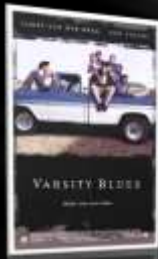








"Abundant life" refers to life in its abounding fullness of joy and strength for mind, body, and spirit.



"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?

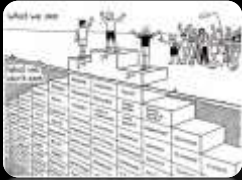
Can I have impact?



“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



"ALL IN"

PERSONAL

PROFESSIONAL

PURPOSEFULL



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 are your Communities? Communities are Built on Relationships



Building relationships
"It's a lifestyle not a diet" -Jeannette Fessler

- Value process over event
- Don't take yourself so seriously
- Don't take short cuts
- Set your standards higher than others
- Give more than you receive

"Connecting is all about others"
- John Maxwell

"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"



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

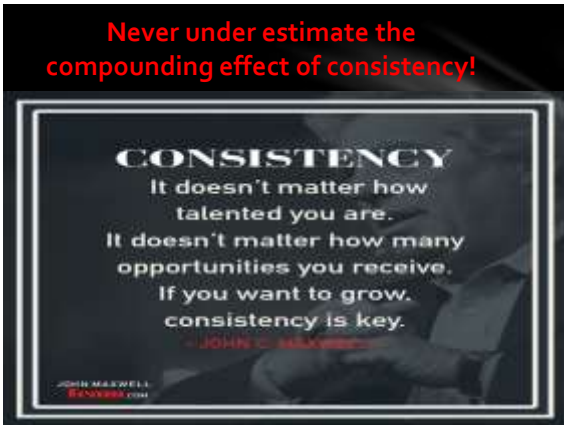
Growth Consciousness

- 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

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









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

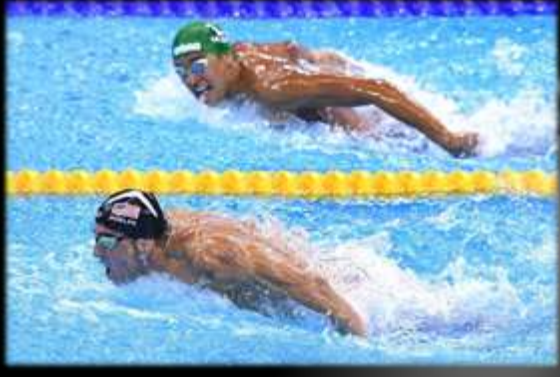
"The outcomes from your volunteering experience will be immense and will last well into your future. We are excited to share with our membership the opportunities we have through volunteering and the benefits we have noticed as a result of serving our association."

-Jennifer Schroeder
2019-2020 IASFAA President

There is no finish line...



Race YOUR Race!



THANK YOU!!!

RJ Montes
rjmontes@dupaco.com