

Optimum

Recruiting
Training
Staffing

WELCOME

TO

Reigniting the FIRST-DAY MINDSET

IMAGINE. QUESTION. GRATITUDE. CREATE. TRANSFORM.

Presented by
Miles McGrath

IMAGINE
BELIEVE
ACT
CREATE
TRANSFORM

COMMUNITY
PURPOSE
CONNECTION
GROWTH
IMPACT

CURIOSITY
Ask better questions.

GRATITUDE
Restore awareness.

IMAGINATION
See new possibilities.

CONNECTION
Build together.
Grow together.

ACTION
Create better futures.

“ SOMEONE IMAGINED IT FIRST.
NOW IT'S OUR TURN.”

THE FUTURE IS NOT SOMETHING WE ENTER.
It is something we create.

The past offers lessons.
The present offers a choice.
The future offers possibilities.

**YOUR MINDSET
IGNITES THEM ALL.**

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WELCOME TO
PUNXSUTAWNEY
Weather Capital of the World

TRAVEL BACK. EXPERIENCE YOUR FIRST DAY. USE WHAT YOU KNOW NOW.

THE PAST

THE FUTURE

EXPERIENCE
THE FIRST DAY...

...WITH THE KNOWLEDGE
OF WHAT'S ALREADY
HAPPENED.

THEN BRING IT INTO TODAY.

OWNERSHIP

CURIOSITY

GRATITUDE

POSSIBILITY

DESTINATION TIME
OCT 26 1985 01:21

PRESENT TIME
MAY 22 2024 11:11

LAST TIME DEPARTED
NOV 05 1955 06:00



THE DRIFT



-  Nobody wakes up and says: **"Today I'd like to become cynical."**
-  The drift happens **gradually.**
-  Day **after day.**
-  Assumption **after assumption.**

 Small deviations don't feel like failure. But over time, they take you **somewhere you never intended to go.**

IDENTITY BEFORE ACTIVITY



I am becoming:
 A leader
 A difference maker
 A person of integrity
 A source of encouragement
This is who I am.

VS

VICTIM
 It happens to me.

VICTOR
 I choose my response.

UNDERSTANDING YOUR WHY
 Your why gives you clarity.
 Your identity gives you consistency.

YOUR IDENTITY DETERMINES YOUR DESTINY

 **WHEN YOUR IDENTITY IS CLEAR, YOUR CHOICES CHANGE. WHEN YOUR CHOICES CHANGE, YOUR RESULTS FOLLOW.**

WHAT KIND OF CHOICE WILL YOU MAKE TODAY?



Am I **aware** of how I think about this?



What can I **influence**?



What am I **responsible** for?



What am I waiting for **permission** to do?

“ **OWNERSHIP CREATES OPTIONS.** ”



AWARENESS GIVES YOU **CLARITY**.
OWNERSHIP GIVES YOU **POWER**.
ACTION GIVES YOU **MOMENTUM**.



You can't control everything.
But you can always own something.

BALANCE WHAT YOU CAN INFLUENCE

FOCUS YOUR ENERGY. PROTECT YOUR PEACE. DRIVE YOUR IMPACT.

CIRCLE OF CONCERN

OUTSIDE YOUR CONTROL



ECONOMY
Markets change.
You can't control them.



POLITICS
Policies shift.
You can't control them.



COMPETITION
Others make moves.
You can't control them.

CIRCLE OF INFLUENCE

INSIDE YOUR CONTROL



ATTITUDE
How you show up
is always your choice.



PREPARATION
Plan. Learn. Improve.
You can control that.



EFFORT
Your work ethic
is up to you.



RELATIONSHIPS
Build trust.
Strengthen connections.
You can control that.

YOU CAN'T CONTROL EVERYTHING.
BUT YOU CAN CONTROL WHAT COUNTS.



LESS WORRY. MORE FOCUS. GREATER IMPACT.

McGrath - Reigniting the First-Day Mindset:
Ownership, Curiosity & Performance

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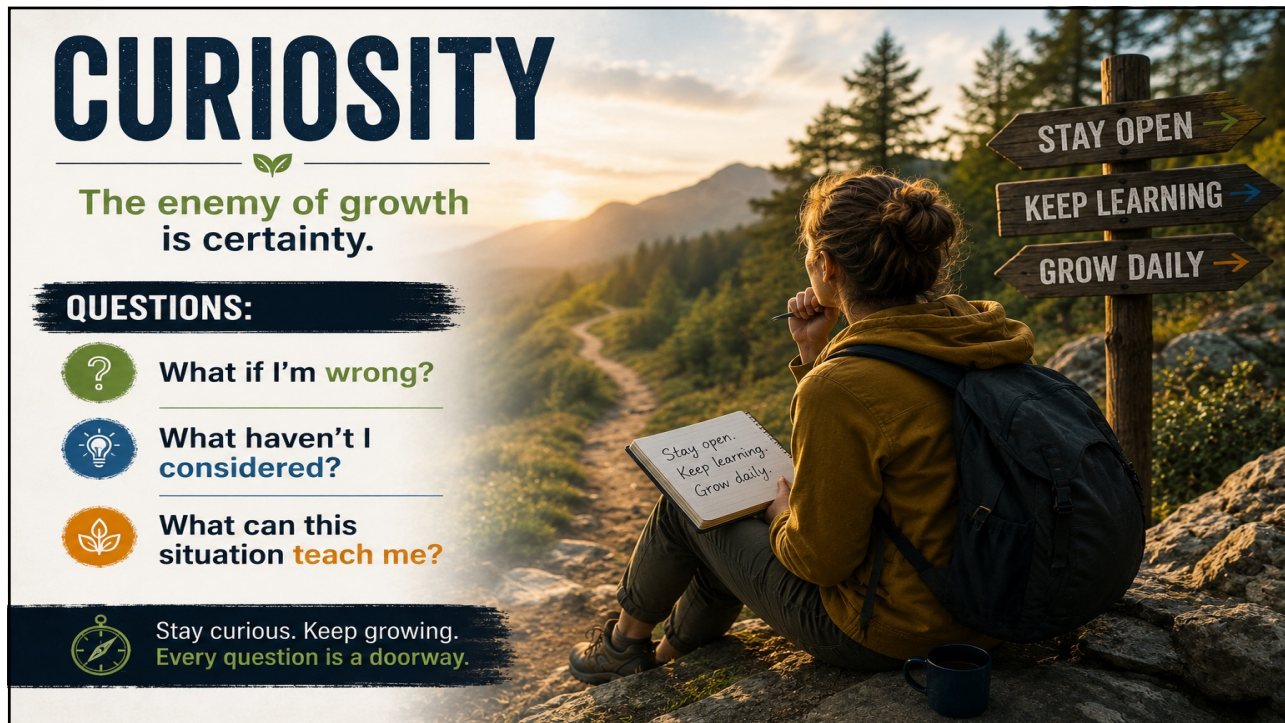


1 WRITE IT DOWN
Write down a limiting belief, excuse, or story you've been carrying.

2 FOLD IT UP
Fold your paper into a boat.

3 LET IT GO
Release the belief and choose a new direction.

REFLECT
What would be possible if you no longer carried this belief?



CURIOSITY

The enemy of growth is certainty.

QUESTIONS:

- ?** What if I'm **wrong**?
- 💡** What haven't I **considered**?
- 🌱** What can this situation **teach me**?

Stay curious. Keep growing. Every question is a doorway.

THE TOOLS OF GRATITUDE

restores awareness

Gratitude shifts our focus from what's missing to **what's meaningful**.

QUESTIONS TO RESET AWARENESS

- What's **working**?
- Who **helped** me get here?
- What **blessings** have become invisible?
- What has been learned that was not known on the first day?

Gratitude changes the mind to a different *frequency*...

It quiets the noise.
It opens the heart.
It creates space for **new possibilities**.

Lack
Fear
Stress
Scarcity

Gratitude
Peace
Clarity
Possibility

Today I'm grateful for...
✓ opportunities
✓ support
✓ lessons learned
✓ small moments
✓ a new perspective

PAUSE. REFLECT. BE GRATEFUL.

Journaling

YOUR DAILY RESET

A FEW MINUTES EACH DAY CAN TRANSFORM YOUR **AWARENESS**, YOUR **ATTITUDE**, AND YOUR **FUTURE**.

“Gratitude turns what we have into enough and more.”

THE IMAGINATION GAP

Our imaginative capacity is declining.
The future we imagine shapes the future we build.

“What we cannot imagine cannot come into being.”
— bell hooks

IMAGINATION IS NOT A LUXURY.
IT'S A HUMAN NECESSITY.

WHAT WE REHEARSE
BECOMES OUR REALITY.

OWNERSHIP CREATES OPTIONS.
IMAGINATION CREATES POSSIBILITY.

THE TORRANCE STUDY

Longitudinal Research on Creativity

For over 50 years, the Torrance Tests of Creative Thinking have measured creativity in millions of people around the world.

CREATIVITY SCORES HAVE DECLINED DRAMATICALLY OVER THE DECADES.

Year	Percentile	Change
1966	98	
1990	69	-30%
2018	37	-32%

ADDITIONAL FINDINGS

- Creativity has been declining steadily for decades across all age groups.
- Today's youth score lower in creativity than their parents did at the same age.
- Declines have accelerated in the digital age.

Source: Torrance, E. P. (1966–2018). Torrance Tests of Creative Thinking – Longitudinal Studies. A 50+ year study of creativity in millions of students and adults worldwide.



NATURE IS MEDICINE

WHAT WAS ONCE IMAGINATION IS BECOMING HEALTHCARE

Better Health.
Stronger Communities.
Brighter Future.

What if —
A DOCTOR PRESCRIBED:

- COMMUNITY GARDENING**
Nourish body and soul.
- NATURE WALKS**
Move more. Stress less.
- FOREST THERAPY**
Reconnect. Reset. Restore.
- COMMUNITY CONNECTION**
Stronger together.
- OUTDOOR VOLUNTEER PROJECTS**
Purpose in action.

INSTEAD OF ANOTHER MEDICATION?
The prescription for a healthier future might be closer than you think.

*Connection.
Purpose.
Movement.
Nature.
Community.
Healing.*

Optimum Recruiting Training Staffing

BUILDING BETTER FUTURES TOGETHER

THE FUTURE IS BUILT TWICE.

- Remember the past.
- Imagine the future.
- Act in the present.

OWNERSHIP CREATES OPTIONS.
AWARENESS CREATES CHOICE.
IMAGINATION CREATES POSSIBILITY.

FIRST IN IMAGINATION.

THEN IN REALITY.

FEAR CAN WAKE US UP. IMAGINATION GIVES US SOMEWHERE TO GO.

Inspired by the work of Rob Hopkins and Nate Hagens

GORDLANDIA
IMAGINED TOGETHER.
BUILT TOGETHER.

The graphic features a dark blue background with a city skyline at sunset. A car with a 'OUTATIME' license plate is driving on a road. On the left, a wooden signpost lists: IMAGINE, BELIEVE, ACT, CREATE, TRANSFORM. The Optimum logo is at the top left, with 'Recruiting Training Staffing' in a smaller font. The main text reads 'Thank You! FOR BEING PART OF THE JOURNEY. TOGETHER, WE CAN BUILD BETTER FUTURES.' On the right, contact information for Miles McGrath is provided, including a phone number, email, and website. A QR code is also present with the text 'SCAN TO VISIT OUR WEBSITE Let's keep building what's possible.' At the bottom, a navigation bar includes icons and text for 'BUILDING BETTER FUTURES TOGETHER.', 'RECRUITING', 'TRAINING', and 'STAFFING'.

Optimum Recruiting Training Staffing

Thank You!

FOR BEING PART OF THE JOURNEY.

TOGETHER, WE CAN BUILD BETTER FUTURES.

IMAGINE
BELIEVE
ACT
CREATE
TRANSFORM

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Let's keep building what's possible.

BUILDING BETTER FUTURES TOGETHER. | RECRUITING | TRAINING | STAFFING