

INDEX

A

Adams, John, **88**

Adams, John Quincy, **62**

Adams, Sean, **37**

AdamsMorioka, **37**

Advice:

advisory boards and, **88–92**

on collaboration, **33**

importance of listening to, **6–8**

paying it forward, **73–75**

Advisory boards, **88–92**

guidelines for, **90–91**

importance of, **88–92**

in personal development, **89–90**

quarterly updates for, **89, 90–91**

selecting, **88–90**

Africa, **78–79, 105–106, 122–125**

Ambition, evaluating sources of, **10–12**

Annual check-ins, **17–18, 95**

Antisocial campaign, **21–23**. *See also*

Unplugging

antisocial rallies in, **23**

monthly reviews, **15, 16–17, 119**

yearly check-ins, **17–18, 95**

Apologies, **144**

Assumptions, problems of, **6**

Attitude:

commitment to empowering, **79–80**

focus on strengths and, **134**

importance of, **78–79, 149**

of lifelong student, **84–85**

passion in work and, **59, 60**

in path to leadership, **94–96**

toward mistakes, **95, 139**

Attracting other work, as decision-making
criterion, **37, 38–39**

B

Balance, **3, 138–140**

aspects of, **139**

in interactive reading style, **138–139**

priorities in, **139–140**

as state of mind, **138**

Being present, unplugging and, **17–18, 21–23**

Blogs, **83, 84, 129–130**

Body language, **124**

Bridge-burning incidents, **142–145**

apologies in, **144**

career paths and, **74, 94–95, 142–143**

speaking up, **142**

taking the high road, **143–144, 145**

tips for handling, **145**

C

Career days, **75**

Career paths:

bridge-burning incidents and, **74, 94–95,**

142–143

cause collaboration and, **31, 32–33**

as life adventure, **94–95**

in Life Kerning process, **2–3**

overlapping, **74, 142–143**

time-outs in, **11–12, 14–18**

Cause collaboration, **31, 32–33**

Cell phones:
evolving skills in, **82**
expressing thanks with, **99–100, 101**
unplugging from, **22, 23**

Change:
focus on strengths and, **133–136**
“grass-is-always-greener” complex, **111–112**
helping others, **104–107**
importance of evolving, **82–85**
in Life Kerning process, **2–3**
marriage and, **15**
as ongoing process, **133**
signs of, **96**

Character:
leadership and, **62, 64**
nature of, **62**

Choose Your Own Adventure series, **138–139**

Churchill, Winston, **60**

Coaching styles, **63–64**

Collaboration. *See also* Helping others
advice on, **33**
advisory boards in, **88–92**
in causes and nonprofit projects, **31, 32–33**
in couples’ retreats, **15–16, 18**
learning from others in, **31–33, 112**
in teamwork, **30–33**
in work assignments, **32–33**

Collections, **68–70**

Colors, in work ecosystem, **43**

Comics, **68–69, 70**

Commitment:
to collaboration, **33**
to empowering attitude, **79–80**

Communication. *See also* Feedback
language skills in, **84–85**
personal names in, **122–125**
visual approach to, **11, 99–101**

Community. *See also* Helping others
collaboration in, **30–33**
teamwork in, **6–8, 15–16, 18, 30–33**

Conferences, **32, 37, 83, 84, 130**

Coolness, **11**

Corporate culture, **43**

Couples’ retreats, **15–16, 18**

Culture, **118–119**

D

Decision-making, **36–40**
attracting other work, **37, 38–39**
criteria for work-related, **36–39, 40**
personal, **37**
saying no, **39–40**

Dreams:
childhood, **3**
in couples’ retreats, **15–16, 18**
time-outs and, **14–15, 18**
in yearly check-ins, **18**

E

Ecosystems, **42–44**
components of, **42–43**
creating, **149**
teamwork and, **44**

E-mail. *See also* Social media
handwritten letters versus, **22**

Empowering attitude, **79–80**

Entry-level workers, **75**

E-readers, **83**

Evolving:
attitude, **84–85**
fear versus, **84–85**
importance of, **82–85**
intentional approach to, **82–83**
key areas for, **83, 84–85**

planning time for, **83–84**
 reading in, **83–84, 88**

Eye contact, **124**

F

Facebook, **21, 22, 53**

Failure, attitude toward, **95, 139**

Fame, allure of, **110**

Fear:

evolving versus, **84–85**
 of public speaking, **135**

Feedback:

from advisory board, **88–92**
 in bridge-burning incidents, **144**
 on decision-making criteria, **40**
 gratitude as, **98–101**
 in job interviews, **72–74**
 lack of interest in, **6**
 leadership and, **65**
 from mentors, **73–75, 88–92**
 from others, **6–8, 65**
 on work ecosystem, **44**

Film festivals, **83**

Fun:

after couples' retreats, **16**
 as decision-making criterion, **37, 38**
 personal projects and, **129**
 in space creation, **16, 17**
 work ecosystem and, **43, 44**

Future, life retreats and, **16**

G

Goals:

in careers, **139**
 in collaboration, **33**
 finding something to believe in, **115–116**
 helping others, **105**
 leadership and, **64–65, 94–95**
 life retreats and, **16**

in monthly reviews, **15, 16–17, 119**
 of networking, **52–53**

personal desires and, **10–12**
 in work ecosystems, **42–43**

"Grass-is-always-greener" complex, **111–112**

Gratitude, **98–101**

Growing:

attitude, **84–85**
 fear versus, **84–85**
 importance of, **82–85**
 intentional approach to, **82–83**
 key areas for, **83, 84–85**
 planning time for, **83–84**
 reading in, **83–84, 88**

H

Happiness, **79, 80**. See also Passion in work

personal projects and, **128–130**
 status symbols and, **11, 110–112**
 use of personal names and, **122–125**
 work ecosystem and, **44**

Helping others:

change and, **104–107**
 in leadership, **62–63, 104–107**
 methods of, **106–107**
 in networking, **53, 55, 75**
 paying it forward, **72–75**
 in realigning the soul, **104**
 in self-renewal, **104**
 volunteer work in, **31, 32–33, 105–106**

Hobbies, **68–70, 128–130, 139**

Honesty:

of advisory board members, **88–92**
 in delivering feedback, **7, 72–74**
 in focus on strengths, **133**
 in leadership, **63**
 in listening to others, **6–8**
 naked transparency in, **10–12**
 in networking process, **52, 53–55**

about personal desires, **10–12, 149**
in responding to feedback from others, **8**
tough love in, **90, 144**
truth versus manipulation, **133–134**

I

Inspiration, teachers as source of, **98–99**
Interests, **68–70, 128–130, 139**
Internships, **75**
Interviews. *See* Job interviews

J

Job interviews, **46–48**
 asking questions in, **46–48**
 feedback in, **72–74**
 salary negotiations in, **46–48**
Journaling:
 in monthly reviews, **15, 16–17, 119**
 to-do lists and, **27–28**
 in yearly check-ins, **17–18, 95**
Joy. *See* Happiness

K

Kennedy, John F., **88**
Kerning. *See also* Life Kerning; Space creation
 in typography, **2, 14**

L

Language skills, **84–85**
Laptops, unplugging from, **22, 23**
Leadership, **62–65**
 advisory boards and, **88–92**
 character and, **62, 64**
 criteria for leaders, **63, 65**
 defining, **62**
 feedback and, **65**
 forms of, **62–63**
 goals and, **64–65, 94–95**
 helping others in, **62–63, 104–107**

path to, **94–96**
positive attitude in, **78–80**
reading about, **88**
self-assessment for, **62**
styles of, **63–64**
teamwork and, **64–65**

Learning:
 in collaboration process, **31–33, 112**
 “grass-is-always-greener” complex and,
 111–112

Legos, **135–136**

Letters:
 in expressing thanks, **100, 101**
 handwritten, versus e-mail, **22**

Life Kerning. *See also* Space creation
 graphic design kerning versus, **2, 14**
 helping others in, **53, 55**
 lack of rules for, **148–149**
 nature of, **2–3**
 to-do lists in, **27–28**

Life retreats, **15–16, 18**

Lincoln, Abraham, **88**

LinkedIn, **53**

Listening to others:
 focus on strengths and, **135**
 importance of, **6–8**
 learning from others in, **31–33**
 in networking, **53, 55**

Lists:
 for couples’ retreat, **18**
 for handling bridge-burning incidents, **145**
 in monthly reviews, **16**
 of potential advisors, **88–90**
 power of, **26–27**
 to-do, **26–28**

Location, as status symbol, **110–112**

Lottery winnings, **12, 58**

Loving what you do. *See* Passion in work

M

Manipulation, honesty versus, **133–134**

Marks, Terry, **33**

Marriage:

couples' retreats and, **15–16, 18**

life changes with, **15**

McCloud, Scott, **68–69**

Mentors:

on advisory boards, **88–92**

feedback from, **73–75, 88–92**

school teachers as, **98–101**

Mission:

resonating with company, **59**

in work ecosystems, **42–43**

Mistakes:

attitude toward, **95, 139**

repeating, **36**

Monthly reviews, **15, 16–17, 119**

Morioka, Noreen, **37**

Motivation:

analyzing personal motivators, **10–12**

leadership and, **64–65**

Music, **16, 44, 83**

N

Names, importance of, **122–125**

Nerdishness, **68–70**

Networking, **52–55**

advisory boards and, **90**

as creating a link in the "love chain," **54–55**

evolving through, **83**

goal of, **52–53**

helping others in, **53, 55, 75**

honesty in, **52, 53–55**

importance of, **52**

listening in, **53, 55**

social media in, **30–31, 53–54, 84**

No-device zones, **22, 23**

Notebooks, for to-do lists, **27–28**

O

Overachievement, **11–12, 139–140**

Overconfidence, dangers of, **6–8, 10, 72–74**

P

Passion in work, **58–60**

appreciating, **106**

attitude in, **59, 60**

discovering, **69**

employer and, **110–112**

evaluating work for, **59, 60**

finding something to believe in, **115–116**

focus on strengths and, **134**

helping others and, **72–75, 104–107**

honesty about personal desires, **10–12, 149**

importance of, **111, 112**

location and, **110–112**

personal interests and, **68–70, 128–130, 139**

self-assessment in, **59–60**

Path to leadership, **94–96**

Paying it forward, **72–75**

Personal development:

advisory boards and, **89–90**

focus on strengths in, **133–136**

interests in, **68–70, 128–130, 139**

reading in, **83–84, 88**

Personal names, **122–125**

Personal objects, in work ecosystems, **43–44**

Personal projects, **128–130**

Perspective:

in bridge-burning incidents, **143–144, 145**

finding something to believe in, **115–116**

importance of others', **8**

on networking process, **54**

from personal interest, **68–70, 128–130**

from travel, **78–79, 105–106, 118–119,**

122–125

Podcasts, **83**

Pride, dangers of, **6–8, 10, 72–74**

Priorities, **139–140**
Professional organizations, paying it forward, **75**
Profitability, as decision-making criterion, **37, 38**
Public speaking, **74, 135**
Purpose:
 finding something to believe in, **115–116**
 in space creation process, **14–15**
 in work ecosystems, **42–43**
Purposeful time, **14–15**

Q

Questions, **46–50**
 for assessing leadership, **63**
 in decision-making, **36–39**
 importance of asking, **48**
 during job interviews, **46–48**
 passion in work and, **60**
 regrets concerning, **48–49**

R

Reading:
 Choose Your Own Adventure series, **138–139**
 interactive style of, **138–139**
 about leadership, **88**
 in process of evolving, **83–84, 88**
Reagan, Ronald, **88**
Reciprocity, of advisory boards, **87, 90**
Reflection:
 in couples' retreats, **15–16, 18**
 in monthly reviews, **15, 16–17, 119**
 in to-do lists, **26–28**
 in yearly check-ins, **17–18, 95**
Relaxation, **118–119**
Roosevelt, Teddy, **88**
Rumors, **143–144**

S

Salary negotiations, **46–48**

Self-assessment:
 for leadership, **62**
 in loving what you do, **59–60**
 in monthly reviews, **15, 16–17, 119**
 of personal interests, **68–70**
 of sources of personal ambition, **10–12**
Self-renewal, **104**

Seminars, **83**

Size of company, as status symbol, **110**

Smartphones, **83**

Social interaction:

 personal names and, **122–125**
 social media versus, **21, 124**

Social media, **21–23**

 connecting through, **30–31, 53–54**
 evolving skills in, **82, 84**
 in networking, **30–31, 53–54, 84**
 social interaction versus, **21, 124**
 time wasted on, **21–22**

Soul:

 helping others in realigning, **104**
 personal desires and, **10–12**
 personal projects in nourishing, **128–129**

Space creation, **14–18**

 as habit, **14**
 life retreats with partner, **15–16, 18**
 monthly reviews in, **15, 16–17, 119**
 purposeful, **14–15**
 scheduling time for, **17, 22**
 thoughts on, **17**
 yearly check-ins in, **17–18, 95**

Star Wars, **68, 70**

Status symbols, **11, 110–112**

Storytelling, **68–69**

Strengths, focus on, **133–136**

 assessing personal desires, **10–12**
 passions and, **134**

 truth versus manipulation and, **133–134**

Success. *See also* Passion in work
allure of, **110**
analyzing personal motivators, **10–12**

T

Tablets, unplugging from, **22, 23**

Teachers:

expressing gratitude toward, **99–101**
as mentors, **98–101**

Teamwork, **30–33**. *See also* Helping others
advisory boards and, **88–92**
collaboration in, **30–33**
elements of work ecosystem and, **44**
leadership and, **64–65**
life retreats with partner, **15–16, 18**
listening to others in, **6–8**

Technology. *See also* Social media

evolving skills in, **82–85**
to improve efficiency, **22**
no-device zones, **22, 23**
unplugging from, **17–18, 21–23**

Telephone calls, in expressing thanks, **99–100, 101**

Thanking others, **98–101**

Time-outs, **11–12, 14–18**

couples' retreats, **15–16, 18**
monthly reviews, **15, 16–17, 119**
travel and, **78–79, 105–106, 118–119, 122–125**
yearly check-ins, **17–18, 95**

TMarks Design, **33**

To-do lists, **26–28**

in Life Kerning, **27–28**
notebook for, **27–28**
power of, **26–27**
therapeutic qualities of, **27**

Tough love, **90, 144**

Transparency, **10–12**

Travel, **14–16**

new perspectives from, **78–79, 105–106, 118–119, 122–125**

unplugging in, **118–119**

Truman, Harry, **88**

Trust, in collaboration, **33**

Twitter, **53, 84**

Typography, kerning in, **2, 14**

U

Understanding Comics (McCloud), **68–69**

Unplugging, **21–23**

being present, **17–18, 21–23**
in couples' retreats, **15–16, 18**
daily, **22**

importance of, **118–119**
in monthly reviews, **15, 16–17, 119**
no-device zones, **22, 23**
saving time by, **21–22, 23**
scheduling time for, **17, 22**
travel in, **118–119**
during yearly check-ins, **17–18, 95**

V

Vacations, **14–15, 118–119**

Visual approach, to communication, **11, 99–101**

Volunteer work, **31, 32–33, 105–106**

W

Weaknesses. *See also* Feedback

admitting personal, **10, 11**

Workaholic lifestyles, **11–12, 139–140**

Y

Yearly check-ins, **17–18, 95**