

# CHOICES

How 3 Simple Questions Can Lead to  
Health, Wealth and Happiness

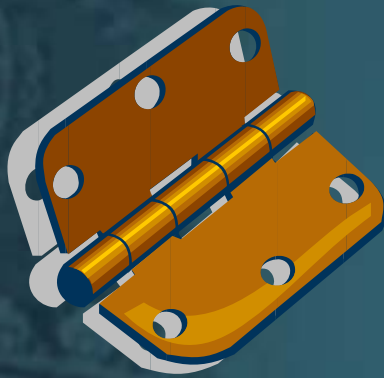


Presented by **Kathy Cleveland Bull, President**  
**N~Compass Consulting**  
**Columbus, Ohio**





*Choices are the hinges of  
Destiny.*



*~ Pythagoras*



*“What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves?*

*This is the most important of all voyages of discovery.”*

*~ Thomas Merton*



# Response - Ability

## “Putting Responsibility on the Table”

**Stimulus**

*Freedom to  
Choose*

**Response**



# Reactive Model

*no space for choice*



**Stimulus**

**Reaction**

# Response - Ability

**Stimulus**

*Freedom to  
Choose*

**Response**



# Creating Space

**Between stimulus and response,  
there is a space.**

**In that space lies our freedom and power  
to choose our response.**

**In our response, lies our growth  
and our freedom.**



Man's Search for Meaning by  
Viktor E. Frankl ~ first published in 1945



# Creating a Pause Button

**What we all need is a pause button – something that enables us to stop between what happens to us and our response to it, and to choose our own response.**

*~ Stephen Covey*



# Your Default Setting

The filter through which you naturally view and interpret events and circumstances.

*What is your default setting?*

*What attitude muscles do you strengthen, day after day?*



**Our dilemma is that we hate  
change and love it at the same  
time. What we want is for things  
to remain the same...  
but get better.**

*~Sydney Harris*



**“There comes a time in your journey when you start making choices from a very different place...And if a choice lines up so that it supports truth, health, happiness, wisdom and love, it’s the right choice.”**

**~ Angeles Arrien**



# The Three Questions

1. Health- *Is it good for me?*
2. Happiness - *Will it make me happy?*
3. Wealth - *Can I afford it?*

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# Living The Three Questions

- 1. Is this good for me, for those I care about, and the greater community?**
- 2. Will this make me happy? Will it bring joy to me and others?**
- 3. Can I afford it in terms of time, energy, attention, and financial and other resources? Is it a good use of the planet's resources?**

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# Personal Inventory

Behaviors, Actions, Choices that  
are good for me

Behaviors, Actions, Choices that  
are *not* good for me



# Question 1 – Is it good for me? An Issue of Life Balance

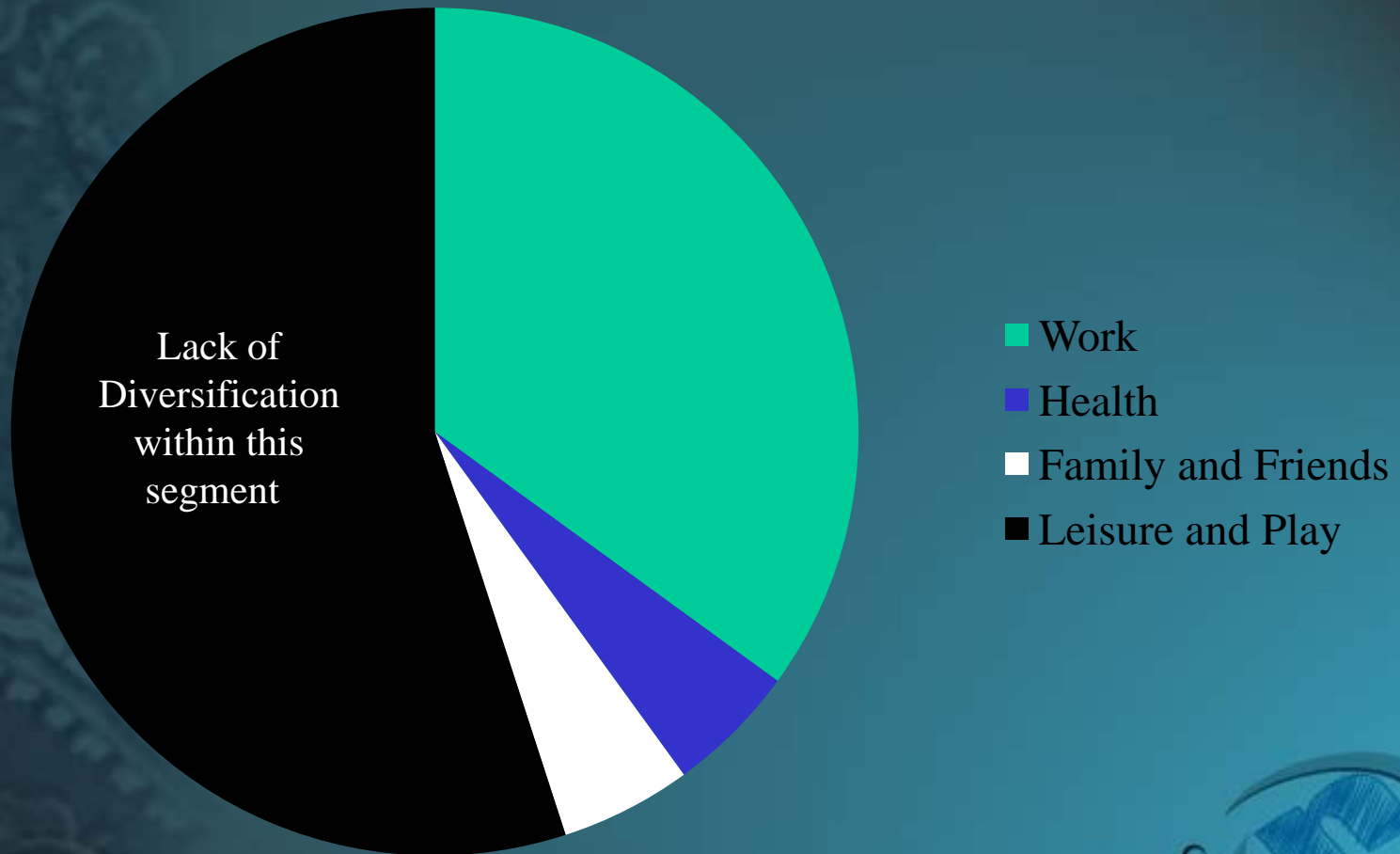


- Work
- Health
- Family and Friends
- Leisure and Play

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# A Cause for Concern



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# Question 2 – Does it make me happy?

## An Issue of the Stakes

- **Two elements go into this equation – Stakes and Enjoyment (a subjective experience)**
  - The lower the stakes the more that entertainment impacts the enjoyment
  - The higher the stakes the more that winning and losing impacts enjoyment
  - People are more negatively impacted by losing than positively impacted by winning.

## Question 3 – Can I afford it? An Issue of Affordability

- Only gamble what you can afford to lose
- Assumes disposable income above level of need and necessity
- Low income can only gamble low stakes
- High income can afford to gamble high stakes
- Don't try to get investment needs met through gambling. Primary goal of gambling is entertainment. Primary goal of investment is to make money.

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# Gambling Continuum

**Problem  
Gambler**

**Entertainment  
Gambler**

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**“No” to all 3 Questions  
Still do the behavior  
Compelled to do it**

**3 Questions  
can be used  
for decision  
making**

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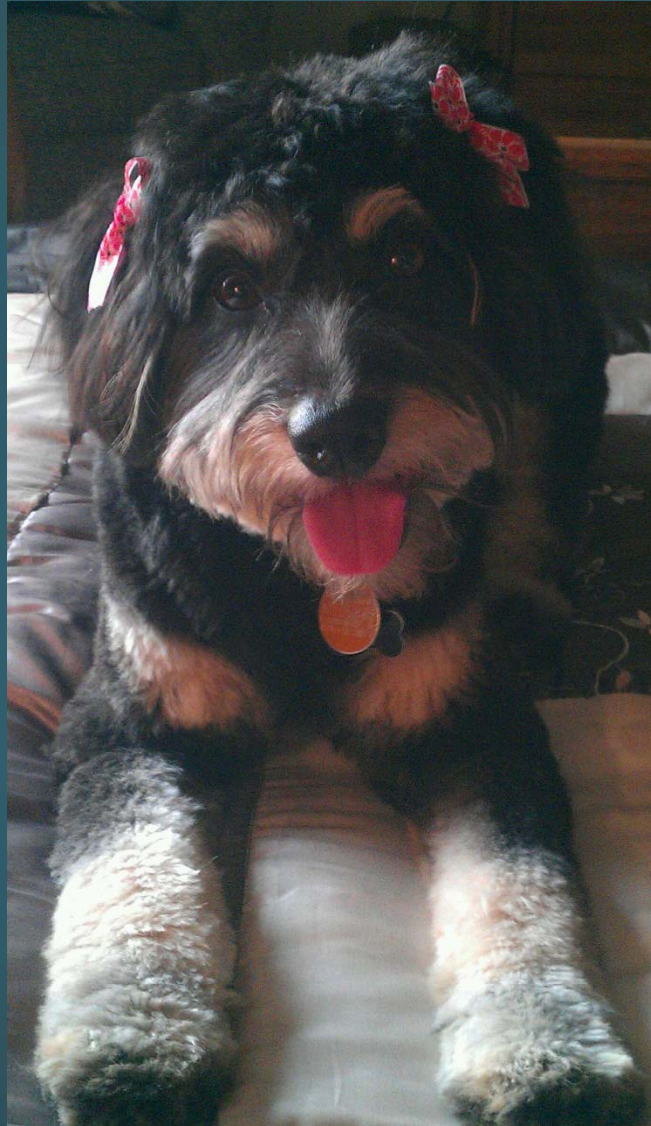


# Practicing Gratefulness in Turbulent Times

- Ordinary Gratefulness
- Extraordinary Gratefulness



# Anya Cleveland Bull



...with family, friends, animals, nature



# Frederick Ndabaramiye

## Rwanda



*Photos are Courtesy of the Partners in Conservation at  
The Columbus Zoo and Aquarium*



# Frederick visiting Polar Frontier at the Columbus Zoo and Aquarium



**“I wonder if gratefulness is the bridge from sorrow to joy, spanning the chasm of our anxious striving. Freed from the burden of unbridled desires, we can enjoy what we have, celebrate what we’ve attained, and appreciate the familiar.**

**For if we can’t be happy now, we’ll likely not be happy when.”**

**~Philip Gulley in *Porch Talk***



# Practicing Gratefulness in Turbulent Times

“A Good Day”

By Brother David Steindl-Rast

[www.gratefulness.org](http://www.gratefulness.org)



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Go to the website to purchase Kathy's latest book, Success Simplified  
with Dr. Stephen Covey

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# Success Simplified ~ Simple Solutions, Measurable Results!

Kathy Cleveland Bull joins Stephen Covey, Dr. Tony Alessandra, & Patricia Fripp in a new book, **Success Simplified! Simple Solutions—Measurable Results**

Kathy Cleveland Bull, keynote speaker and author, has been selected from a nationwide search to be featured in *Success Simplified*; a highly successful book series from Tennessee based Insight Publishing. The book features best-selling authors Stephen Covey (*The 7 Habits of Highly Effective People*), Dr. Tony Alessandra (*The New Art of Managing People*), & Patricia Fripp (*Award-winning Professional Keynote Speaker*). Cleveland Bull, Covey, Alessandra, & Fripp, are joined by other well known authors and speakers, each offering time-tested strategies for success in frank and intimate interviews.

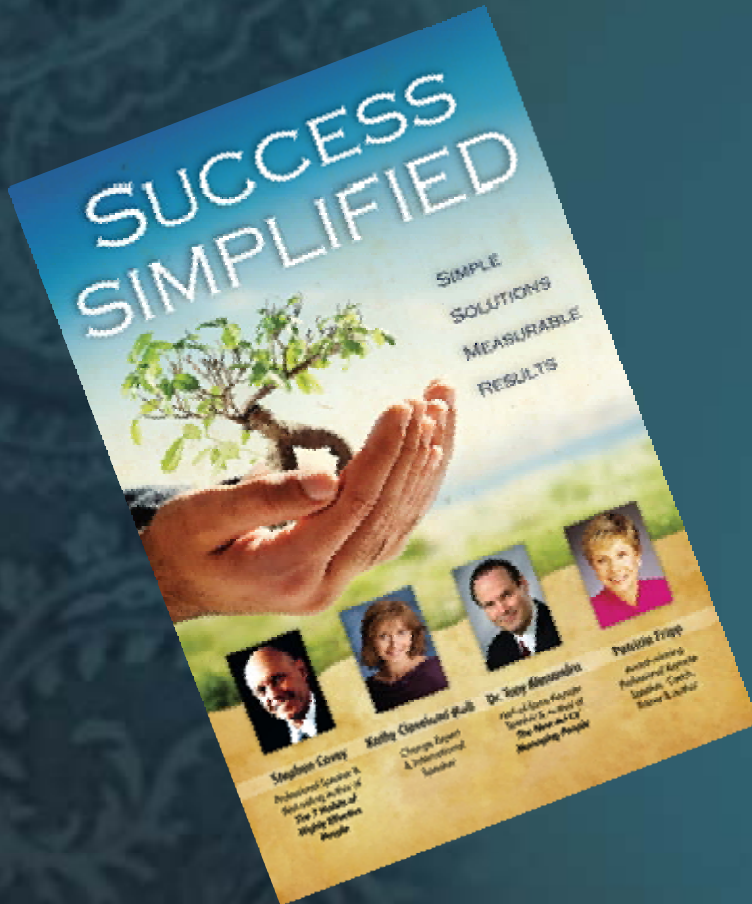
Kathy Cleveland Bull is respected among her peers as one of the finest motivational speakers and consultants in the field. Her company, N~Compass Consulting, guides clients as they "Navigate the Art and Science of Change." Kathy has spoken around the world with notable speakers Dr. Phil McGraw, Mark Victor Hanson and Deepak Chopra. She has also presented to African Business Leaders in Nairobi, Kenya and at an international medical conference in Rotterdam, The Netherlands inspiring professionals, caregivers and family members to successfully adapt to the diagnosis of dementia in a loved one.

For more information on Kathy Cleveland Bull and to order your copy of *Success Simplified*, contact:

N~Compass Consulting at

[www.ncompass-consulting.com](http://www.ncompass-consulting.com)

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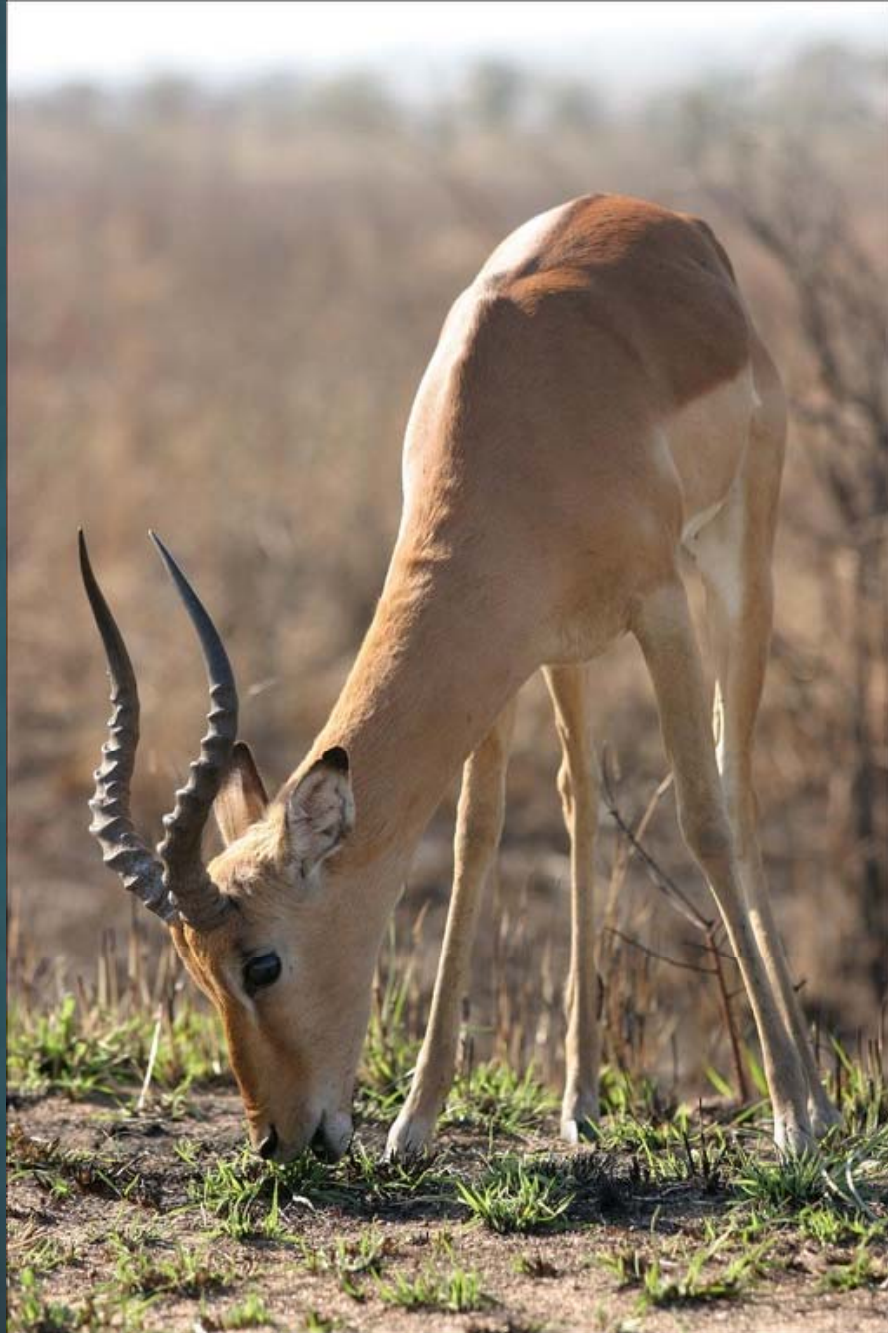




# Finding Peace Amidst the Chaos





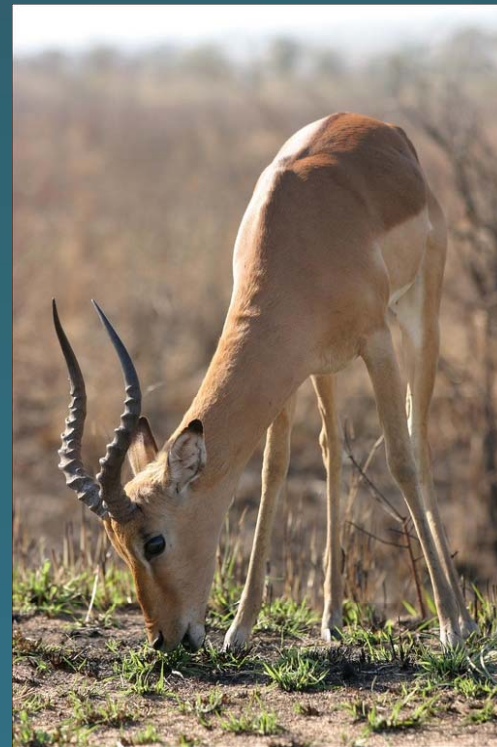


# The Power of Adaptation

*We also* choose our niche in which we evolve in business during changing times.



**It is not the strongest who survive,  
nor the most intelligent, but those  
who are most responsive to change.**



**The End.**

**Or is it A New Beginning...?**





**“You have to accept whatever comes your way, and the only important thing is to meet it with courage and the best you have to give.”**

**~ Eleanor Roosevelt**

