

# The Orange Popsicle





# Gary Gzik

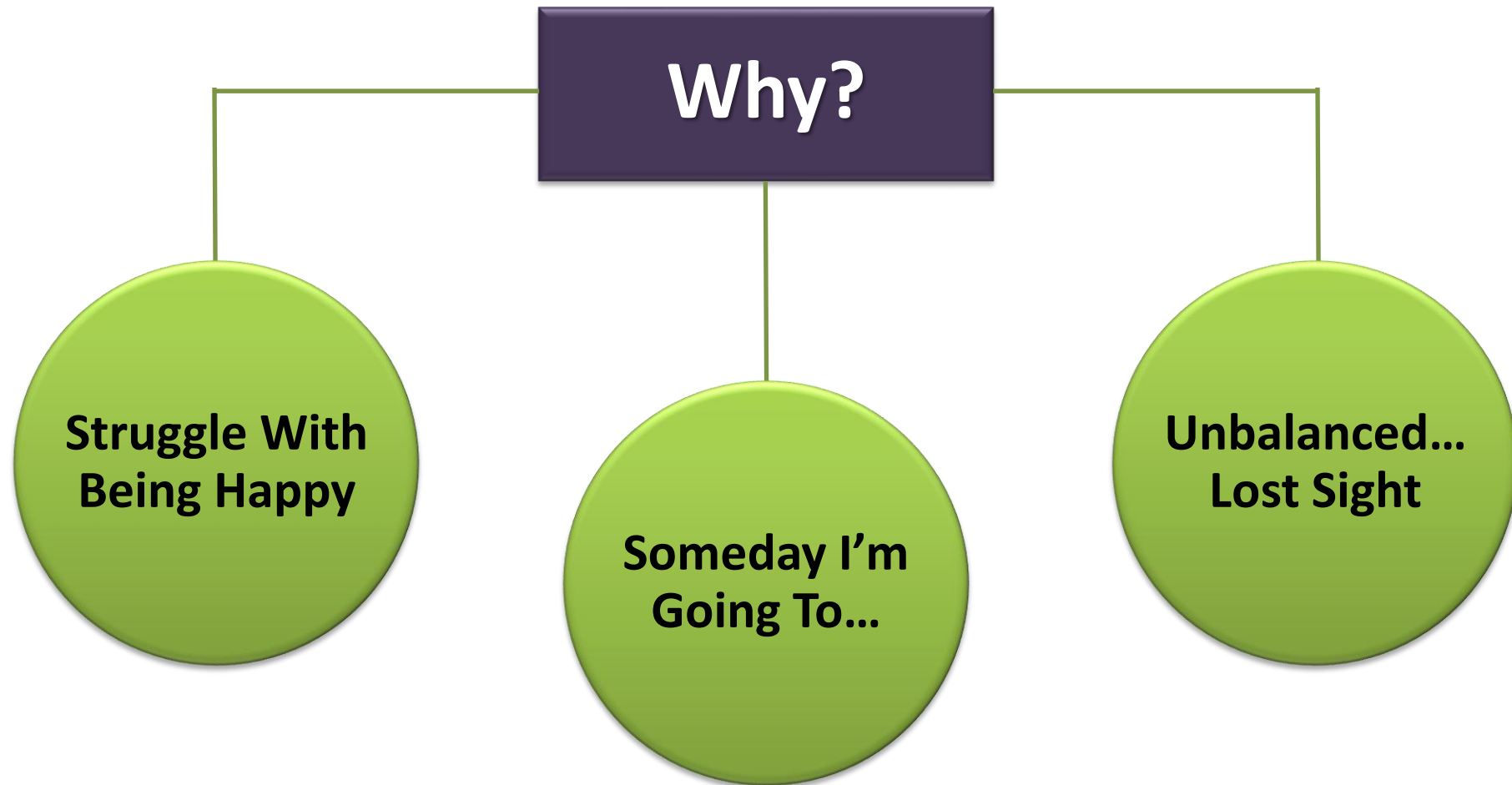
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# | THE ORANGE POPSICLE |



**1. Awareness**

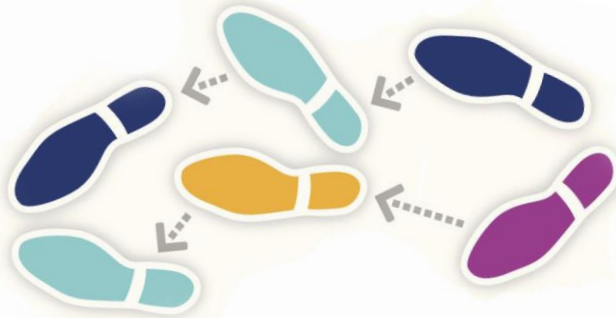
**2. Interest &  
Motivation**

**5. Celebration  
& Refocus**

**Remember it all starts  
with awareness!**

**3. Initiate Action**

**4. Completion**





The right **perspective** makes  
the impossible possible.



THE  
SAME  
OLD  
THINKING

THE  
SAME  
OLD  
RESULTS



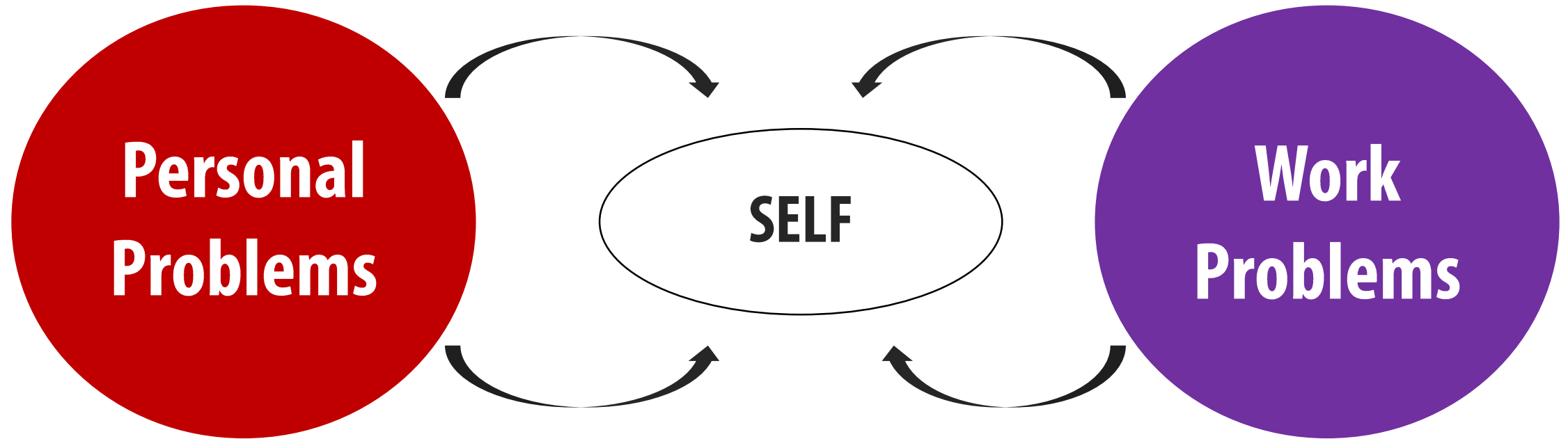




**Are you feeling the squeeze?**

# Overpowered by problems:

Out of Control

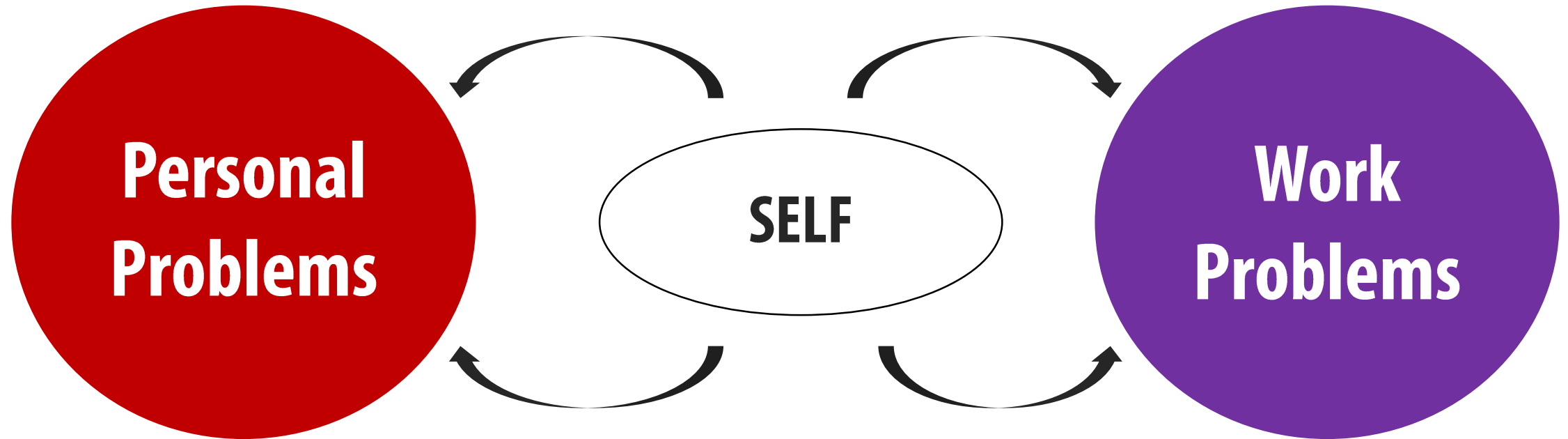


**Low Performance – High Stress**



# **Empowered by problems:**

In Control



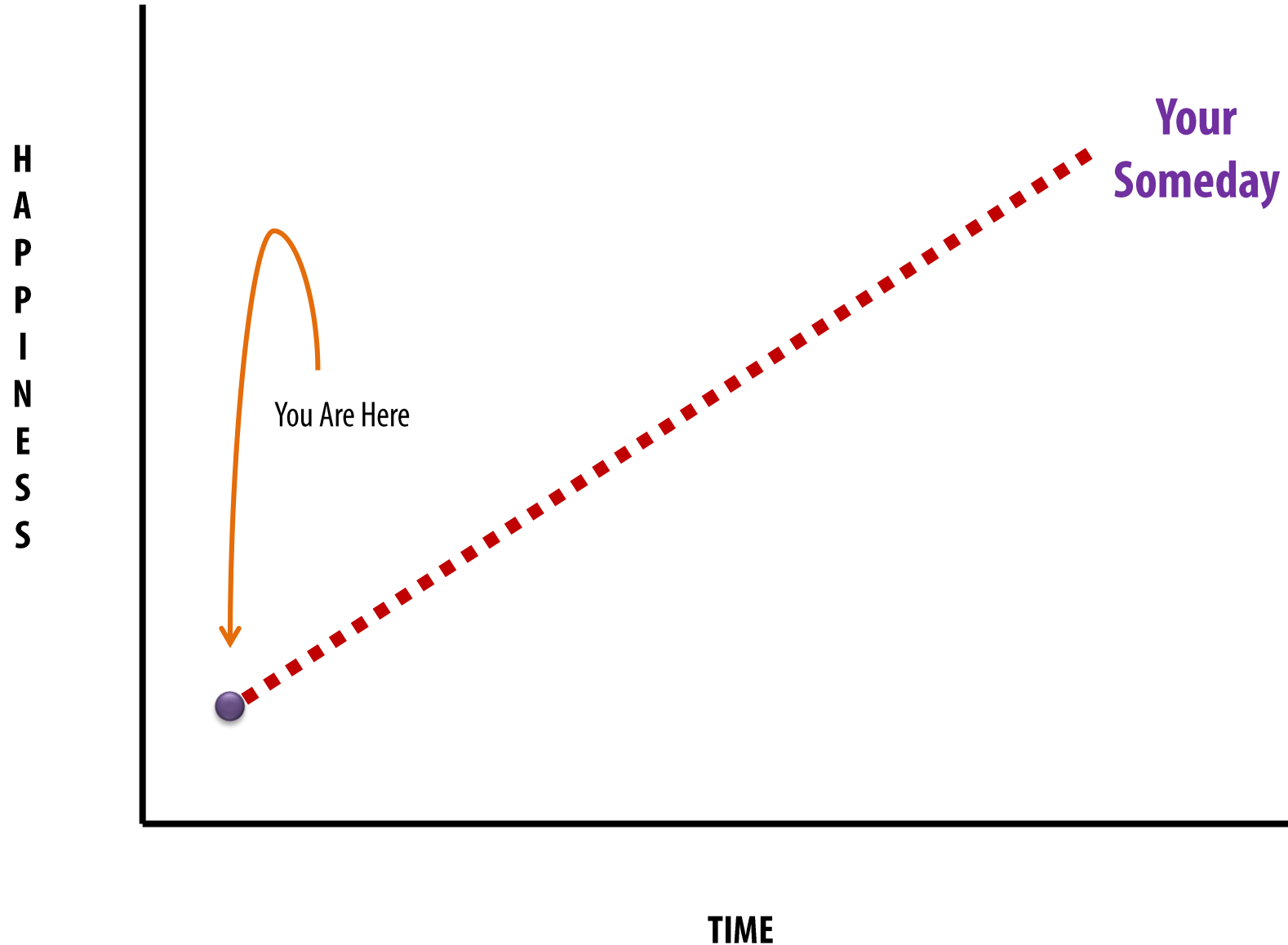
**High Performance – Low Stress**

# | THE PERFORMANCE EQUATION |

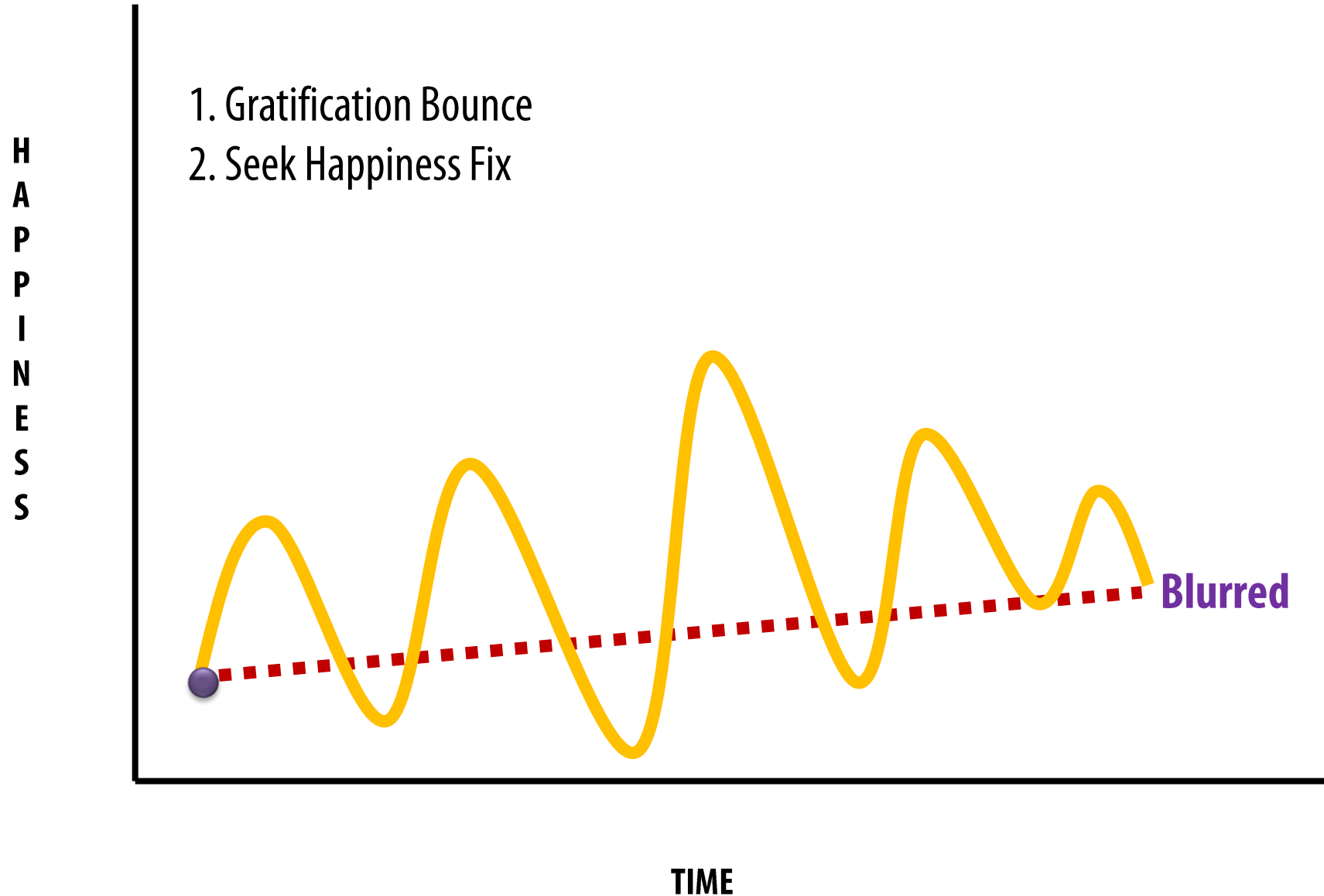
$$\text{POTENTIAL} - \text{INTERFERENCE} = \text{PERFORMANCE}$$



# HAPPINESS QUOTIENT CONTINUUM (HQC)

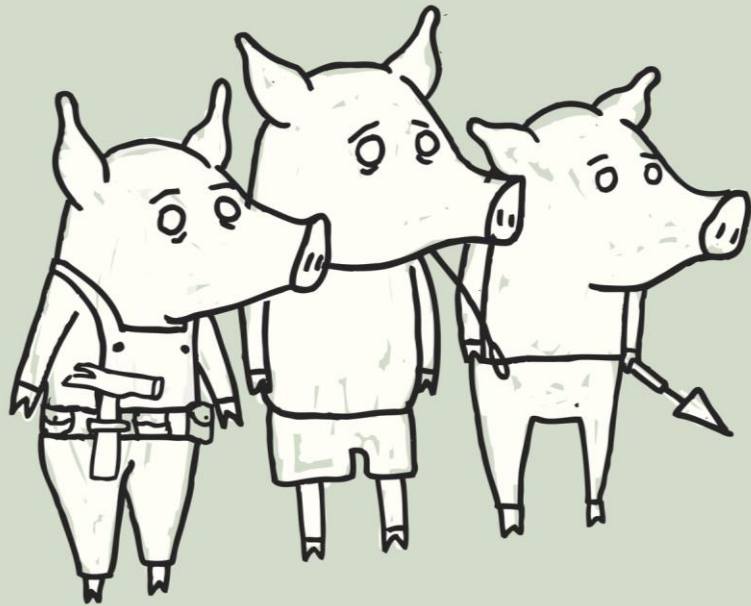


# HAPPINESS QUOTIENT CONTINUUM (HQC)

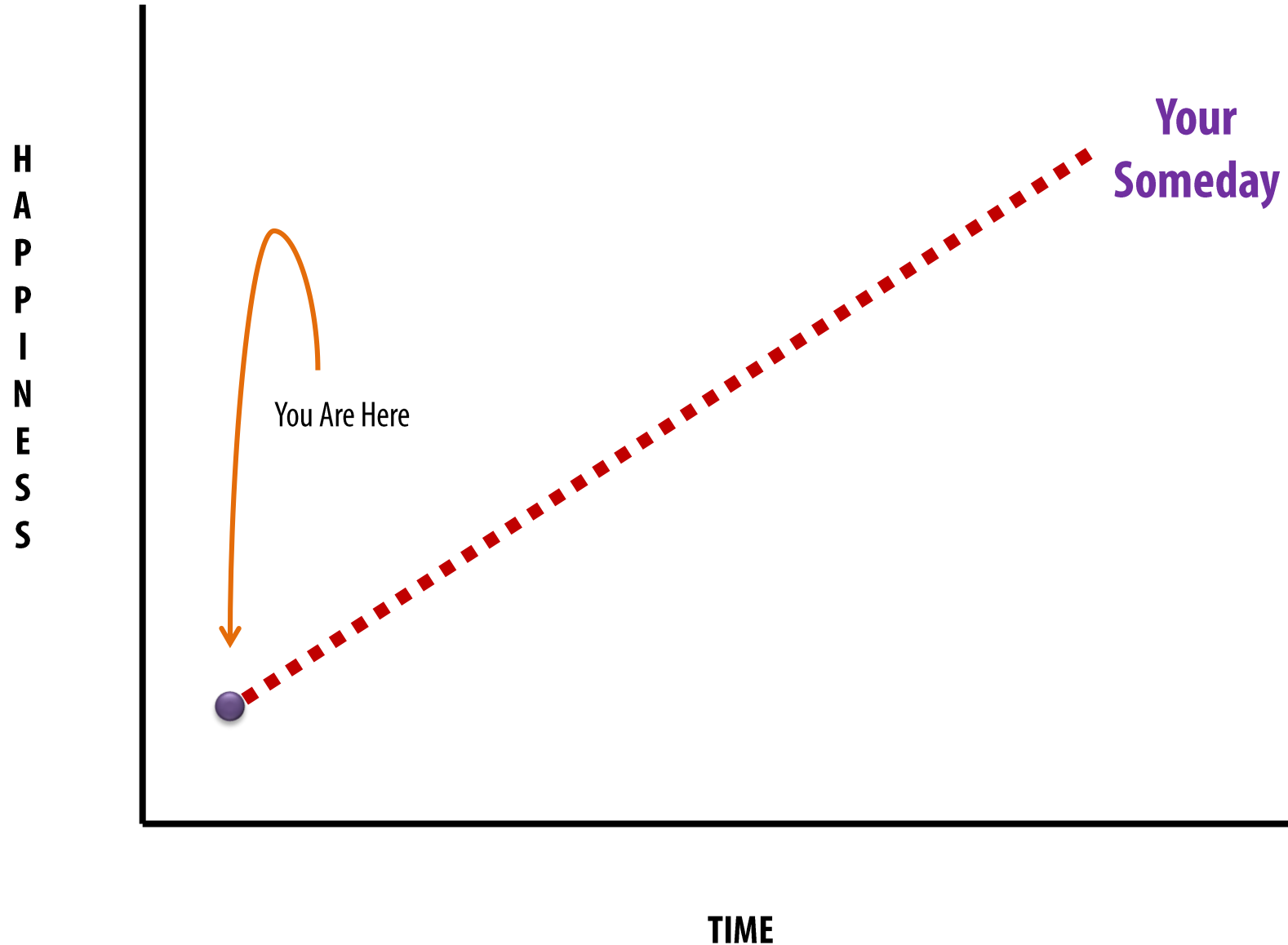




The downfall of the first  
two little pigs...



# HAPPINESS QUOTIENT CONTINUUM (HQC)



A close-up photograph of a young child with dark hair and large, expressive eyes, looking directly at the camera. The child is holding a small, orange-colored ice cream bar on a stick in their mouth. They are wearing a light green, sleeveless top. The background is a wall made of horizontal wooden planks, creating a textured, rustic appearance. The lighting is soft and warm, suggesting an outdoor setting during the golden hour.

**Happiness and success  
are by-products.**



# Obligation vs. Opportunity





Which one are **you**?

Human **doing**

Human **being**

Human **becoming**

**Always be fighting mediocrity.**



# Your **Mother** was right!



## | FIVE STEPS TO SOMEDAY |

1. Identify your **orange popsicle – your someday!**
2. Cultivate **positivity and self esteem**
3. Embrace **gratitude**
4. Know what you **control – own today!**
5. Build strong **relationships**





**Identify your  
orange popsicle  
– your someday!**



**“Which road ought I to take?”**

**Walt had it right**

**Watch the Wallenda Trap**

**Wise words**







I am happy and grateful now  
I found my soul mate.. :)



my sweet home..



Peace of Mind



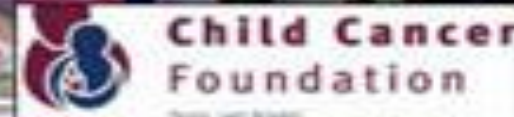
## My vision board 2025



I am happy and grateful now ...  
I have \$1,000,000.00 in money and  
securities



Happiness..



My spiritual success



Healthy..

my sport car



My awesome car



Joyful..







"Thoughts don't become things; thoughts **ARE** things.

If you never try, you'll never know.

You are what you **manifest**."





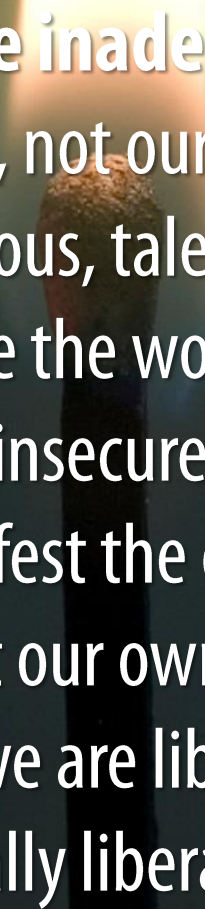


**Cultivate  
positivity and  
self esteem.**



**Rely on your  
positive attitude**



A single lit candle is positioned vertically in the center of the frame. The flame is bright yellow and orange, with a soft glow around it. The candle itself is dark and appears to be made of wax. The background is a dark, textured grey.

**Our deepest fear is not that we are inadequate.** Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the greatness that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

# | BUILDING A STRONG YOU JOURNAL |

WHAT DO I LIKE ABOUT MYSELF?

WHAT ARE MY GREATEST  
STRENGTHS?

WHAT ACCOMPLISHMENT AM I  
REALLY PROUD OF?



**The story of the human race  
is the story of men and women  
selling themselves short.  
- Abraham Maslow**





**Embrace  
gratitude.**





**Bet on gratitude**

**Kick negativity's  
butt!**





**The Gratitude Hack - Look For  
What's Right!**





## **Gratitude requires work**

**It's about appreciating the fact you have a voice you can speak up with. And using it.  
It's about being thankful for your ability to make a different choice. And choosing to.  
It's about being grateful for having the chance to own your decisions. And doing it.**





The soul becomes dyed with  
**the color of its thoughts.**

Marcus Aurelius





**Know what you  
can control –  
own today!**

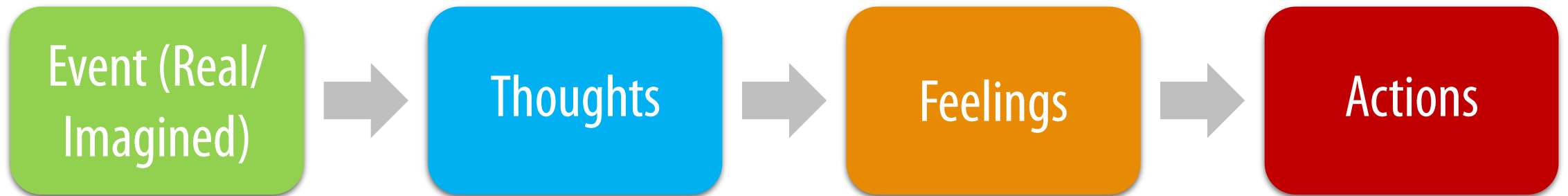


**God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.**






# It's just an **event**



***We make ourselves more or less vulnerable by how we think about things.***



A person is captured mid-jump from a diving board, silhouetted against a bright, cloudy sky at sunset. The sun is low on the horizon, reflecting a golden glow on the water and the clouds. The background features a dense line of trees along the shore. The text "Are you ready vs. Are you willing?" is overlaid on the right side of the image in a bold, black, sans-serif font.

**Are you ready vs.  
Are you willing?**





**You don't need to be strong.  
You just need to be okay with  
working hard.**





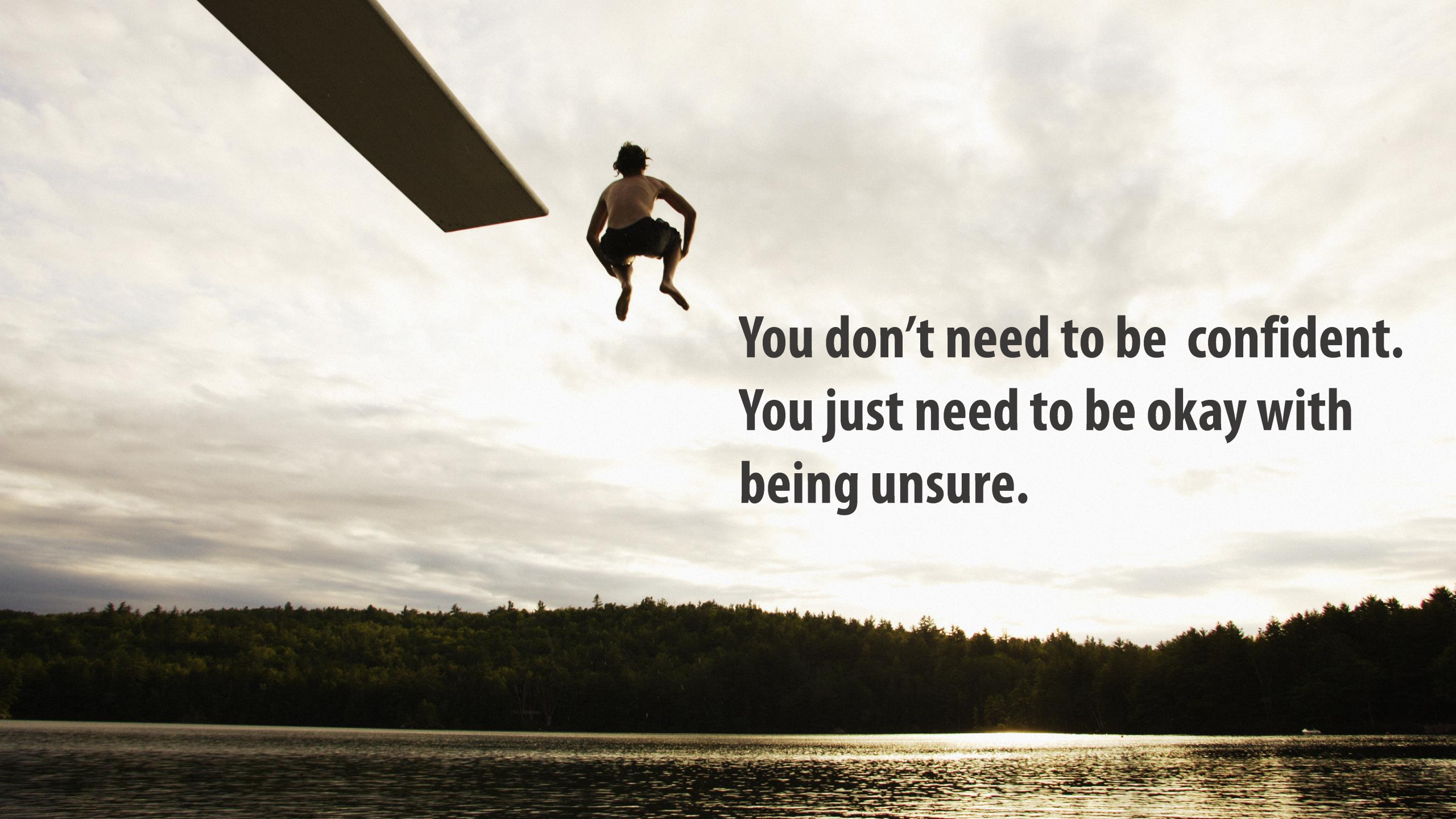
**You don't need to be fearless.  
You just need to be okay with  
being afraid.**





**You don't need to be the smartest.  
You just need to be okay with not  
knowing everything.**





**You don't need to be confident.  
You just need to be okay with  
being unsure.**





**Am I ready? Gives you  
permission to hold back.**

**Am I willing? Gives you  
permission to go forward.**





Success is a  
**split second decision...**

It's all the agonizing and  
doubt that takes up so  
much time!

You want more? Make the  
decision and **act on it.**

Chester Gzik



**Build strong  
relationships**



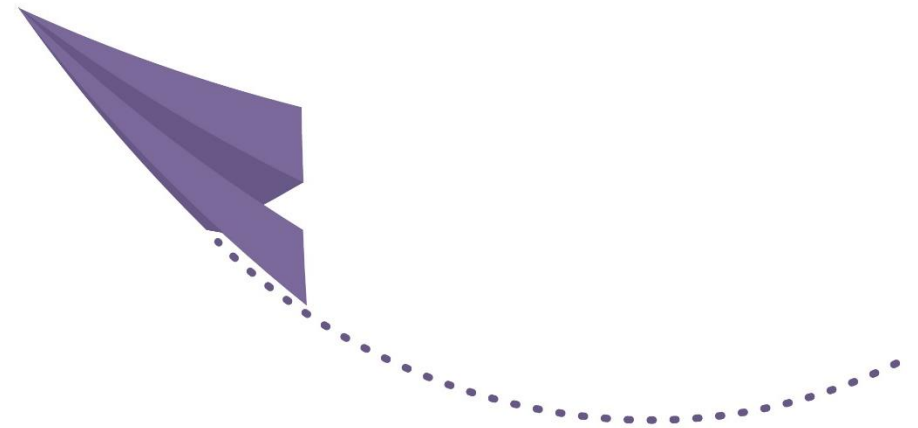
**We are wired for connection.** It's in our biology. As infants, our need for connection is about survival. As we grow older, connection means thriving – emotionally, physically, spiritually and intellectually. Connection is critical because we all have the basic need to feel accepted and to believe that we belong and are valued for who we are.

# What makes a **life**?

**Relationships**

&

**Experiences**





# Relationships

**Don't surround yourself  
with crabs**





**What really keeps us strong.**

**Find the right relationships  
and experiences that are  
good for you!**



# | THE MAGIC RATIO |



5



1

A tall human pyramid is being built on a city street. The people forming the pyramid are wearing pink shirts and white pants. In the foreground, a person's hands are visible holding a smartphone, capturing a photo of the pyramid. The background shows a multi-story building with balconies and flags.

Perseverance comes  
from relationships



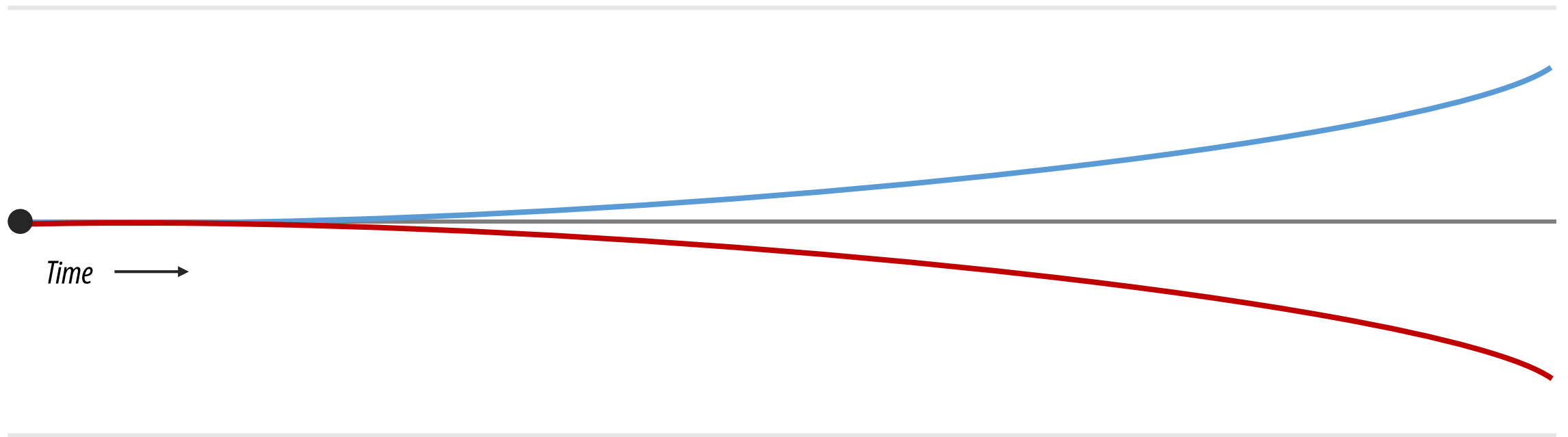
# The Power of One



**1% improvements**



# | SUCCESS CURVE |



- 1% improvement
- 1% decline

**Water boils at 212°F.**

**At 211°F it's just hot water.**





**One kind thing.  
Every single day.  
For every astronaut.  
Without exception.**



Photo credit: NASA

**Success** is a few disciplines,  
practiced every day;  
while **failure** is simply  
a few errors in judgment,  
repeated every day. — Jim Rohn



# What's your Commit to One?

What's one thing you can commit to being 1% better?



**Be all in!**



# Don't be a **stranger**

**Connect with us for more awesomeness!**

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