

Great Lakes Park Training Institute

2/24/2006- 8:30 AM Session

Richard Paul

“Being Ducky”

- It starts with you- If we are happy we can in return make other people happy as well
- We make over 1000 choices everyday- We make the choice if we want to have a good day or not
- People are afraid to change according to Richard Paul for two reasons
 - 1. they are bored
 - 2. they are fearful
- Handout done by participants consisted of:
 - 1. One thing I want to change in my life...
 - 2. Why do I want to change this?
 - 3. How can I do this?
 - 4. What are three things I can do to be “ducky”?
- Try to not focus on the 1%- make the choice to look for more
- How to make changes
 - 1. Make the decision
 - 2. Have the vision
 - 3. Commit and it will happen
- Four tips on making an effort to change LIFE
 - L: love yourself and who you are (it all starts with loving yourself)
 - I: invest in yourself
 - F: forgiveness and flexibility
 - E: enjoy life!