
If Not Now, When?

Presented by Ron Culberson

Letting Go of Control

Control is an illusion. While we certainly have control over a variety of things in our lives, there are many things which we cannot control. For instance, we can't control whether or not we get an illness but we can control our eating and exercise habits. We can't control whether or not our significant others love us but we can control how we treat them. Take advantage of those things you can control and then find freedom in letting go of those you can't.

Being Present

The only time we have is right now. The only way we can impact the future is through what we can do right now. We cannot change things in our past other than what we can change right now. Yet, we spend a lot of our time worrying about the future or regretting the past. How are you spending the time that you have right now?

One of the ways we miss the reality of the moment is to have unrealistic expectations. Our experiences are often determined by the expectations we have going into them. And whether our expectations are good or bad, they can color how we experience the situation. If, on the other hand, we open our minds to experience whatever the situation delivers, we are truly living in the moment. This allows us to respond more genuinely to the reality rather than to the expectations in our heads.

Communicating with Presence, Empathy, and Clarity

When we communicate, we are typically sharing information as a way to solve a problem or build a relationship. We can enhance the communication process by focusing on two important qualities: Empathy and Clarity.

Empathy helps us understand others so that we can communicate to them more clearly. And the key to both is asking questions. When we ask questions, we gain more empathy and make sure our communication was clear.

Worry does not empty tomorrow of its sorrow, it empties today of its strength.
—Corrie ten Boom

The Do it Well, Make it Fun Reminder



Everything in life and work is a process.
 Every process involves a series of steps.
 Every step has the potential for being improved.
 Every step has the potential for being more fun.

Once we make the processes in our life and work better and more fun, success becomes a reality.

Being the Best that We can Be

Being effective in our work means finding a combination of excellent skills, demonstrated values, and a bit of fun. First, we must seek the skills we need to do our jobs. We must be objective and determine where we need to improve and then seek improvement. Second, we need to embrace values in the way we do our work. “Walking the Talk” means demonstrating those values. Lastly, our work must have an element of fun. If work is more fun, it just feels less like work.

Have you ever been in a situation and asked, “What should I do?” The question is full of responsibility and pressure. If, on the other hand, we ask ourselves, “How can I help?”, we’ll find that we not only find good solutions, we approach problems and situations with an attitude of service.

*We judge ourselves by what we feel capable of doing,
 while others judge us by what we have already done.*

—Henry Wadsworth Longfellow

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Recommended Reading

Cain, Susan (2013). *Quiet: The Power of Introverts in a World That Can't Stop Talking*. Broadway Books.

Gilbert, Daniel (2006). *Stumbling on Happiness*. Vintage

Frankl, Viktor E. (1959). *Man's Search for Meaning*. Washington Square Press.

Grenny, McMillan & Switzler (2011). *Crucial Conversations Tools for Talking When Stakes Are High*. Second Edition. McGraw Hill.

Harris, Dan (2014). *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story*. Dey Street Books.

Kabat-Zinn, Jon (2013). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam.

McGraw, Peter & Warner, Joel (2015). *The Humor Code: A Global Search for What Makes Things Funny*. Simon & Schuster.

Pressfield, Steven (2002). *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles*. Warner Books

Rinpoche, Sogyal (2012). *The Tibetan Book of Living and Dying*. Harper Collins.

Tolle, Eckhart (1999). *The Power of Now: A Guide to Spiritual Enlightenment*. Namaste Publishing.

von Oech, Roger (1983). *A Whack on the Side of the Head: How You Can Be More Creative*. Warner Books.

Your Speaker

Ron Culberson, MSW, CSP, CPAE is a former hospice social worker, middle manager, and senior manager whose mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association and in 2014 was inducted into the CPAE Speaker Hall of Fame®.



Ron's book titles:

- *If Not Now, When? Making the Most of Your Life, Your Relationships, and Your Work* (2017)
- *Do it Well. Make it Fun. The Key to Success in Life, Death and Almost Everything in Between* (2012)
- *My Kneecap Seems Too Loose: 365 Random Thought to Inspire Deeply Shallow Thinking* (2010)
- *Is Your Glass Laugh Full? Some Thoughts on Finding Humor in Life* (2004)