

Time to
GET
UP



Join Toni Blake's
UPward!

totallyTONI.com

UPward



February Social Series



King & Country Song - JOY

Intentionally harness the power of
to demonstrate a positive character

UPRIGHT

86
BILLION
NEURONS

Positive HABITS = UPRIGHT Character



No one can make you!

Turn to 2 people and say
"No one can make me".

No one can make you mad.
No one can make you sad.
No one can make you happy.
No one can make you successful.

Positive HABITS = UPRIGHT Character

Immunocompromised is the least of our problems!

Are you feeling Character-compromised?

DOWN RIGHT

Acting OUT OF CHARACTER!

**Have you made
COVID Compromises?**

**Are certain behaviors
suddenly acceptable?**



Ivan was just about to finish a cross country race when he noticed Abel Mutai, a Kenyan athlete who'd been in the lead, began to slow down as he approached the finish line. Abel had gotten confused by the signs and thought he had already won. Ivan saw what was happening and could have easily darted past his opponent to win the race himself. Instead, he slowed his own pace and pointed Abel towards the real finish line so he could win.

Positive HABITS = UPRIGHT Character

Everyone who witnessed the race was rightfully impressed with Ivan's actions! He didn't hesitate to do the right thing, proving that being a good sport is still one of the most important aspects of sports.



"My dream is that someday we can have some sort of community life where we push ourselves, and also others, to win."

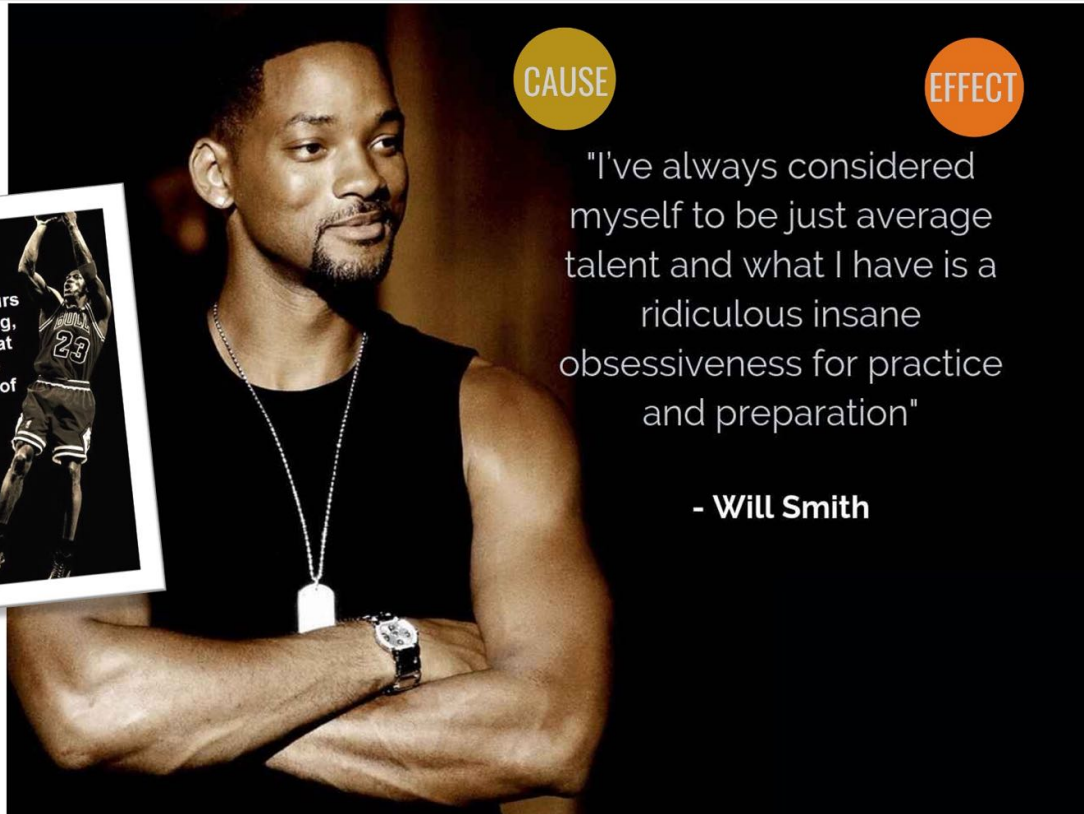
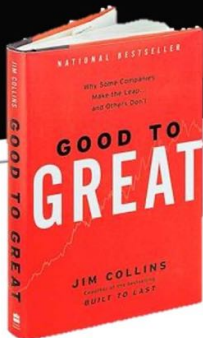
"But what would be the merit of my victory? What would be the honor of this medal? What would my Mother think of it?"

Positive HABITS = UPRIGHT Character

SKILL VS.
ABILITY

"You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise."

- Michael Jordan



CAUSE

EFFECT

"I've always considered myself to be just average talent and what I have is a ridiculous insane obsessiveness for practice and preparation"

- Will Smith

<https://www.jimcollins.com/books.html>

Life is not about finding yourself

GO
out there &
CREATE
yourself

"In the end, it is important to remember we cannot become what we need to be by remaining who we are."

Max De Pree





This is about who we are . . .

I AM the CREATOR

Make a list of your top 10 "I AM"

1. I AM
2. I AM
3. I AM
4. I AM
5. I AM
6. I AM
7. I AM
8. I AM
9. I AM
10. I AM



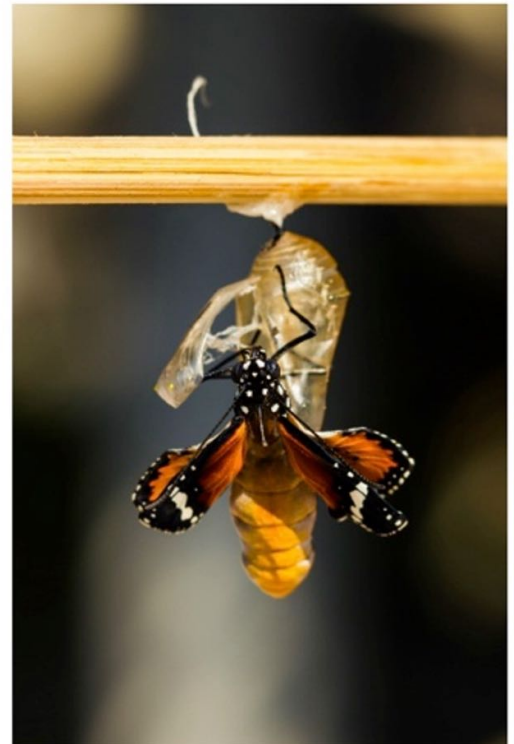
Our struggles . . .
give us WINGS!

If you took a pair of scissors, and cut through the chrysalis in the hope that it would help the butterfly out of it's struggle, the butterfly would spend the rest of its life crawling around with its withered body and shriveled wings, never able to fly.

Who is responsible for you?

Respond with **ability**

You are **ABLE** to become a great human being!
Begin making positive change & live your best life **NOW**!
LIVE your life with **WINGS**!



The wisp of wind from a butterfly's wing in Brazil can set off an atmospheric change that, weeks later, triggers a tornado in Kansas.



#1Mmoments

W1NGS



Butterfly Effect

Choose a new positive direction
Reinforce a positive change of habit
Move 1 degree toward success



Butterfly Effect

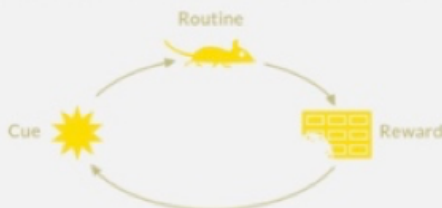
#1Mmoments

W1NGS

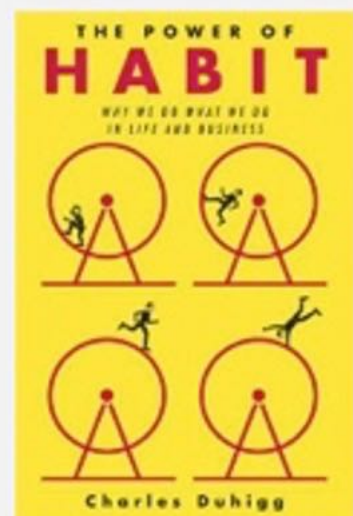


Change Your Habit Loop

Identify cues that trigger habits
Establish a new positive routine
Reward with Positive Reinforcement

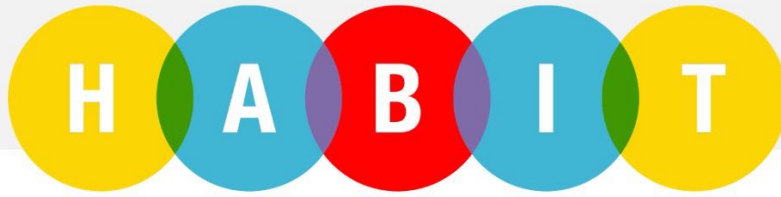


Establish New Habits



<https://charlesduhigg.com/the-power-of-habit/>

What inspires **LIFT** in your life?



Habits are an undeniably powerful part of life. They're an integral part of the underlying behavioral psychology that shapes the direction of our lives. They're so integral that a **study determined** that approximately 45 percent of everything we do on a daily basis is driven by our habits.

Habits—A Repeat Performance

David T. Neal, Wendy Wood, and Jeffrey M. Quinn

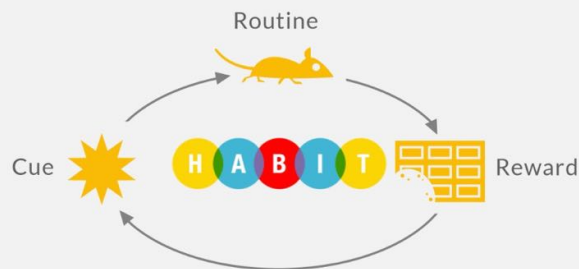
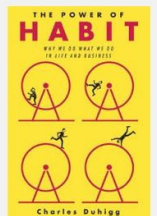
Duke University



What gives you
WINGS?

What inspires **LIFT** in your life?

Excuse or Success
Where have you given up
your success for an excuse?



THE HABIT LOOP

LIFT

- Rested
- Happy Alarm
- Prepared
- On time!

You Decide!

How do you wake up?



DRAW

- Tired
- No energy
- Unprepared
- Late

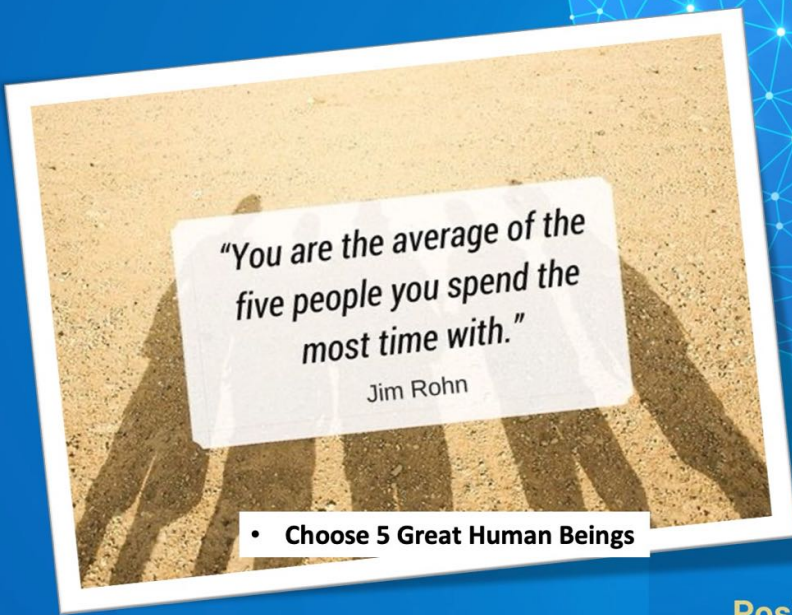

Affirmation: I get up every morning at 7am and all I need to get going is a breath of fresh air!

Account cape

able!



Positive HABITS = UPRIGHT Character



*"You are the average of the
five people you spend the
most time with."*

Jim Rohn

- Choose 5 Great Human Beings

Positive HABITS = UPRIGHT Character

If given the choice to be right, or kind

I choose to be kind

#RightKindofPeople

#KyleKindofPeople

#ChooseKindnessDaily

#KyleKiNDofPeople

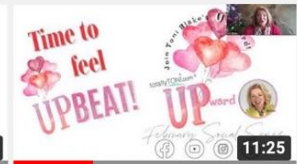
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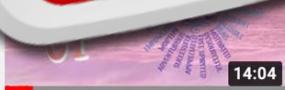
Experience the LOVE- The Resilience
days ago



Toni Blake's UPSide - Lesson THREE
41 views • 5 days ago



Toni Blake's Upbeat - Lesson TWO
63 views • 12 days ago



Toni Blake's UPWARD - Lesson ONE
164 views • 2 weeks ago



Be Kind Anyway!
20 views • 1 month ago



Kindness Challenge Week 7: Kindness Color & BLOOM
16 views • 1 month ago



Kindness Challenge Week FIVE
9 views • 1 month ago



Kindness Challenge Week TWO



Kindness Challenge Week SIX



Kindness Challenge Week FOUR



Kindness Challenge Week THREE

<https://www.youtube.com/user/ToniTotally/videos>

<https://www.mindtools.com/pages/article/how-to-apologize.htm>

two wrongs do not make an UPRIGHT
Learn how to apologize!

 MindTools®

How to Apologize Properly

1. Express Remorse for a Mistake
2. Admit Responsibility
3. Make Amends
4. Promise That It Won't Happen Again

Why Apologize?

Sincere apologies help to rebuild relationships with people you've hurt. That could be colleagues, clients, friends, or family.

By owning up to your mistake, you open a dialog with the other person. That way, you can reflect on and take responsibility for your actions. And they can process their feelings, restore their dignity, and avoid blaming themselves for what happened.

Apologizing can help you to act better in the future, maintain your self-respect, and restore your **integrity** in the eyes of others.

Your apology may not be accepted right away, but you'll likely feel relieved that you've done the right thing and tried to make amends for your mistake.

Keep in mind that the other person might not be ready to forgive you for what happened. Give them time to heal.

Thank you!

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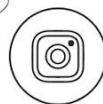


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