

Mental Health & Proposal Development

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Identity through work

- No degree
- No idea of what I want to be when I grow up
- Must be successful at all cost
- A lot of overcompensating

My unhealthy mental habits

- Neurotic
- Paranoid
- Controlling
- Self Doubt
- Adrenalin Seeking
- Unforgiving

Breaking Point

- Shingles at 32
- Panic Attacks from 32 to 34
- Stroke at 36

- Bored at 36

Changes

80% Rule

- Working to 100% perfection is a waste of energy, time, and resources
 - Spending energy trying to reach the unattainable is exhausting and leads to burn out
 - Using all your time to achieve 1 goal, costs more money than your company wants to pay
 - Attempting to reach perfection is not sustainable



Be more productive

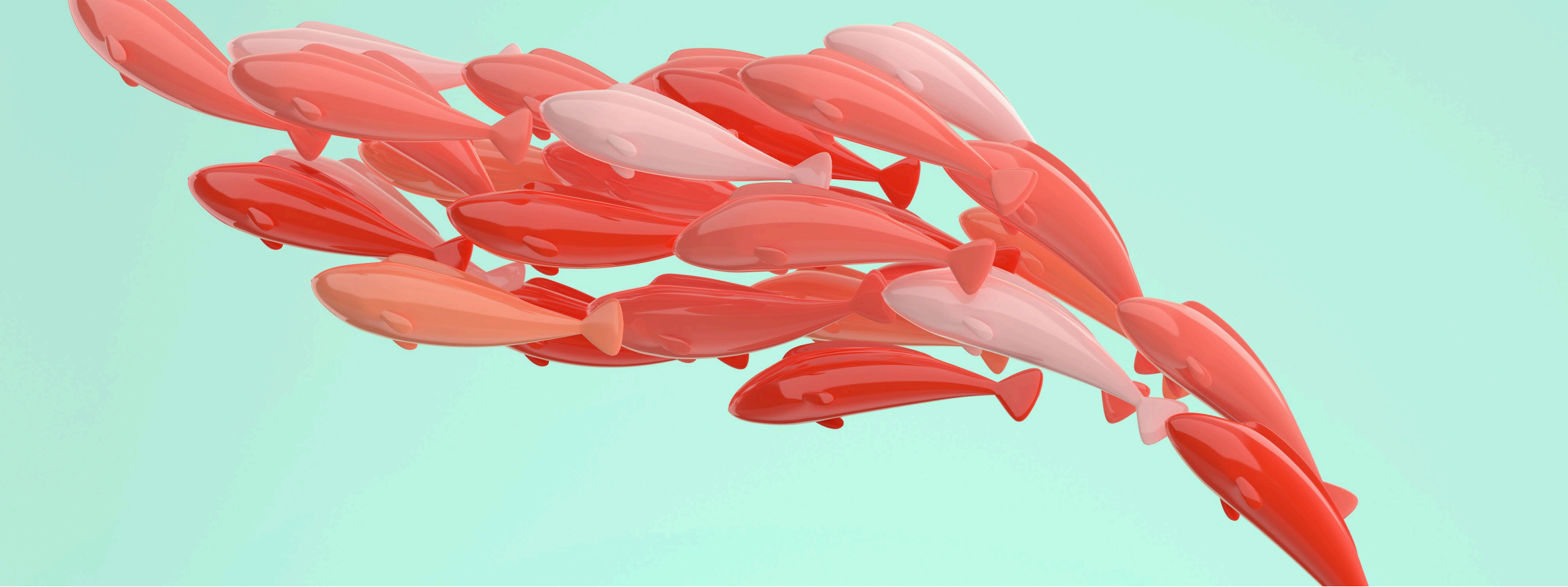
Work across more activities
Maximize your output each day



Feel more fulfilled

Have less burn out
Make time to learn more





Delegation



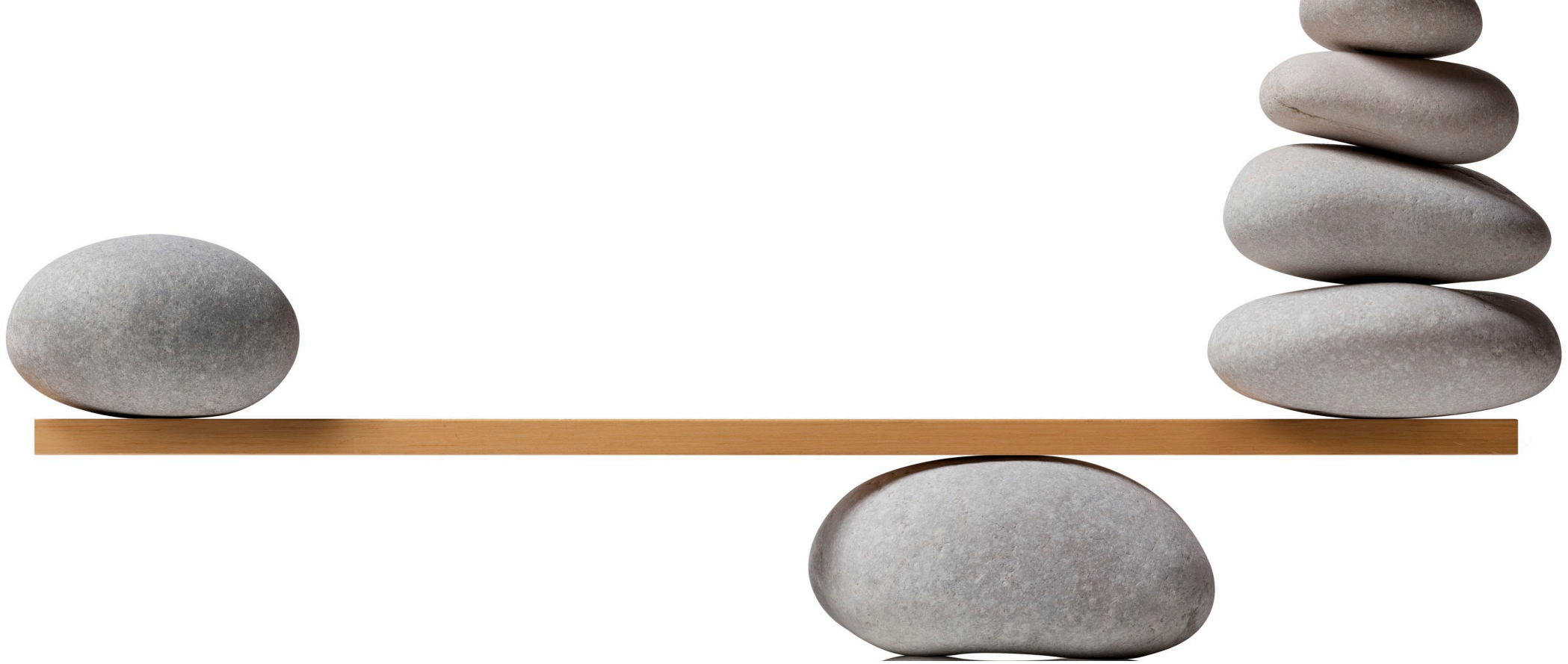
It is not easier to
just do it yourself



**Take the time to
invest in others**



Use your Lessons
Learned session



Re-prioritization



To thine own self be true. —William Shakespeare



Time-blocking is a calendar essential



Separate work and personal time

Takeaways

- Be yourself
- Know your strengths and limitations
- Set realistic expectations
- Never re-prioritize your self



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Thank
you!