

Happy and Successful...

.....

Are You?

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AACE International

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- Ph.D. in civil engineering, specialized in Construction Project Management. Settled in Tampa, Florida, USA.
- Over 26 years diversified experience; academic and industrial
- Extensive experience in continuing education and professional training internationally
- Author of two books:
 - **Construction Project Scheduling and Control**
 - **How to Estimate with Means Data: Basic Skills for Building Construction**
 - **Plus many articles**
- An advocate of holistic healthy living. Enjoys multi-cultural environment and learning new cultures and languages
- Something You Don't Know About Me: I am crazy about basketball!



Are you happy in your life?



- Happiness is:
 1. The quality or state of being happy.
 2. Good fortune; pleasure; contentment; joy.

Source: Dictionary.com

3. A state of well-being and contentment
4. A pleasurable or satisfying experience

Merriam-Webster online dictionary

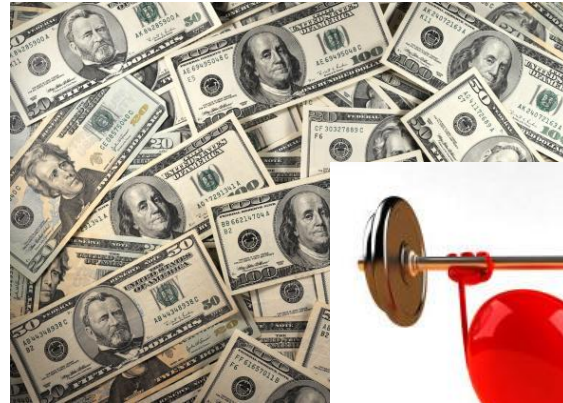
- Do you have any other definition?



What makes us feel happier?



1. Accumulating wealth?
 - **More wealth → more happiness? Linear? No limit?**
2. Being in good health?
3. Having good relationship with others?
4. Position / prestige / fame?





5. Making others happy?
 - **Money can buy you happiness, as long as you give some of the money away, or use it for an experience rather than buying a product. (Dunn and colleagues, 2008)**
6. Other factors?
 - Combination? Priority?





the HAPPINESS HIERARCHY

ABRAHAM MASLOW THOUGHT
THAT HAPPINESS DEPENDS ON A
SET OF NEEDS. HE LISTED THEM
IN ORDER OF PRIORITY, RESULTING
IN THIS PYRAMID.





Lasting Effect

People often fail to accurately predict the economic benefits of experiential purchases compared with material ones, according to one study.

Did you feel your money will be/was well spent?

(1 = not at all; 7 = very much)



Source: The Journal of Positive Psychology

The Wall Street Journal

What Influences Our Happiness?



- Individual's attributes / circumstances:
 - Age, gender, race/religion, social status
 - Family: immediate and broad
 - Community / country / world
- Security, wealth, health (physical and mental)
 - Work conditions
- Past events and future expectations
- Achievement of goals
- Personal freedom
- Personal attitude
- Other

What Influences Our Happiness?



- All these factors can be categorized under:
 - A. Uncontrollable factors**
 - B. Controllable factors**
- So... work on what?
 - **The 10/90 rule**
 - *Do not let what you cannot do interfere with what you can do (John Wooden)*
- There may be a grey area: Some factors that you think are out of your control, you can do something about them!
 - **This is how societal change starts!**



- Philosophy or religion
- Contentment and ambition
- Positive or negative personality
 - **Reacting to situations**
 - **Emotional intelligence**
- Optimism, reality, and pessimism





- Do you know that:
 - **Attitude may be contagious?**
 - **While attitude is not an “action”, it can be the basis for actions!**
 - **Your white blood cells (your immune system) read your attitude and act accordingly?**
 - **It is okay to be down occasionally but we should never stay down!**



Happiness is...



- Not faked
- Not absolute
- Not a temporary pleasure
- Not in one area of our lives at the expense of other areas
- Not something achieved by taking something away from others
- May fluctuate or change with the change of factors...









Are you successful?



- Success is:
 - 1. The achievement of something desired, planned, or attempted**
 - a. The gaining of fame or prosperity
 - b. The extent of such gain
 - 2. The accomplishment of an aim or purpose**

(mixture of online definitions)
- **Do you have your own definition?**



- Many factors and many opinions...
 - Time, Energy, Knowledge, Confidence, Taking Action (Jamie Cunningham)
 - Again; some are under our control and others are not
 - But we are sure that:
 - Success is not random and does not happen by luck
 - It needs, among other things, a strong will and self-discipline
 - It is more likely if you work on what you love!
 - It has been said that necessity is the mother of invention... but passion must be the father!

According to one opinion....



Successful people

1. Embrace change
2. Talk about ideas
3. Accept responsibility for their failures
4. Give others all the credit for their victories
5. Want others to succeed
6. Continuously learn

Unsuccessful people

1. Fear change
2. Talk about people
3. Blame others for their failures
4. Take all the credit from others for their victories
5. Secretly hope others fail
6. Fly by the seat of their pants



- Success can be seen from different perspectives
- Measuring success needs a well-defined objective / goal
 - **If you don't know where you are going... then all roads take you there!**
- Success is not a 0% or 100%. It is on a varying scale in between 0% and 100%.
 - **It is also absolute or relative!**
- Sometimes we do a “wrong reading” to success by overlooking the long term effects!



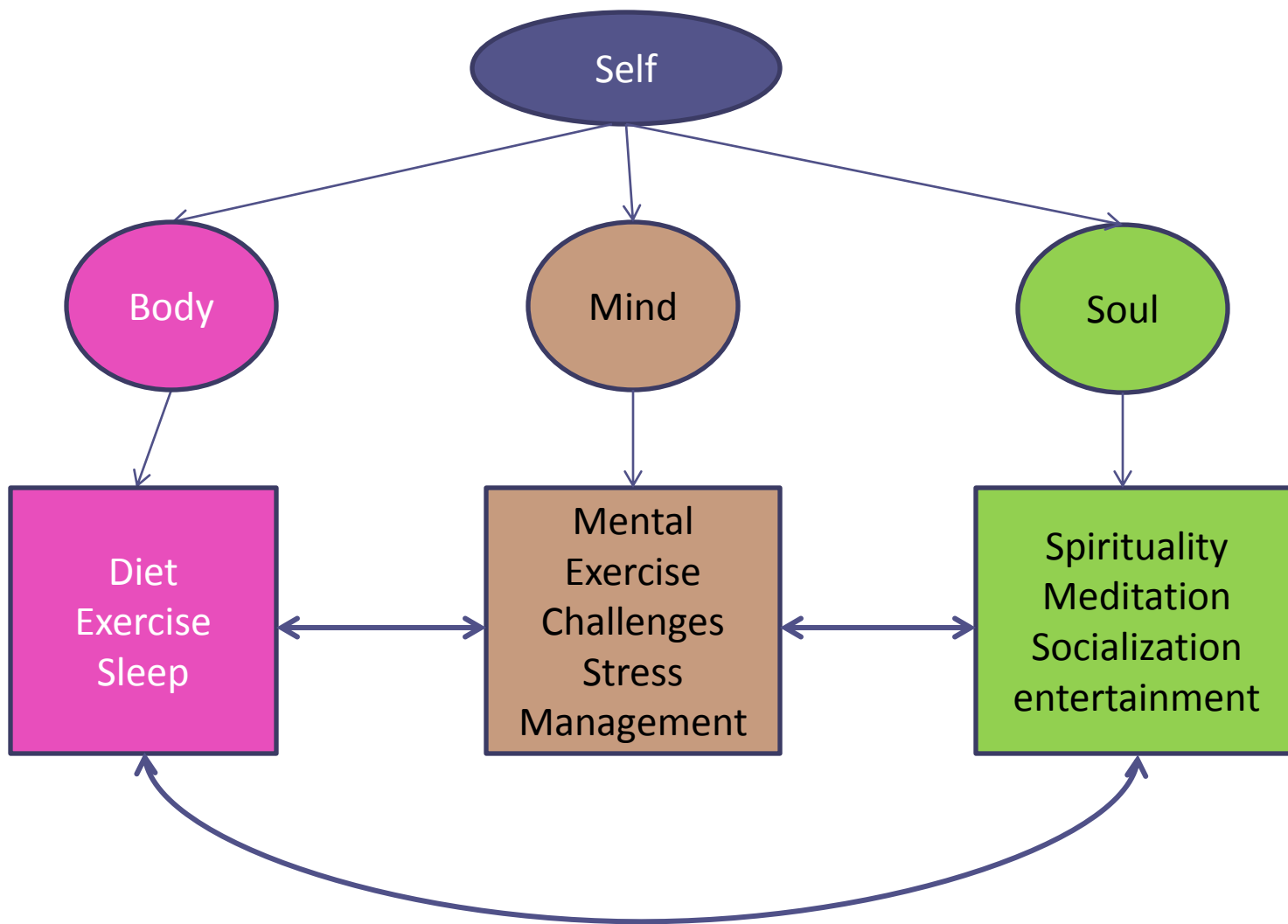
- Life is a combination of programs, projects, and tasks
- Most of our failures come from:
 - **Not knowing what exactly we want**
 - **Failure to estimate required resources including time and money**
 - **Failure to plan**
 - **Failure to perform “project monitor / control” while executing**
 - **Lack of energy / self-discipline**
- Note that all these factors are under OUR control!



1. **Set** / define your goal
 - Define constraints
 2. Create a **Plan** to achieve goal
 - Estimate time, budget, and other resources
 - “Wish list” versus “Can list”
 3. Periodically **Monitor**
 - Analyze any variances
 - Make corrective actions whenever needed
 - Modify goal if necessary
- Lessons learned



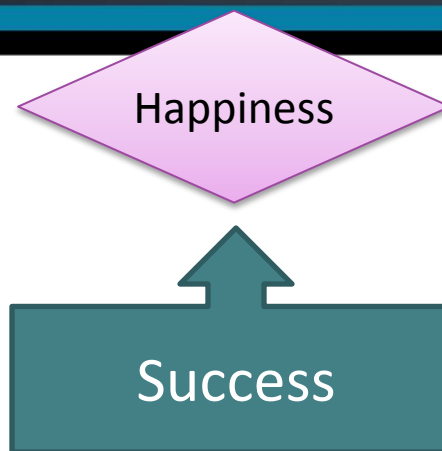
- The decision making process
 - **Delegation of authority**
- Baselines
- Contingency
- The critical path...
- Risk management
 - **Always have plan B (and perhaps plan C) ready!**
- If it's not written... it's forgotten!
- Canceling a project?
 - **The Sunk Cost!**





- When your excessive focus on an area makes you lose sight of other areas
 - But it's temporary! (the moving target)
 - What's wrong in these pictures?





Ingenuity /
Creativity /
Distinction

Set Goals
Make Plans
Execute

Good Physical,
Mental, & Spiritual
Health

Follow Your Passion

Life
Balance

Strong Will /
Discipline

Ambition with
Contentment

Realistic
Optimism

Positive
Attitude



- Pick your battles
- The principle of charges and credits
- The pickier you are, the less happy you'll be!
- The “110% rule”
- Change is inevitable... so do it willingly!
- Enjoy the journey, not just the destination!
- While you can't change the past, you can definitely influence the future!



- While there is a great deal opinions, follow what makes sense to you and:
 - **Always check your performance and life quality:**
 - Am I getting more productive?
 - Am I happier?
 - Am I more successful?
 - Is my life quality better? (under circumstances)
 - **And don't lose your moral compass**



- <https://www.youtube.com/watch?v=UF8uR6Z6KLc>
- Things learned from the experience:
 1. **No one is indispensable, no one is above the rules**
 2. **It may be painful but you have to be positive: Stand up, continue, and look forward**
 3. **You don't know what God is preparing for you!**
- Steve Job's character in that situation:
 1. **Dedicated**
 2. **Perseverant**
 3. **Positive**
 4. **Innovative and genius**

QUESTIONS/COMMENTS? (PLEASE USE MICROPHONE)



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