



StacyPederson.com





Showing up to work
looking like this - only it's
on the inside.





“Anything is Something and Something is
Better Than Nothing.”

@stacypederson

1. Exercise



“You’re never going to want
to-so you might as well do it
anyway.”

– Stolen Quote from Friend @StacyPedersonOfficial

2. Relationships





Instead of saying
“I have to....”
say
“I get to...”

*Another Shareable moment brought
to you by @StacyPedersonOfficial*

60

55

50

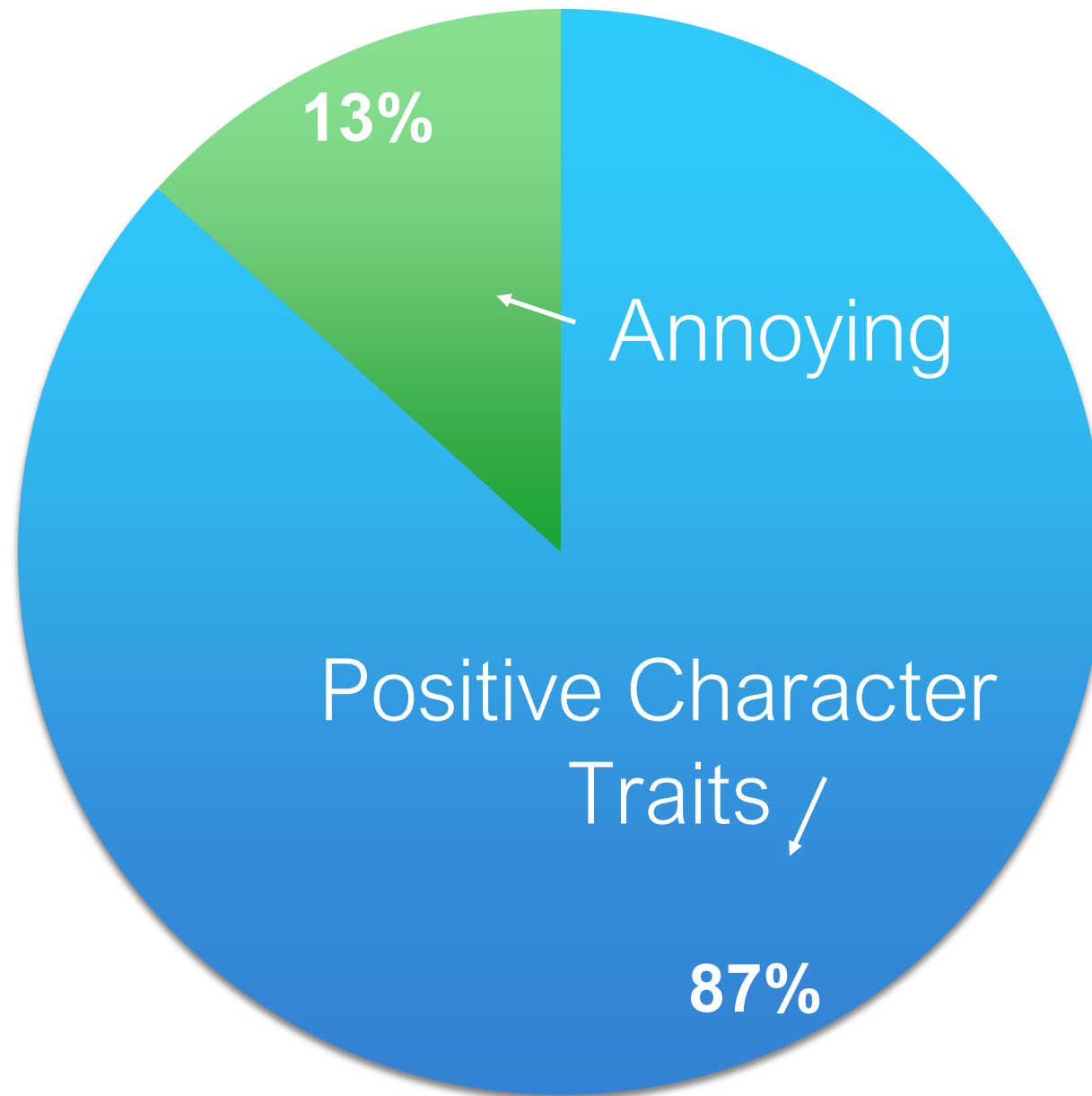
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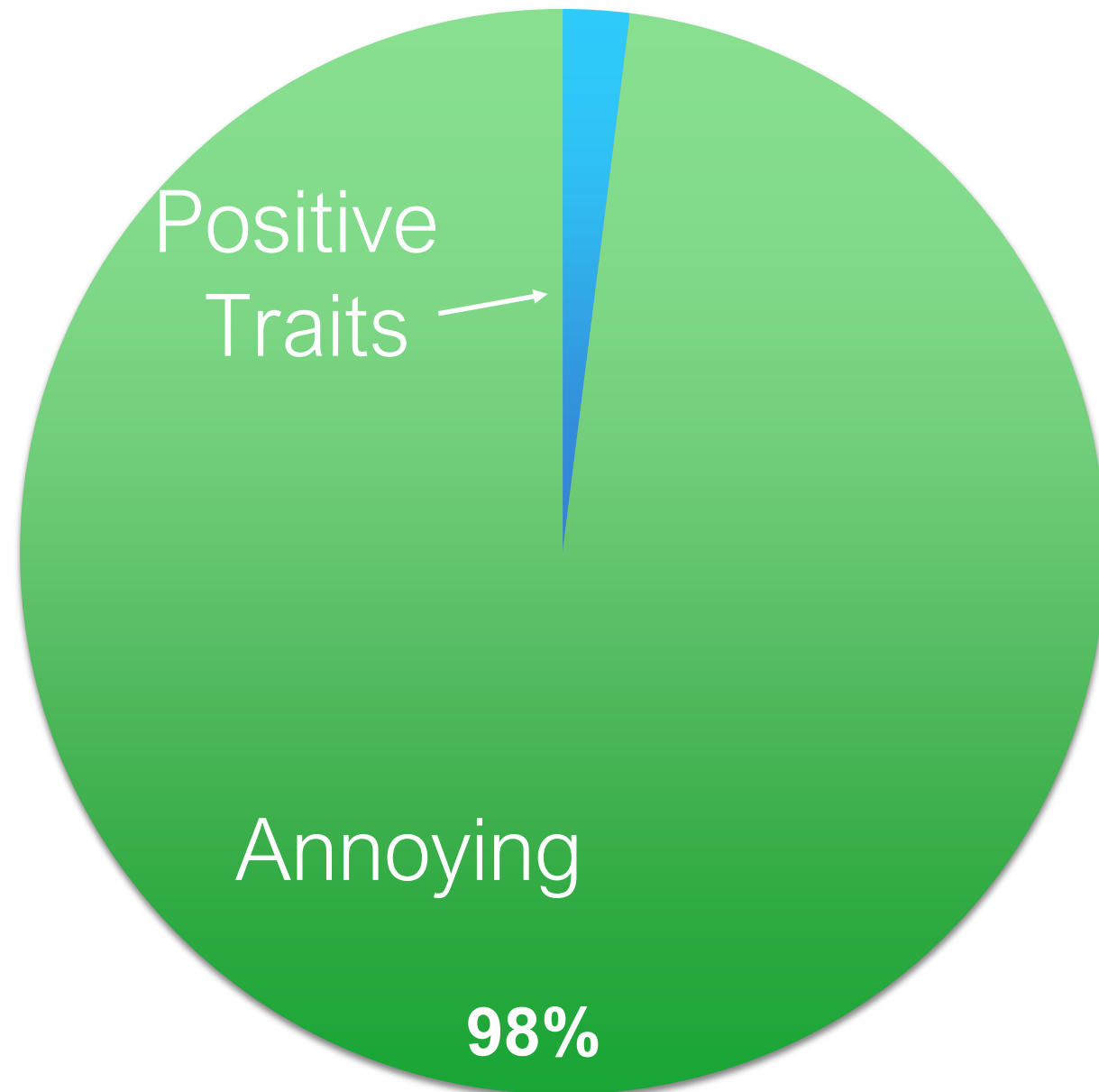
40

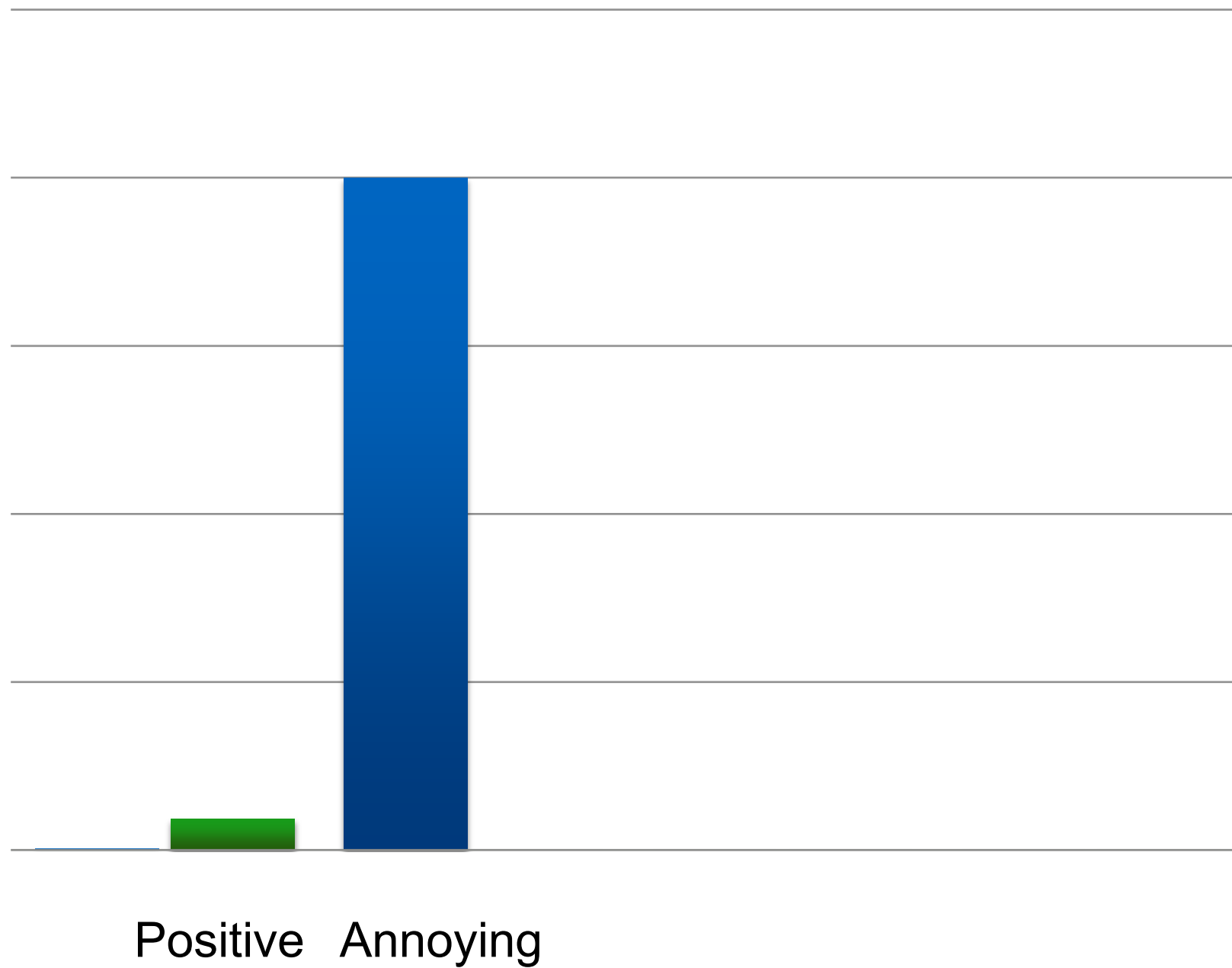


i hate
people

Regular Person









We Hate This Person.

NON-Shareable, poor choice, moment
by @StacyPedersonOfficial

You're that
person.

3. Flow





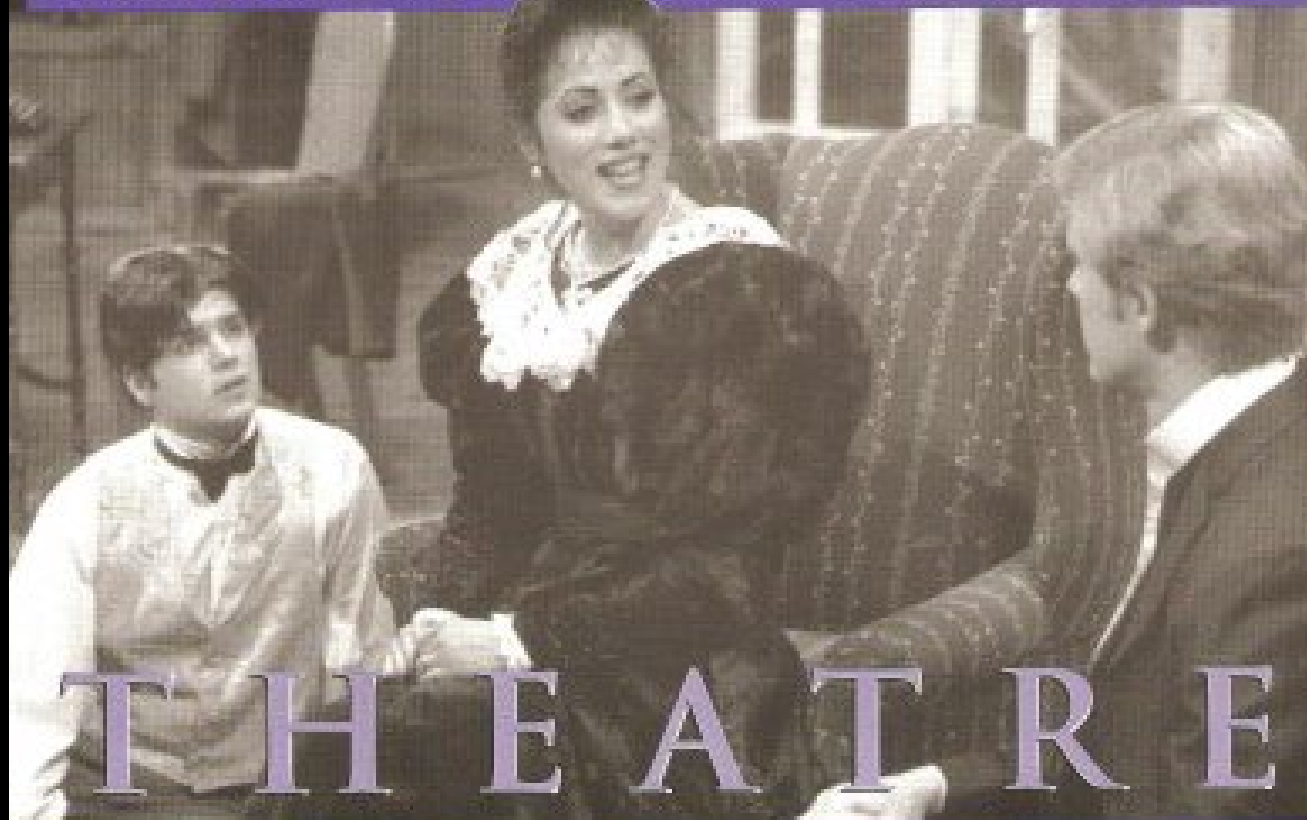
4. Have I lived life today?

Decent Shareable Moment by @StacyPedersonOfficial

A woman with long brown hair is floating upside down in deep blue water. She is wearing a vibrant red, long-sleeved, floor-length dress with a voluminous skirt, and a light blue, sheer tulle skirt underneath. She is also wearing a sparkling, jeweled necklace. Her arms are outstretched to the sides, and her legs are slightly bent. The water is dark blue with visible ripples and light reflecting off the surface. The overall mood is serene and ethereal.

5. Embrace Failure



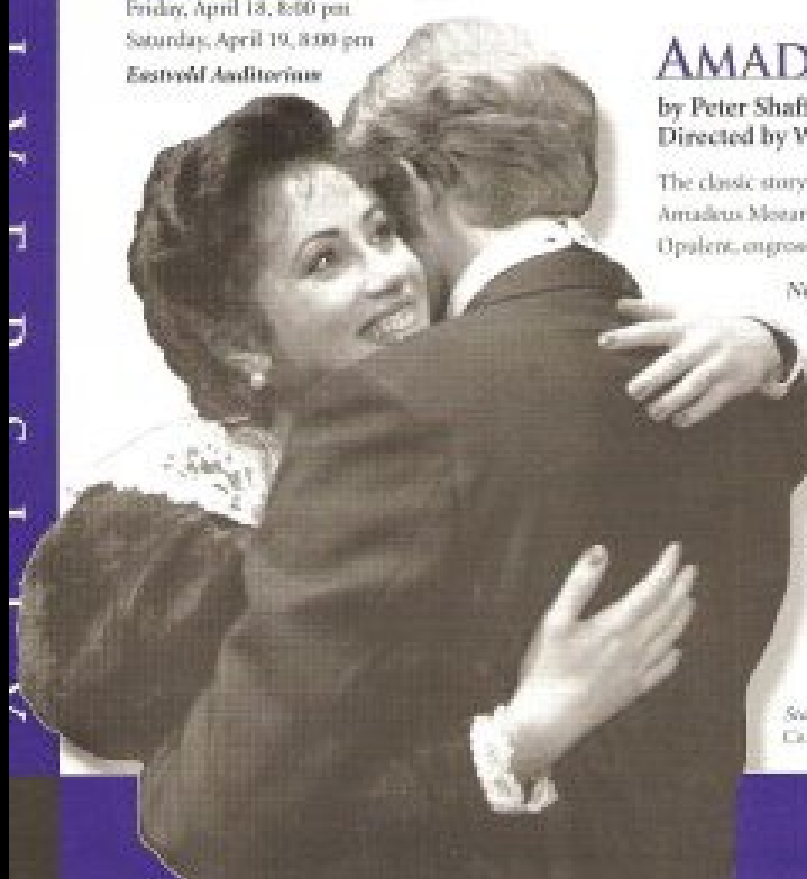


THEATRE

1 9 9 6 - 1 9 9 7 S E A S O N

DATES

Friday, April 18, 8:00 pm
Saturday, April 19, 8:00 pm
Eastvold Auditorium



AMADEUS

by Peter Shaffer
Directed by William Becvar

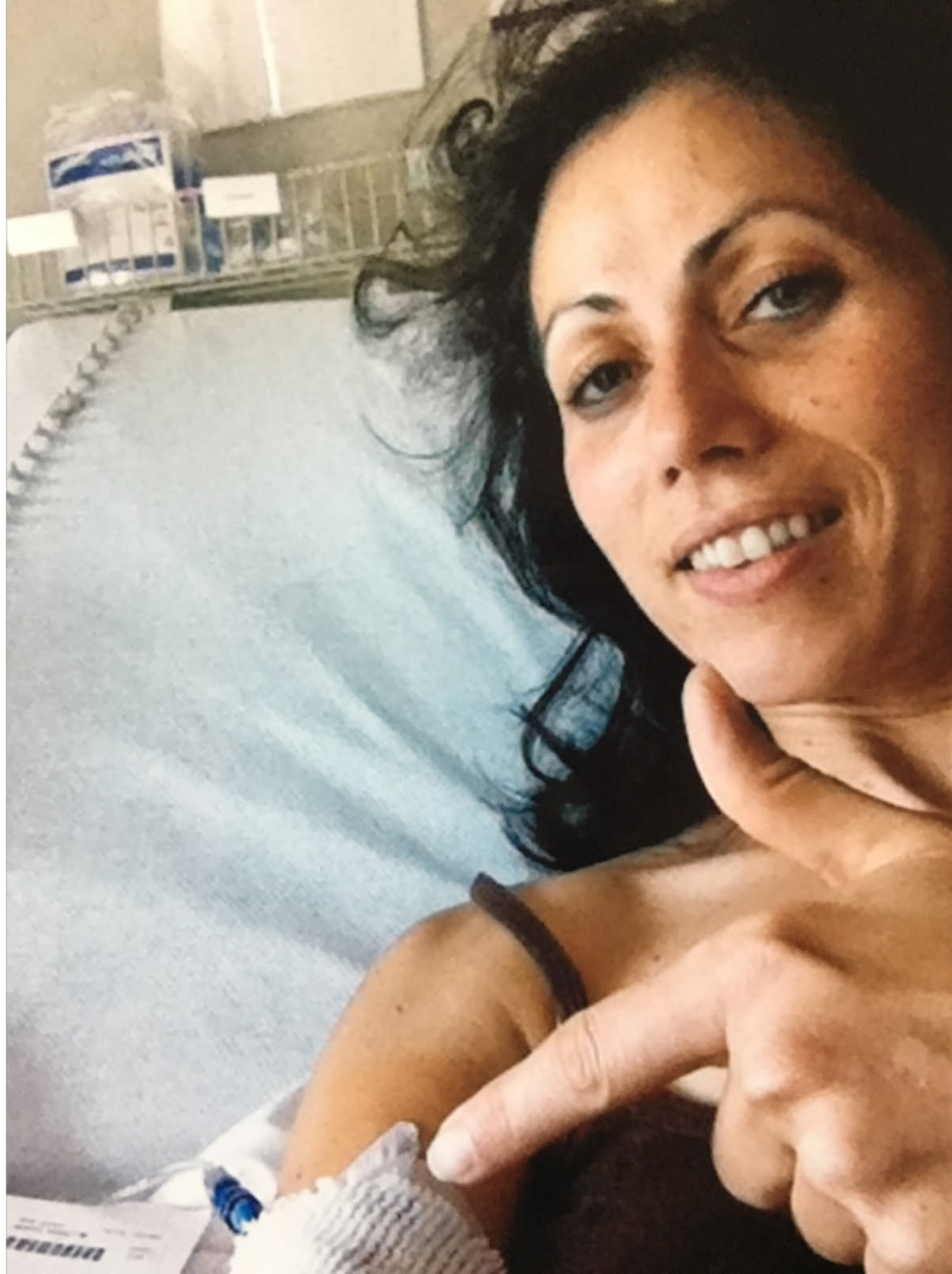
The classic story of the incorrigible, but gifted, Wolfgang Amadeus Mozart and his jealous rival, Antonio Salieri. Opulent, engrossing and passionate.

Not suitable for young children

DATES

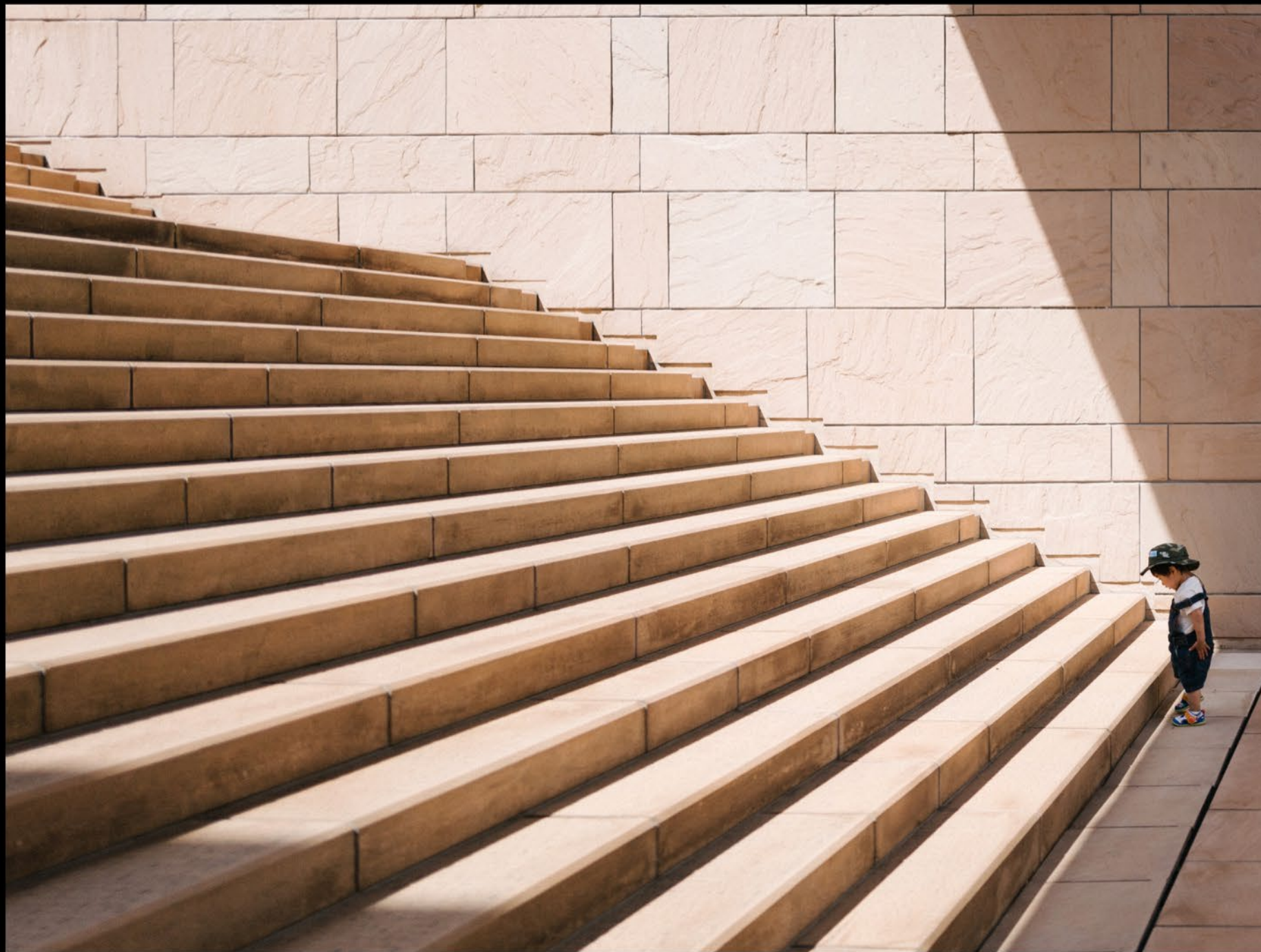
Thursday, May 1, (Student Preview) 8:00 pm
Friday, May 2, 8:00 pm
Saturday, May 3, 8:00 pm
Friday, May 9 8:00 pm
Saturday, May 10, 8:00 pm
Sunday, May 11, 2:00 pm
Eastvold Auditorium

Suey Johnson and Danforth Carraro in "Gardelski"











6. Gratitude

Today is a once in a
lifetime moment



“The grass isn’t greener on the other side.
The grass is greener where you water it.”



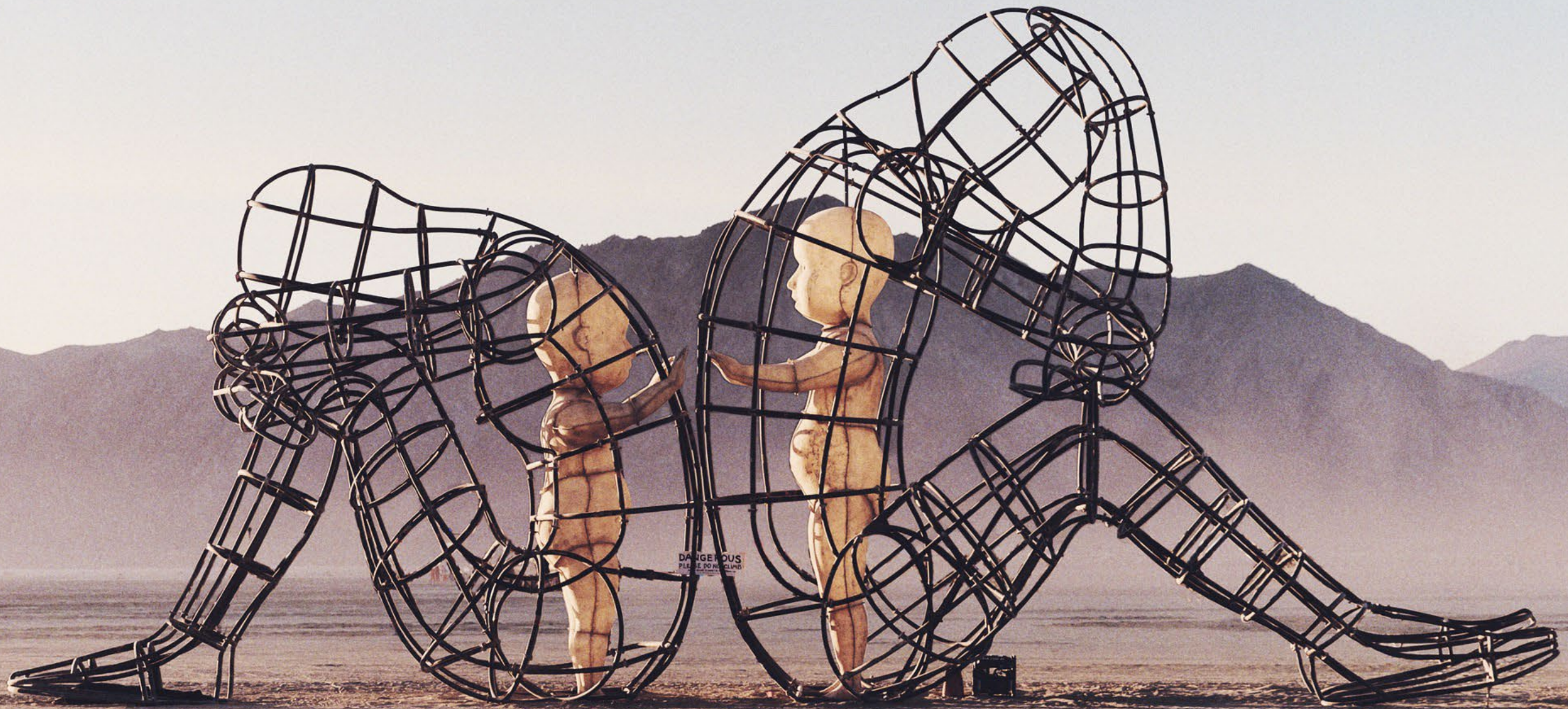
Neil Barringham



THE 4 STEP PROCESS

7. Purpose

Do I, the life I live, the work I do - matter?







In Conclusion:

1. Practice Self Care (exercise)
2. Value Relationships
3. Practice Flow
4. Live Life Everyday
5. Embrace Failure
6. Gratitude
7. Purpose

*****NEVER be ashamed to ask for help.**

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