmed with too many tasks from school and home; “Your success lies in doing one task at a time, here and now. What lies dimly at a distance is not worth your time, do well therefore, the task that is clearly at hand.” She would make me repeat these words over and over when I deviated from concentrating on the task at hand. Even washing dishes became an enjoyable task, listening to the water flow from the tap, the smell of the soap, the touch of the pots, glasses, mesmerizing on the idea of a fork, and the simple art of just washing one dish at a time. As an adult and a mother myself, I have strived to live in the present moment and pass on the legacy to my son and hope he does the same when the time comes.

Whatever your action is to be, it is evident that you must act NOW. You cannot act in the past, and it is essential to the clearness of your mental vision that you dismiss the past from your mind. You cannot act in the future, for the future is not here yet. And you cannot tell how you will want to act in any future contingency until that contingency has arrived. If you act in the present with your mind on the future, your present action will be with a divided mind, and will not be effective. So, put your whole mind into present action. This is simple, yet we try to complicate our lives with the idea that a future, which we have not seen, will bring salvation with it. Not at all. DO not bother as to whether yesterday’s work was well done or ill done, do today’s work well. Do not try to do tomorrows work now, there will be plenty of time to do that when you get to it.

A very close friend and affiliate of mine once told me; “Priscilla, there should be no questions in your mind when you go to sleep!” That sentence from Uncle Charles always lingers in mind and it reminds to not spend time in day dreaming or castle building, which leads to mental dissipation, instead I hold on to the one vision of what I want, and act NOW. I know you are wondering, ok, how is it possible to attain self-management and even attain a new job that allows you to have a balanced life. My answer is simple. Hold the vision of yourself in the job you want, while you ACT with faith and purpose on the job you have, and you will certainly get the job you want. Remember and memorize these powerful words from *Wallace Wattles - The Science of Getting Rich*:

There is a thinking substance from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe. A thought in this substance, produces the thing that is

imaged by the thought. Man can form things in his thoughts, and by impressing his thought upon the formless substance, can cause the thing he thinks about to be created.

In order to do this, man must pass from the competitive to the creative mind; he must form a clear mental picture of the things he wants, hold this picture in his mind, with the fixed PURPOSE to get what he wants, and the unwavering FAITH that he does get what he wants, closing his mind to all that may tend to shake his purpose, dim his vision, or quench his faith.

That he may receive what he wants, when it comes, man must act NOW upon the things and people in his present environment.

Remember that self-management is about efficient action and the world is advanced only by those who more than fill their present places. Every day is either a successful day or a day of failure and it is the successful days that get you what you want. If there is something that may be done to-day, and you do not do it, you have failed in so far as that thing is concerned; and the consequences may be more disastrous than you imagine. Here are 7 things to remember as your self-managed day unfolds:

1. You are not to overwork, nor rush blindly into your work in the effort to do the greatest possible number of things in the shortest possible time.
2. You are not to try to do to-morrow's work to-day, nor to do a weeks work in one day.
3. Pause and remember, it is really not the number of things you do, but the efficiency of each separate action that counts. Every act is in itself, either a success or a failure. Every act is in itself either effective or inefficient.
4. Every inefficient act is a failure, and if you spend your life in doing inefficient acts, your whole life will be a failure. The more things you do, the worse for you, if all your acts are inefficient ones.
5. Every efficient act is a success in itself, and if every act of your life is an efficient one, your whole life MUST be a success.
6. The cause of failure is doing too many things in an inefficient manner, and not doing enough things in an efficient manner.
7. Power is at your service; and to make each act efficient you have only to put power into it. Power goes into every act, no matter how commonplace, every act will be a success in itself; and as in the nature of things every success opens the way to other successes, your progress toward what you want, and the progress of what you want toward you, will become increasingly rapid.

There is a Chinese proverb that says, "A journey of a thousand miles begins with a single step". You have to embrace the fact that every goal you set or dream of is possible from this moment. When you cultivate foresight and do one thing at a time, one day at a time, you become a master anticipator and you develop the power to be conscious of prevention rather than waiting for challenges to materialize and overwhelm you.

KEY 3: THE POWER OF YOUR VALUES

On July 22nd, 2014, My Son David, called me and told me he had something very important to tell me. "Mom, this is very important and I want you to listen to me." When this Young Man calls me, I have to put everything aside to listen to him, because he always has something in his mind that he wants to share and sharing with me is always something I value and I cannot put a price on. However, what he told me on this day, totally threw me off; he said, "Mom, Do you have some extra money?" I said, "for what?" Then David said, "To do what I value, because education is only necessary to attain titles and fit into the System. That is the only reason I am attending College. If I had enough money to do what I want, I would probably quit college." I was in total shock. There was dead silence on the phone from me. Maybe, my heart even skipped several beats! Come on, I was paying a tremendous amount of money to get this young man through College and at the core he believed, it was all about titles and fitting in a System which he had no regard for! Wait a minute. At one point, I did have the thought of giving this young man the \$100K he wanted and see what he would do with the money. The thought of having a 17 year old out in the world with 100K kind of put me on the edge. However, I was in awe to know that at 17, David knew what he valued and wanted.

With this story in mind, let us explore the power of your values in your journey to attain a balance between life and work. Values are beliefs or ideals about what is good and desirable for you as a human being. Your values have a major influence on your behavior and attitude about life and the external environment. Values are the most important things in life and these are the things you will do just about anything in the world to achieve – because ultimately they are truly who you are! Without values, you will find it difficult to achieve your goals in life. With this mind, it is important to design your life around your values. Values are the key. When you understand them correctly, they will pull you toward your dream – which is way better than having to push yourself!

One of the reasons you go to work is because you want to make money and have a good life using the money you earn. What is important to you about money? Is it security? If it is security, what is important about security to you? Does having security make you free to do what you want, when you want? Does the work you do or the career you are in match up to your own values about who you are, and who you want to be? Is your work in line with your values? Is your life's purpose in line with your work? These are important questions that you should answer with absolute honesty.

Let us explore the values that my Son holds true and upright for him. Before we do that, after our conversation in 2014, I was very curious to understand what my Son valued and what his values were. Here is what David personally shared as his values (unadulterated version):

- **Leadership.** "My life sentence is to become a great leader, who leads in silence. My style is to lead by action. As the Drew University Rugby Captain, I have always led by example, putting myself and my body in the line of game. I am a Do-er and it's my actions that my team players follow and emulate. To influence the team, I have developed mutual respect with each member and held them accountable for their actions. As the rugby captain, I have grown as an individual and become a better leader. Social values built in the rugby team have enabled me and my team to reach out to communities in need of help and give of our time and other resources. So, leadership is a value that is at the core of my being, who I am, and who I want to become." I can personally add that David does portray this value in everything he does. He has been awarded several leadership (Gold Star Award X2, Silver Award, Valerie S. Hill P'13 Holiday Prize, etc) awards by Drew University for his amazing contributions to the Drew Community and a firm commitment to improving student life. Most recently he was selected to receive the Male Athlete of the Year Award for his exemplary contribution to Campus Recreation and the Drew Community. David has also been honored to be the Chief Financial Officer for the Drew Student Community handling a budget of over \$70K. David once told me that his happiness is derived from succeeding in being a great leader.
- **Equality.** My Son taught me a few things about equality as a value. He said he sees everyone in himself and for him color, ethnicity, race, religion, and gender means he sees everyone as himself. "I treat everyone like myself and the way I would like them to treat me. If they are positive to my treatment, I am positive to their treatment. If they are negative to me treatment, I discard them."
- **Career.** "Career for me is not about money. I want power, because money comes with the power. My ideal goal in my career value is to be confident, happy, comfortable, and be able to improve and better the lives of those around me." Later, I got this from David, "For a career – I don't think it's about loving what you do – it is more of a fulfillment."
- **Karma.** "I believe in Karma". David believes that there is no Supreme Power than himself because he is a PART of that Supreme Power. "I am that Principle of Power", he says. "I can laugh about ignorance, poverty, profiling, racism, and all these things that you call negative. Why? Because we live in a world that has duality. So positive and negative for me mean the same. I have no reason to separate them."
- **Family.** "You have to be open minded about family. Never abandon your family. Never betray your family because they are poor. If you abandon your family, you are betraying yourself. This is your blood, why abandon your family? When you support your family, do it fully and expect nothing in return."
- **Commitment.** "I commit my life to all I value. And, when I say commitment, it is what fulfills me. I have never considered love as a value, because I consider desire and commitment more of a value. Why? Because Love forces people to stick to something even if it rationally doesn't make sense. Commitment is greater than love because it shows character. Who you really are at the core."
- **Determination.** "For me, determination is about pushing yourself beyond your set boundaries. You have to be fearless. Confident. Courageous. If I tell you, I am better than you, know that I am, because I am going to do whatever it takes to prove that I am better and I will definitely prove it. I have proven that on the field on many occasions." At one time, I asked David this question, "I love you David, however, would you please help me understand, why you pick the most difficult positions when it comes to Sports, you are the goal keeper for the Soccer Team, goal keeper for the Hockey Team, you are a "fly" for the Rugby Team, and the first Swimmer in the Swimming Team?" The reply from David was, "I love the CHALLENGE!"

Where is David today? As I write this paper, 4 prestigious schools have accepted David for his Graduate Economics work. 2 of the schools, London School of Economics (LSE), and King's College are the most prestigious schools to pursue your graduate ECONOMICS work. So, he has a "good problem" to solve in the next few weeks.

Being VALUE driven will change your life and how you balance life and work. Realizing this changed my life. When I go to the office these days, it's to work. It's to get the job done, achieve results, and go home. It's not to socialize. I'm not antisocial or rude, but I don't have time for chitchat. I come to work to work, and as soon as I am finished, I get

out of the office. I have a life out of the office. The point of working is to have a life, not the other way round. Remember that.

KEY 4: THE POWER OF YOUR KNOWLEDGE

Knowledge is the **result of your ability to think**. This is an essential element in self-management and your ability to think about work and life in an absolutely new and inspiring way. Your ability to think creates and enhances the knowledge that you accrue as you grow in this journey called life. If I can pay you to think, then I will have accomplished my mission as a people manager. We have lived throughout our lives thinking the degrees and diplomas that we acquire give us the ability to be paid well and have the jobs that meet this kind of degree requirements. This is a fallacy, if you allow me to explain why. Most of the time, once we graduate from University we get into the work world with substantial theoretical knowledge that cannot be instantly applied to the job at hand. In many cases, we find that we re-learn the entire job in a totally different way from what our lecturers made us believe. And, what will separate each individual as they grow in their profession is their ability to be entrepreneurial or innovative. An individual's ability to think and come up with new ideas. The distinguishing factor of a successful person, is the Mind which is in motion to attract people and circumstances to fulfill the goals they have.

Why should any leader or I care about improving your thinking? I will explain. Our leadership practices have not kept up with the realities of organizational and corporate life leading to a big and increasing gap between the way associates are being managed at work, and the way they would rather be managed. Many years ago, the dominant management model was the master-apprentice; with the manager observing what physical activities had been achieved. Electricity, mechanization, and digital inventions have now revolutionized the way we work. We now require less or no physical effort to get a task done. This being so, we shift into a paradigm where thinking is essential in managing the processes in order to achieve greater efficiency. And lets not forget, this kind of process work can now be easily computerized or outsourced to lower-cost accepting countries. This being so, I have to consider and pay you as a knowledge worker if I have to keep up with the process improvements occurring in our era. However, my concern lies in the leaders and managers we have, because they still have not been taught to embrace fully the idea of improving thinking. We are in an era where the use of brains precedes the use of hands. People want to develop personally and they value freedom and independence. Self-management requires that you develop a whole new way of thinking, create for yourself a physical and mental space for right thinking, help others simplify their thinking and to make their own connections. Three things are necessary to remember:

- **Develop the power of your knowledge.** To do this, be committed to take action and think things through for yourself. Do not let other people do the thinking for you. Why? The average person is entirely innocent of any deep thinking, he accepts the ideas of others and repeats them in very much the same way as a parrot; this is readily seen when we understand the method which is used to form public opinion and this docile attitude on the part of a large majority, who seem perfectly willing to let a few persons do all their thinking for them, is what enables a few women and men in a great many countries to usurp all the avenues of power and hold the millions in subjection.
- **Be motivated and enthusiastic about the power of your knowledge.** Become motivated and willing to experience the joy of thinking for yourself. Why? Because what we think we become. For this reason, we must refuse to concentrate or think of anything except the things we desire. Many people are constantly concentrating upon sorrow, loss, and discord of every kind; as thought is creative it necessarily follows that this concentration inevitably leads to more loss, more sorrow, and more discord. How could it be otherwise? Remember, you are a manifestation of the Divine Spirit, and being Spirit you are in harmony with your Origin and Source and you have the ability to manifest its Infinite Power through using your mind in the direction of the Creative Power of Thought.
- **Nurture your mind with great thoughts, to believe in the heroic makes heroes (-Disraeli).** As I write, I feel this energy overwhelming me, which is so vast, so available, so definite, so reasonable, and so usable! Knowing the truth concerning yourself and the world you live in which you live; in knowing that in order to express harmony, you must think harmony; in order to express health, you must think health; and in order to express abundance you must think abundance. When you come to the realization that every form of disease, sickness, lack, and limitation are simply the result of wrong thinking, you will have come to know "the Truth which shall make you free." You will see how mountains may be removed. If these mountains consist only of doubt, fear, distrust, or other forms of discouragement, they are none the less real and they need not only to be removed but to be "forever cast into the sea." Here is one of my favorite affirmations: "I am a wonderful being, living in a wonderful world, giving and receiving wonderful services for a wonderful pay." Try it; it will do you some good.

People who embrace the power of knowledge, understand the value of imagination. Imagination is the light by which

we can penetrate new worlds of thought and experience. It is the mighty instrument by which every discoverer, every inventor, opened the way from precedent to experience. Constructive imagination means mental labor, by some considered to be the hardest kind of labor. However, it is the only labor that yields highest returns. Why? Because, all the great things in life have come to women and men who had the capacity to think, to imagine, and to make their dreams come true. On your journey to self-management, when you become thoroughly conscious of the fact that Mind is the only creative principle, that it is Omnipotent, Omniscient, and Omnipresent and that you can consciously come into harmony with this Omnipotence through your power of thought, you will have taken a long step in the right direction.

In the book, *Change Your thoughts – Change your life* by Dr. Wayne Dyer, he encourages us to see the value of changing our thoughts because that is the way of living that is balanced, moral, and spiritual. The world of the 10,000 things, which begins or ends, does nothing, and yet animates everything in the world of form and boundaries, calls for humility and gratitude. Read the Tao, because it will help you understand your Self, mate, your children, your parents, your boss, or anyone else, because the Tao is working at all times. Learning without thought is labor lost; thought without learning is perilous.

KEY 5: THE POWER OF GREATNESS

One of my favorite affirmations goes like this; *“I come from greatness. I attract greatness. I am greatness.”* Repeating these powerful words every morning centers my mind to the greatness that I am about to achieve that day. There is a principle of power in every person to achieve greatness, which actually leads to self-management. By the intelligent use and direction of this principle, man can develop his own mental faculties. Man has an inherent power by which he may grow in whatsoever direction he pleases, and there does not appear to be any limit to the possibilities of his growth. No man has yet become so great in any faculty but that it is possible for some one else to become greater.

The purpose of life for man is growth, just as the purpose of life for trees and plants is growth. Trees and plants grow automatically and along fixed lines; **man can grow, as he will**. Trees and plants can only develop certain possibilities and characteristics; **man can develop any power**, which is or has been shown by any person, anywhere. Nothing that is possible in spirit is impossible in flesh and blood. Nothing that man can think is impossible-in action. Nothing that man can imagine is impossible of realization. Man is formed for growth, and he is under the necessity of growing. The awakening of the Principle of Power in man is the real conversion; Nothing was ever in any man that is not in you; no man ever had more spiritual or mental power than you can attain, or did greater things than you can accomplish. You can become what you want to be. There are two mental attitudes a man may take:

- **One makes him like a football.** It has resilience and reacts strongly when force is applied to it, but it originates nothing; it never acts of itself. There is no power within it. Men of this type are controlled by circumstances and environment, their destinies are decided by things external to themselves. The Principle of Power within them is never really active at all. They never speak or act from within.
- **The other attitude makes man like a flowing spring.** Power comes out from the center of him. He has within him a well of water springing up into everlasting life, he radiates force; he is not felt by his environment. The Principle of Power in him is in constant action. He is self-active. “He hath life in himself.”

No greater good can come to any man or woman than to become self-active. All the experiences of life are designed by Providence to force men and women into self-activity; to compel them to cease being creatures of circumstances and master their environment. In his lowest stage, man is the child of chance and circumstance and the slave of fear. His acts are all reactions resulting from the impingement upon him of forces in his environment. He acts only as he is acted upon; he originates nothing. But the lowest savage has within him a Principle of Power sufficient to master all that he fears; and if he learns this and becomes self-active, he becomes as one of the gods. Let us explore a few facts about greatness that we tend to overlook:

- **Heredity and Opportunity.** YOU are not barred from attaining greatness by heredity. No matter who or what your ancestors may have been or how unlearned or lowly their station, the upward way is open for you. There is no such thing as inheriting a fixed mental position; no matter how small the mental capital we receive from our parents, it may be increased; no man is born incapable of growth. The brain does not make the man; the man makes the brain. Your place in life is not fixed by heredity. Here are some great examples:
 - Martin Luther, as a child, sang in the streets for bread.
 - Abraham Lincoln was a poor boy.

- Bill Gates, at age 13 took an interest in computers and never looked back.
- Steve Jobs started the idea of a great computer company in his parent's garage. In each of these cases we see a Principle of Power in the man that lifts him above all opposition and adversity.
- **The source of power.** MAN'S brain, body, mind, faculties, and talents are the mere instruments he uses in demonstrating greatness; in themselves they do not make him great. A man may have a large brain and a good mind, strong faculties, and brilliant talents, and yet he is not a great man unless he uses all these in a great way. That quality which enables man to use his abilities in a great way makes him great; and to that quality we give the name of wisdom. Wisdom is the essential basis of greatness.
- **Faith.** The distinguishing characteristic of all really great men and women is an unwavering faith. We see this in Lincoln during the dark days of the war; we see it in Washington at Valley Forge; we see it in Livingstone, the crippled missionary, threading the mazes of the dark continent, his soul aflame with the determination to let in the light upon the accursed slave trade, which his soul abhorred; we see it in Luther, and in Frances Willard, in every man and woman who has attained a place on the muster roll of the great ones of the world.
- **Your individual point of view.** IMPORTANT as the matter of your point of view for the facts of social life is, it is of less moment than your viewpoint for your fellow men, for your acquaintances, friends, relatives, your immediate family, and, most of all, yourself. You must learn not to look upon the world as a lost and decaying thing but as a something perfect and glorious which is going on to a most beautiful completeness; and you must learn to see men and women not as lost and accursed things, but as perfect beings advancing to become complete. There are no "bad" or "evil" people.
- **Hurry.** NO doubt you have many problems, domestic, social, physical, and financial, which seem to you to be pressing for instant solution. You have debts that must be paid, or other obligations that must be met; you are unhappily or inharmoniously placed, and feel that something must be done at once. Do not get into a hurry and act from superficial impulses. Hurry is a manifestation of fear; he who fears not has plenty of time. If you act with perfect faith in your own perceptions of truth, you will never be too late or too early; and nothing will go wrong. If things appear to be going wrong, do not get disturbed in mind; it is only in appearance. Nothing can go wrong in this world but yourself; and you can go wrong only by getting into the wrong mental attitude. Whenever you find yourself getting excited, worried, or into the mental attitude of hurry, sit down and think it over, play a game of some kind, or take a vacation. Go on a trip, and all will be right when you return. As surely as you find yourself in the mental attitude of haste, just so surely may you know that you are out of the mental attitude of greatness.
- **Habit rules us all.** You have formed, perhaps, the habit of thinking of yourself as a common person, as one of a limited ability, or as being more or less of a failure. Whatever you habitually think yourself to be, that you are. You must form, now, a greater and better habit; you must form a conception of yourself as a being of limitless power, and habitually think that you are that being. It is the habitual, not the periodical thought that decides your destiny. It will avail you nothing to sit apart for a few moments several times a day to affirm that you are great, if during all the balance of the day, while you are about your regular vocation, you think of yourself as not great. No amount of praying or affirmation will make you great if you still habitually regard yourself as being small. Using prayer and affirmation can change your habit of thought.
- **Action at your present environment.** DO NOT merely think that you are going to become great; think that you are GREAT NOW. Do not think that you will begin to act in a great way at some future time; begin now. Do not think that you will act in a great way when you reach a different environment; act in a great way where you are now. Do not think that you will begin to act in a great way when you begin to deal with great things; begin to deal in a great way with small things. Do not think that you will begin to be great when you get among more intelligent people, or among people who understand you better; begin now to deal in a great way with the people around you.

If you are not in an environment where there is scope for your best powers and talents you can move in due time; but meanwhile you can be great where you are. Lincoln was as great when he was a backwoods lawyer as when he was President; as a backwoods lawyer he did common things in a great way, and that made him President. Had he waited until he reached Washington to begin to be great, he would have remained unknown. You are not made great by the location in which you happen to be nor by the things with which you may surround your self. You are not made great by what you receive from others, and you can never manifest greatness so long as you depend on others. You will

manifest greatness only when you begin to stand-alone. Dismiss all thought of reliance on externals, whether things, books, or people. As Emerson said, "Shakespeare will never be made by the study of Shakespeare." Shakespeare will be made by the thinking of Shakespearean thoughts.

KEY 6: THE POWER OF HEALTH

Steve Jobs in his Stanford Commencement speech, said the following; "When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything — all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart." Steve Jobs was diagnosed with pancreatic cancer, which is among the cancers that we in the biopharmaceutical industry are still trying to find the best therapy. Lets look closely what causes poor health and what we can do to manage only good and perfect health.

Health is a state of well being. This is achieved when one has a solid balance of body, mind, soul, and spirit. Health can also be viewed as perfectly natural functioning, normal living. The causes of poor health, inflammation, paralysis, nervousness have always been scientific in nature and we have a tendency to overlook that these conditions are generally the manifestation of fear, worry, care, anxiety, jealousy, hatred, resentment, anger, bitterness, lack of forgiveness and similar thought. Why do I say these? You can choose denial or scientific reasoning, so be my guest, however the truth will always prevail. How? The life processes are carried on by two distinct methods: first, the taking up and making use of nutritive material necessary for constructing cells; second, breaking down and excreting the waste material. All life is based upon these constructive and destructive activities and as food, water, and air are the only requisites necessary for the construction of cells, it would seem that the problem of prolonging life indefinitely would not be a very difficult one.

However strange it may seem, it is the second or destructive activity that is, with rare exception, the cause of all disease. The waste material accumulates and saturates the tissues, which causes autointoxication. This may be partial or general. In the first case the disturbance will be local; in the second place it will affect the whole system. The problem, then, before us in the healing of disease is to increase the inflow and distribution of vital energy throughout the system, and this can only be done by eliminating thoughts of fear, worry, care, anxiety, jealousy, hatred, and every other destructive thought, which tend to tear down and destroy the nerves and glands which control the excretion and elimination of poisonous and waste matter. Let me take this moment to remind you that "Nourishing food and strengthening tonics" cannot bestow life, because these are but secondary manifestations of life.

Let us examine fear closely. Fear is a powerful form of thought that we neglect in our journey towards self-management. It paralyzes the nerve centers, thus affecting the circulation of blood. This, in turn, paralyzes the muscular system, so that fear affects the ENTIRE being – body, brain, and nerve, physical, mental, and muscular. It is fear which deporteth a man's soul from his body and rendereth it a thing to be despised. The way to overcome fear is to be conscious of inner power, which is a primary force which manifests through living bodies, and that by complying with the laws and principles by which it is governed we can open ourselves to a more abundant inflow of this vital energy, and thus express the highest possible degree of mental, moral and spiritual efficiency. Have no fear of any sort or shape, for fear is adjunct of the minus-entity in our life. If you have any notable skill, apply it; the world must profit by it; and therefore you.

In the book, *The Last Lecture*, *Randy Pausch*, says something very profound: "We cannot change the cards we are dealt, just how we play the hand." My Son and I had never heard of this book, until we met two loving friends, John and Magdalene, at a dinner occasion in downtown Rockville, Maryland in 2009. John was reading the book and he was so deeply touched with Randy's message that he told my Son, "I want you to read this book, and summarize your thoughts and send them to me". At the time (and even today), David was an avid reader of any book that he would lay his hands on. He was an 8th grader at the time. John bought him the book before he left for school. He was a student at an International Boarding School, St. Andrew's Preparatory School in Turi, Kenya. Here are his exact unadulterated words of his summary of the book, *The Last Lecture*, by *Randy Pausch*:

Randy did a perfect job telling his story of When Randy was living after he had known he has cancer in his pancreas; I think he had the best time in his life. I think he had all his dreams accomplished and did everything he wanted. I think he would die a happy man. I feel very sorry for his kids for they will be left without a father. Randy I think could have delivered his story in many different like in everyday environments

or with his children (emotionally) etc. Randy also says that he had lived his dreams and which had fueled his idea for the title of his last lecture. When Randy gave his last lecture it was actually the correct input for his life. Unlike professors in colleges just saying one of their lectures the last. Randy better suited this ambitious title of a lecture since it would actually be his last.

One of my favorite parts of the book was when Randy tells us when Walt Disney said, 'if you can dream it, you can do it'. This has inspired me since I have many great dreams and so has my mother father and friends and so on. I also believe that dreams can become reality if you put a decent of trust, put some effort and take charge of an opportunity when you have one. I also very much liked the where Randy said in his last lecture, 'we can not change the cards we are dealt, just how we play the hand'. Basically to me when I see that, I see, 'don't hate the player, hate the game'. Even though each day we go thorough experience which sometimes we do not understand sometimes you must note this is for our higher good.

From Randy's medal receiving father, I think I will use his method of giving freedom, responsibility and letting them do want they please which that I envy. I want to let my children express their thoughts. However I wish when my children look at me, I want them to see me just as Randy saw his father, just a smile encouraged creativity. I have learnt from this book that I will teach my children how to carry themselves, let them be who they want to be.

One thing I will not forget about this lecture is all of Randy's fantastic achievements and successes. He had done all his dreams and to salute him I must say he had a life well lived.

I do think that his decision to have the last lecture was a bit selfish since he knew he was going to die and he should've have had spent the remaining time with his kids and wife having the time of their lives. Although 3 months is quite a long time Randy made a choice to do this maybe to test his children to see their reaction. When he goes he wants his children to remember him which is essential for their growth. I feel utterly sorry more the kids today since now they have no father and should feel so sad but know that they had spent the time of their lives together as a family.

When I am no longer living, I want to be known and remembered as a great influential person and a good all-rounder in all aspects of life from sport and music. I want my wife to remember me as a handsome man with very attractive qualities, a great role model to our children and a loving, gentle man.

DAVID NJORGE

MONDAY, AUGUST 24, 2009 6:52pm

In the journey to acquire perfect health to balance your work and life, may I ask that you remember, the following important words from one of my favorite authors; Wallace Wattles; "when a person thinks only thoughts of perfect health, the internal processes of his body will be those of perfect health. A person's first step toward perfect health must be to form a conception of himself as perfectly healthy and as doing all things in the way and manner of a perfectly healthy person. Having formed this conception, he must relate himself to it in all his thoughts, and sever all thought relations with disease and weakness.

If he does this, and thinks his thoughts of health with positive FAITH, a person will cause the Principle of Health within him to become constructively active, and to heal all his diseases. He can receive additional power from the universal Principle of Life by faith, and he can acquire faith by looking to this Principle of Life with reverent gratitude for the health it gives him. If a person will consciously accept the health, which is being continually given to him by the Living Substance, and if he will be duly grateful for it, he will develop faith. A person cannot think only thoughts of perfect health unless he performs the voluntary functions of life in a perfectly healthy manner. These voluntary functions are eating, drinking, breathing, and sleeping. If a person thinks only thoughts of health, has faith in health, and eats, drinks, breathes, and sleeps in a perfectly healthy way, he must have perfect health."

KEY 7: THE POWER OF LOVE

According to the Webster dictionary, love is a noun and the meaning of love does not truly reside within the word but in the minds of those who read it. If we have attained health, wealth, greatness, and success, then it is imperative that we live in happy love relationships with those near us. Failing to accomplish this, we fail in all, and our achievements are without value to a person whom nobody loves. Let us first understand a few facts about how love and winning love influences self-management (*Wallace Wattles, Winning Love*):

- **Love cannot be bestowed at will; you cannot love everybody.** You may feel a strong attraction toward everybody, but that is not love. You can only love those, who from your point of view are lovely. You actually love those who attract your love, or win it, and you cannot love those who do not.

- Every person is under a moral obligation to be just and fair to others, but no person is under the moral obligation to love others. Every person is under a moral obligation to endeavor to so live as to win the love of others. But nobody, even your husband or wife is under the obligation to love you. Drop at once and forever, all notion of holding or attracting the love of others by force or obligation. **Instead, YOU are under the obligation to win and hold the love of others.**
- **Make constructive use of the power of personality.** If you have no personality, develop one, and do not deceive by pretending to be what you are not. If you do that, you will be sure to be found out later, and you will lose the love you win by false pretense. Be what you are, and if you are not enough to win love, be more; develop yourself. e.g. cultivate a fine appearance, but do not rely upon looks alone. Cultivate a splendid and commanding personality.
- **Never make the mistake of trying to win love by slavish service to others.** It is right and proper to render every possible service to others but it is utterly wrong to make yourself the slave of anyone. You cannot win love by service; you win love by being something. You do not make people love you by the number of things you do for them. If they love you, it will be for what you are. If you overdo the matter of service, you will almost invariably receive the contempt of the person you serve. Remember, if you wish to be loved, you must live your own life. And the more full and complete the life, the more love you will win. Do not imagine that you can buy love by what you DO; you must win it by what you ARE.

Self-management becomes even clearer when you understand the value of LOVING YOURSELF. Each day when you wake up, be thankful and rejoice for the new day. When you go to the mirror in the bathroom, tell yourself; "I love and approve of myself". Repeat this each day and you will experience wonders coming your way in terms confidence, courage, and tenacity. The power of your love in self-management begins with you loving yourself so that you can bestow and share your love with others. Eliminate any possible tendency to complain of conditions or about yourself because it rests with you to change yourself or the conditions to what you would like them to be. The power of love also means that you have to choose who you want to be in your circle of life. Here is a beautiful quote from Colin Powell to aid you in this realization:

The Power of Association is too real: "The less you associate with some people, the more your life will improve. Any time you tolerate mediocrity in others, it increases your mediocrity. An important attribute in successful people is their impatience with negative thinking and negative acting people. As you grow, your associates will change. Some of your friends will not want you to go on. They will want you to stay where they are. Friends that don't help you climb will want you to crawl. Your friends will stretch your vision or choke your dream. Those that don't increase you will eventually decrease you.

Consider this: Never receive counsel from unproductive people. Never discuss your problems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how. Not everyone has a right to speak into your life. You are certain to get the worst of the bargain when you exchange ideas with the wrong person. Don't follow anyone who is not going anywhere. With some people you spend an evening; with others you invest it. Be careful where you stop to inquire for directions along the road of life. Wise is the person who fortifies his life with the right friendships. If you run with wolves, you will learn how to howl, but if you associate with eagles, you will learn how to soar to great heights.

"A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses." The simple but true fact of life is that you become like those with whom you closely associate - for the good and the bad. Note: Be not mistaken. This is applicable to family as well as friends".

-Colin Powell.

CONCLUSION

We have now reached the end of our journey together, though your individual journey to self-management is just beginning. May I remind you that the greatest asset and the most incredible gift that you have, LIFE. Unfortunately, life is of limited duration and not guaranteed and there is no insurance you can buy that will give us back our life or make it possible for us to bring back those we love. Appreciate your life and take time to smell the roses in your life. Live your life with no regrets. Make things happen for you in this beautiful journey called life.

Self-management is about self-mastery, living a life focused in understanding yourself and realizing that you are responsible for your reaction in any given moment. Exercise personal strength by refusing to turn the controls of your existence over to anyone or any set of circumstances. Having understood and acquired the powers given in this

paper, you will come to the realization that you do not need the approval of others or another possession in order to be happy.

I leave you with 7 affirmations that I use daily and which give me the energy to face the day with courage, power, and confidence as I work on managing ME and the SELF:

1. *I am a fearless, joyous, positive, courageous Being and all events of this day are for my highest good.*
2. *I am limitless in power, in peace, in wisdom, in success, in health, in love, in beauty, in strength, in harmony, and in perfect self-expression.*
3. *I am a class act and unforgettable person, in the past, in the present, and in the future.*
4. *I cast any burden of fear and resentment on the Christ Within and I go free to be whole, perfect, strong, powerful, loving, harmonious, and happy.*
5. *May I forever be fertile ground for that which graces and enhances human life and stand firm against that which takes away from it.*
6. *I come from greatness. I attract greatness. I am greatness.*
7. *Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.*

Pick a power and work on it each day or week or month, and remember that, it is in the application that we acquire knowledge that changes who we are, and in the end becoming perfect ashlar!

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And to you the reader, THANK YOU and see you soon for an exciting and remarkable Schoveing Series 3!

CONTACT INFORMATION

Your comments and questions are valued and encouraged. Contact the author at:

Name: Priscilla Gathoni, MS, MBA
Enterprise: AstraZeneca Pharmaceutical
Address: 10457 Kardwright Court
City, State ZIP: Montgomery Village, MD 20886
Work Phone: (203) 907 8238
E-mail: gathonigachie@gmail.com
Web: N/A
Twitter: N/A

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