

Race Your Race

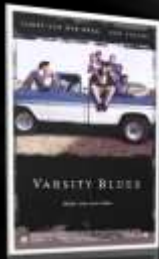
An opportunity to gain insights to the questions that will facilitate awareness, intention and growth



Wait... was that Abundance or Indulgence?

A photograph of a vast field of golden wheat stretching towards a horizon. The sky is a vibrant blue with scattered white clouds. The image is presented in a rounded rectangular frame with a reflection effect below it.

"Abundant life" refers to life in its abounding fullness of joy and strength for mind, body, and spirit.



"The action or fact of having too much of something enjoyable."



322 million people

322 million people worldwide live with depression. * [Our World Data](#)

So what's missing in our highly connected world today?

- Relationships?
- Connection?
- Hope?

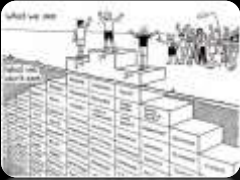
Can I have impact?



“Comparison is the thief of real joy” -TDR

Facebook highlight reels....

The iceberg effect...



Fraction Above the Surface: Example

$\Delta V_{\text{Above}} = ?$ $V_{\text{Above}} = ?$ $f_{\text{Above}} = ?$ $\rho = \frac{m}{V} \Leftrightarrow V = \frac{m}{\rho}$

$m_{\text{ice}} = 5000\text{kg}$
 $\rho_{\text{ice}} = 890\text{kg/m}^3$
 $\rho_{\text{liquid}} = 1030\text{kg/m}^3$
 $V = \frac{5000\text{kg}}{890\text{kg/m}^3} = 5.618\text{m}^3$

$f_{\text{Above}} = \frac{\rho_{\text{liquid}} - \rho_{\text{ice}}}{\rho_{\text{liquid}}}$ $\Delta V_{\text{Above}} = f V$

Who we are today is not who we've always been.



Purpose - Passion - Process



Defining Moments, Define our Lives

Can we have a perfect balance?

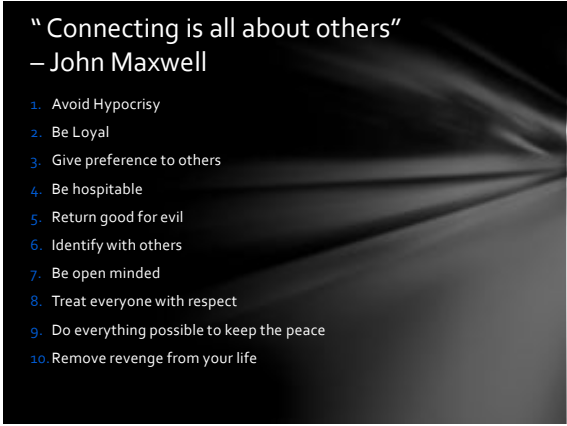


Making deposits into our buckets









“If you first help people get what they want, they’ll help you get what you want”

–Zig Zigler

TRADE OFFS



“We must give up to go up”



You can not give what you do not have...





Never underestimate the compounding effect of consistency!

CONSISTENCY

It doesn't matter how talented you are.
It doesn't matter how many opportunities you receive.
If you want to grow, consistency is key.

- JOHN C. MAXWELL

JOHN MAXWELL
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Goal vs. Growth

Goal Consciousness

- Focuses on destination
- Motivates you and others
- Seasonal
- Challenges you
- Stops when the goal is reached
- Waits for growth to come
- Learns only from mistakes
- Depends on good luck

Growth Consciousness

- Focuses on the journey
- Matures you and others
- Lifelong
- Changes you
- Keeps growing beyond goal
- Takes responsibility to grow
- Learns before mistakes
- Relies on hard work



Be in the Arena

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."



What makes IASFAA successful are the volunteer efforts of our colleagues who dedicate time and energy to provide programs and services to our members.

"The outcomes from your volunteering experience will be immense and will last well into your future. We are excited to share with our membership the opportunities we have through volunteering and the benefits we have noticed as a result of serving our association."

-Jennifer Schroeder
2019-2020 IASFAA President

"ALL IN"

PERSONAL

PROFESSIONAL

PURPOSEFULL



There is no finish line...

