On a Wing & a Prayer: Surviving & Thriving in the Midst of Chaos

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Half-listening to Conference Talks

In Depth

O RLY?

@ThePracticalDev
LET'S GET WARMED UP.

Don't be scared.
This gave me a new PERSPECTIVE.
What’s your PERSPECTIVE?
"You rarely have time for everything you want in this life, so you need to make choices. And hopefully your choices can come from a deep sense of who you are."

Mr. Rogers
If you don't know where you are going, any road will get you there.

Lewis Carroll
FORMAT OF THE PAPERS

Abstract
A short abstract should be included below section 1. The abstract
paragraph must be numbered 1 and should be located at the bottom of the
page. The abstract should be include the title of the paper. The title should
be limited to 150 words.

Introduction
The text area of the paper must be limited to 12 cm wide and 19 cm
deep, including all figures and tables. The margins of the page must be
as follows:

- top margin: 5.5 cm
- bottom margin: 2 cm
- left margin: 4.5 cm
- right margin: 5 cm

The pages must be numbered. The title of the paper, authors' names,
and affiliations should be centered.

1. The title of the paper
The normal text of the paper must be 10 pt. The title of paper, authors,
and affiliations must be in 16, 14, and 12 pt respectively, bold.

1. Mathematical equations
Mathematical equations within the text should be written in separate
sections, numbered consecutively, and centered within a rounded box on
the right side. They should be centered in the page.

\[ f(x) = ax^2 + bx + c \]
Feel peace in the knowledge that YOU ARE ENOUGH.
GOING DIGITAL IS THE BEST THING EVER.
SOMETIMES I LONG FOR LESS DIGITAL.
Magic of digital
Do you use technology?

OR DOES IT USE YOU?
Balanced Approach to Technology

1. Consider being unavailable for some time every day.
2. One touch rule — do it, delegate it or delete it.
3. Think carefully about “alarms” in your life. Tweak.
   - FEWER — Email alerts, text alerts, Facebook message alerts
   - MORE — Meeting reminders, call your kid, forming habits
4. Don’t ALWAYS use phone to “kill time.” Look up. Let your brain wander.
PRACTICE BEING STILL.
ESSENCE
Remedial breathing app
INSIGHT TIMER

6,500 free meditations
Deep Work (or Play)

1. Set a timer for one hour.
2. Put an appointment in your calendar — tell people, especially loved ones, that you’re “doing an hour.” (Nobody will respect this time unless you do first.)
3. During that time, turn off ringer, phone down, airplane mode.
4. At the end of the hour, take a break.
5. Repeat as needed. If you can’t do as much as planned, what do you do the next day?
6. Plan less.
Email is OUT OF CONTROL.
Rollup for 1/14/2016
All subscription emails received on Thursday, January 14, 2016

LOFT from loft.com
January's Color of the Month is...

Overstock from overstock.com
LAST DAY: Our White Sale is Coming to a Close! Get Free...
Send Laurie amount to deduct for each employee’s healthcare

Last Updated
6 minutes ago

Edit the description

Add
- Members
- Labels
- Checklist
- Due Date
- Attachment

Add Comment
Write a comment...

Save Comment

Activity
Kendra Wright moved this card from On Deck to Today 6 minutes ago
Kendra Wright added this card to On Deck 2 hours ago
Today

Claudine Davis from NC State Fair - Ask about going to see her when I'm in Charlotte (before I book my plane ticket)

Diana in Miami - set up meeting

Email Portland girls about NW trip
INTERESTING TECHNOLOGY USES
Weather Photos

Browse and comment on shared weather photos from the MyRadar map. And don't forget to take and upload your own photos.
@houstonpolice my sister lives on sulphur 77034. She is on her roof with 3 kids please send help!!!!!
Seth family,
Everyone should be so lucky to have a family like yours in their lives, and we are so grateful that we actually get to have you in ours! Every party is more fun with you there, and you create more fun than anyone we know! The Holi celebration was amazing, and we look forward to many more memories in the years to come.
Love, The Wrights
Perspective helps you set the RIGHT GOALS.
WHAT MAKES A GOOD GOAL?

1. Makes you happy
2. Brings you peace
3. Is measurable
4. Include “other-focused”
FEEL HAPPY.
Don’t check email.
Think carefully about social.

Practice gratitude.

Move.
Nathan K Smith with Jennifer Smith.
July 14 at 8:49pm - 🌅
I'M JEALOUS OF MY OWN FACEBOOK LIFE.
Our little magician!!
PRACTICE GRATITUDE.
5 MINUTE JOURNAL
Scan for Good & Remember It
MOVE.
START WORKOUT

JUMPING JACKS

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LOST A HEART

REMINDER

EVERY DAY

REMINDER

TIME 07:00

TEXT It's workout time!

WHEN I'M LAZY

REMINDER

TIME 20:00

TEXT Got 7 minutes?

"When I'm lazy" only reminds you if you haven't worked out that day.
FEEL PEACE.
Live your PRIORITIES
How could you feel more PEACE?
BE MEASURABLE.
Leave no doubt whether you **MET YOUR GOAL.**
FOCUS ON OTHERS.
WHAT STIRS YOUR HEART?
WORK ROCKS

1. Every 90 days, set Organizational Rocks.
2. Brainstorm ideas to move the needle and bring happiness.
3. Keep, kill and combine to get to 3-7 Organization Rocks.
4. Assign Rocks, then all come up with rocks so each person has 3-5.
5. Share Rocks with everyone.
6. Report weekly on Rocks — On Track or Off Track.
7. Only Off Track Rocks get discussed.
PERSONAL ROCKS

1. Don’t worry about finishing; worry about starting!
   • Break them into action items.

2. Don’t put them on your to do list.
   • Put priorities on your calendar!

3. If you miss an “appointment,” Reschedule!
Leap
and the net will appear
—zen saying
THANK YOU.
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