



**Being and Doing:
Where Peace and Purpose Meet**



**TEXAS
SUICIDE PREVENTION
SYMPOSIUM 2023**

Coming Together To Care



What we will cover



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Founder & CEO of Monk Manual

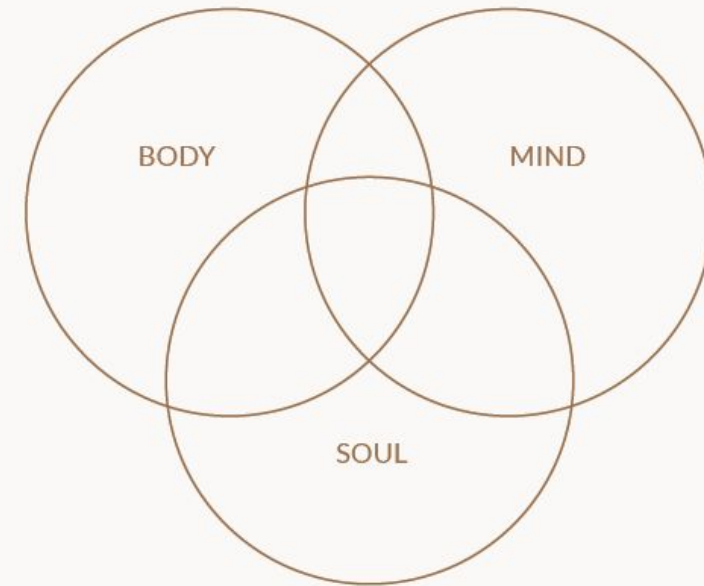
“

I invest in people who make meaningful investments in creating a better world.





Whole Person Productivity



Body: What we do

Mind: What we understand

Spirit: What we are directed to



Human Beings > Human Doings



Assembly Line Model



Agriculture Model





My Story





The #1 thing you can do
to help the people you serve





Self-care is not selfish care



It's mindful pragmatism





Caring for “carers” is an essential
function of leadership



We are not machines

Human Beings > Human Doings



Assembly Line Model



Agriculture Model



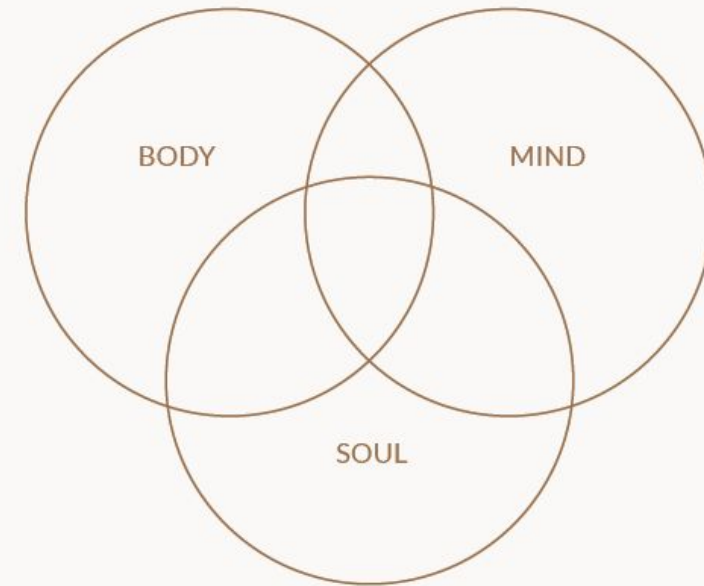
MONK MANIAI LIVE



How?



Whole Person Productivity



Body: What we do

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Choose One Thing

No Hacks...
(trust yourself)

Physical Cultivation

-> Tired, worn down, exhausted, low energy, low focus

- Adjust for adequate sleep
- Eat for energy
- Drink plenty of water
- Active for 20 minutes a day



Mental Cultivation

-> Oppressed, stuck, caught, bitter, resentful, confused

- Allow yourself to say no (boundaries)
- Process your experience through journaling
- Notice your inner critic and become the coach you want
- Focus on the means, not just the ends
- Celebrate wins, celebrate your goodness



Spiritual Cultivation

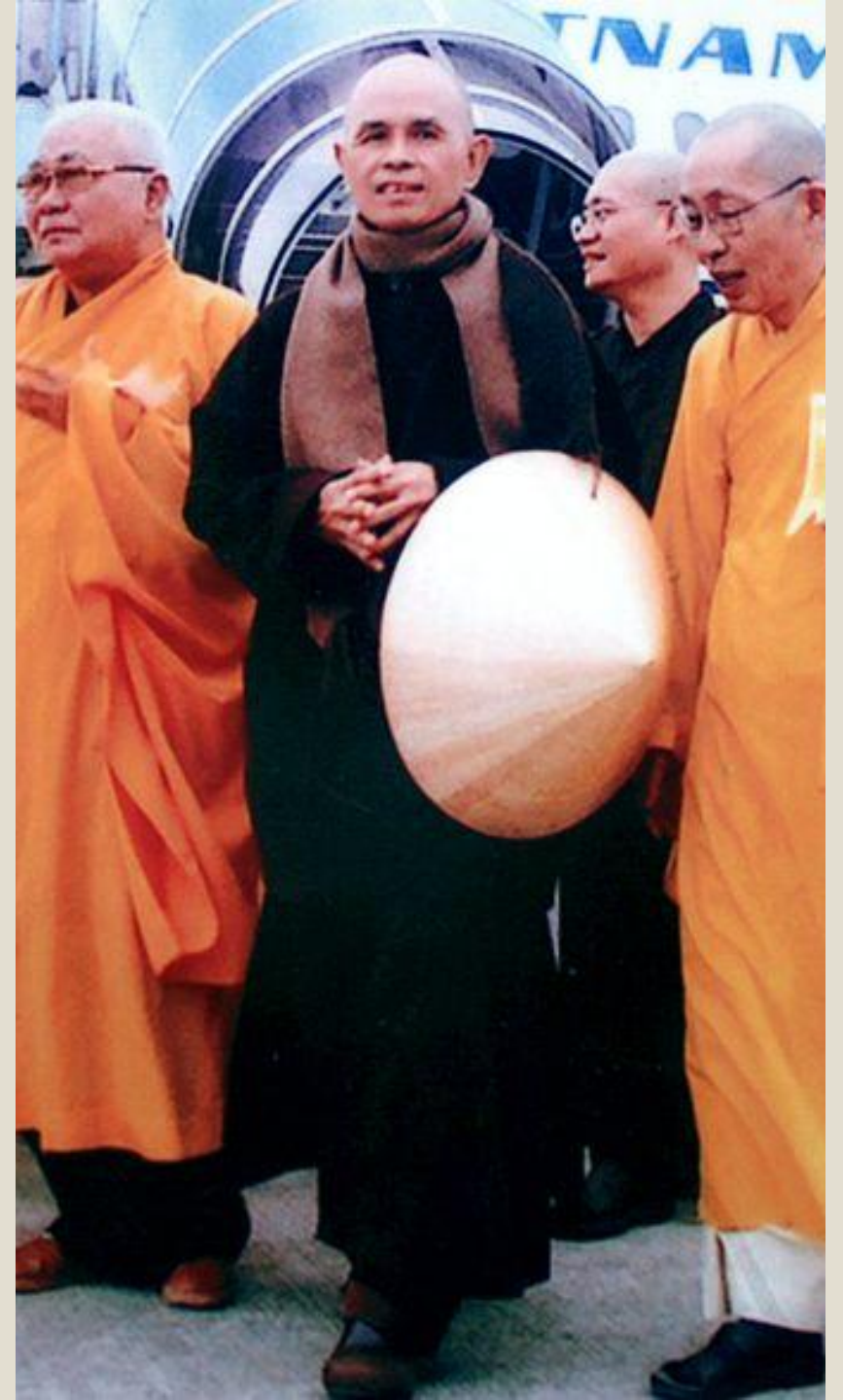
-> Disengaged, anxious, depressed, hopeless, fearful, disconnected

- Surround yourself with things and people that inspire you
- Build a daily gratitude practice
- Build a daily meditation, prayer, or spiritual reading
- Focus on your impact (service) vs your shame
- Understand your limitations and let go



There is no way to
happiness/peace/purpose,
happiness/peace/purpose is
the way

- Thich Nhat Hahn
paraphrased



Peaceful Being +
Purposeful Doing

Greatest gift isn't what
you do, but who you are



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Thank You

