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Episode 18: "Fruity Thinking". A Master Class with Paul McGee, AKA, "The SUMO Guy".

4:40 Change is a Challenge. We know change is coming we just don't know what it's going to look like! Change/Uncertainty/Pace of Life. Resilience/ Well Being/ Mental Health. It's all part of the challenge and we need to get as many resources to help us meet and beat this challenge

6:40 "The Ford Fiesta Moment in 1992". "E+R=O".... It is the Event but it's our Response to it that equals the Outcome. Negative thinking is responding to the event 'in the moment' with a **reaction** not with a positive **response** that is 'outcome focused'. Be less reactive and more responsive.

7:42 "The Holistic Quadrant". Quadrant 1 (Career/work) What are my focus points this past week and where will my focus be professionally in the new week? What am I reading, listening & learning? Quadrant 2. Relationships: *"In the past my clients got the best of me and my family got the dregs of me"*. Who did I connect with this past week? Who will I connect with in this new week? Who made me laugh this week? Quadrant 3. Recreation & Well Being "Reflect on the physical, mental, emotional & spiritual life.....what's my mental diet like?" "What did I enjoy doing this week? Quadrant 4. Giving Back. "Who did I give my time my talent and my cash. **The life blend model.**

11:34 Paul's Personal Development Journey: *"Within every adversity is a seed of equal or greater opportunity"* Be more intentional and proactive with your life and self-talk! *"Fruity thinking"*!

14:50 Hippo Time. It is Ok to not feel Ok.... but not for too long.

19:23 With wealth comes new challenges. *"Having money doesn't mean you have less problems....it just means you can arrive to those problems in style...."*

20:20 Evolution rather than by **Revolution**. Strategies have been honed over a few decades of evolution not a year of revolution.

21:22 The Beach Ball Conversations! Use the beach ball strategy when speaking with others.

23:13 Information overwhelm We are overwhelmed by information and starving for information. "Does the information inform me and provide inspiration to me?" Implement the information filter. Try going for a morning walk and simply observe nature to allow positivity and gratitude to grow! Seek out silence and solitude and clean your 'information filters'!

30:28 To "Do" and To "Be" Lists: Who are you becoming? Who do you want to be as a

person? Stay hungry, stay curious & stay humble, Humility is important. Have an attitude of gratitude!

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<https://www.amazon.com/S-U-M-Shut-Move-Straight-Talking-Succeeding/dp/0857086227>