

Welcome to the Year Two Meeting

March 21, 2024



AgBiz Masters 
A Learning Series for Young & Beginning Farmers

Agenda for Today

- Perspective from a Lender Q & A with Amy Rowe
- Road Map to Success - Attaining Your Personal Best One Step At A Time with Dr. Williams
- Course wrap up



Perspective from a Lender Q&A

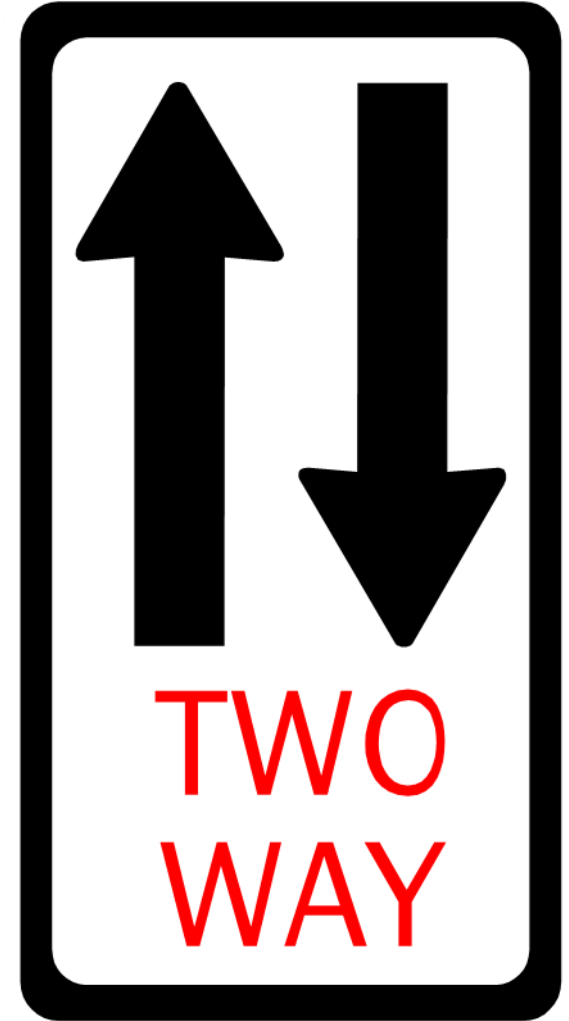
Amy Rowe, Executive Ag Relationship Manager



AgBiz Masters 
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A two-lane road

- The borrower-lender relationship is a two-lane road, and both parties have the same goal. Both want to ensure the long-term viability of your business and have high expectations for one another



Four tips for beginning farmers

LET'S
GET
STARTED

- Learn: Look for opportunities to build your business and financial management skills
- Build your balance sheet
 - And strengthen it!



Four tips for beginning farmers

LET'S
GET
STARTED

- Create your business plan and budget
- Keep good records so you know how your business performs



Q & A



Thank you!

Amy Rowe

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Road Map to Success - Attaining Your Personal Best One Step At A Time

Dr. Williams



AgBiz Masters 
A Learning Series for Young & Beginning Farmers



4Ms[®] Fixing Things RoadMap

Nathaniel J. Williams, LSW, DSW, Ed.D., MBA, MPA, MHS
President/CEO and Founder
 LifeKnow, Inc.

Presented to:



March 21, 2024

THE NAVIGATOR OF LIFE™

NAVIGATOR'S
PLEDGE

Be Grateful

Today is here; make the most of it.

Be Aware

Learn as much as you can
about the much you do not know.

Be Appreciative

Everybody, every place
and everything has value.

Be Happy

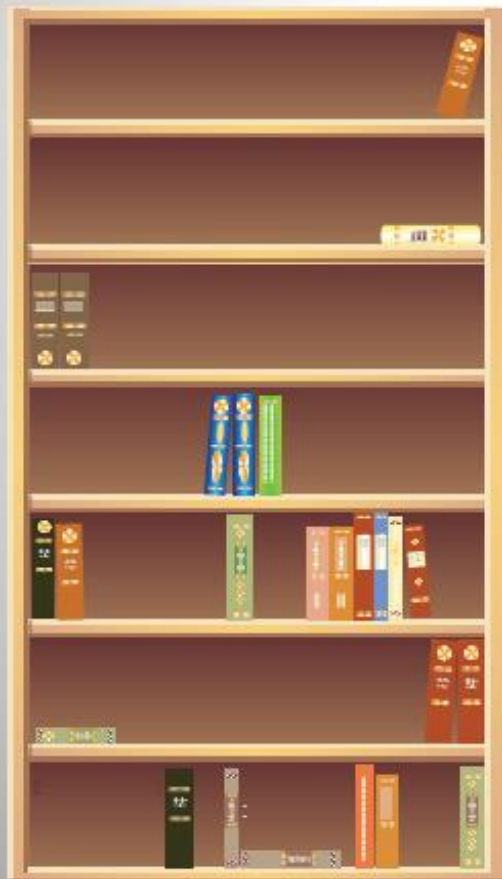
Find the beauty in the people,
places, and things you experience
every day and celebrate it.

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LifeKnow®

Attaining Your Life's Best Through Knowledge!

The Library of the Known



The Library of the Unknown

6 Questions Who? What? When? Where? Why? How?



New People, Places and Things

Change Happens Because...



**Wounded
Enough**
(hurt) - Have to



**Realized
Enough**
(seen) - Inspired to



**Educated
Enough**
(know) - Want to



**Received
Enough**
(empowered) - Able to

LifeKnow®

Attaining Your Life's Best Through Knowledge!



Settle Your *Spirit*

Arrest your challenging thoughts,
feelings, and behaviors

LifeKnow[®]

Attaining Your Life's Best Through Knowledge!

Spectrum of Your Spirit — Where Are You?



Capable



Confident



Settled

—



Timid



Intimidated



Scared

LifeKnow[®]

Attaining Your Life's Best Through Knowledge!

Spectrum of Your Spirit — Where Are You?



Capable



Confident



Settled

—



Timid



Intimidated



Scared

There is always a good solution

What do you want to be famous for?

4Ms

Initial and Ongoing Relationship Exploration and Inventory Points

What's Your RISK Assessment?

RESPECT

RMAAC – Respect, Maturity, Aware, Authentic, Conflict Able

IMPACT

Purpose
Legacy
Famous for

STRUGGLE

Able
Avoidant

KNOWLEDGE

Learned
Need to Learn

Mapping

Where are you going?

Setting Up for Success

The Stage

- 1 Checking Your World View/Practices**
Expect Challenges
Ambiance/Environment of Fellowship
Persuasive Abilities
Rapid Response

Reflection and Inventory

- 2 History, Family Structure, and Position**

- 3 Challenging Life Event**

- 4 Challenged/Positive Traits**

- 5 Life's Purpose**

- 6 Mantra**

Mental Wellness

How are you doing?

Sentiments of Success

- 7 Settled Spirit**

- 8 In Service**

Wanting what is best for self AND others

- 9 Faith Five**

Faith Five (H2OME) - Humility, Humor, Optimism, Mindfulness, Empowerment

- 10 Effort to Engage**

Overcome the Fear
Instill the Faith

- 11 Energy to be Exceptional**

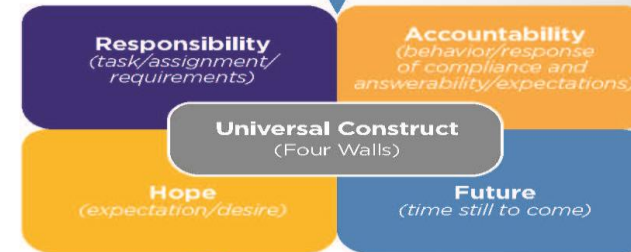
Stay The Journey – Life's a journey – not a destination
Honest/Honorable Behavior – craftfully not withholding and sharing thoughts, feelings, and expectations living to be proud of seen and unseen moments
Cleansed Heart and Mind – forgive self and others with a commitment to accept the clock of life – life is still moving

Mediation

Did you consider this?

Structure of Success

- 12 Understanding the Universal Construct (Four Walls) of People, Places, and Things**



- 13 3Cs**

Contact
Contract
Consequences

- 14 4Bs**

Brain
Bias
Belonging
Brand

- 15 8 Domains**

Personal Development	Environment
Spirituality	Recreation
Health	Financial
Education	Family/Friends

Mentorship

Who has your back?

Connections

- 16 Mentors, Stakeholders, Partners, People, Places, and Things**

Legend:

- 1-6: Setting up for Success
- 7-11: Sentiments of Success
- 12-15: Structure of Success
- 16: Connections

4Ms Fixing Things in Life Condensed Version RoadMap

RMAAC

- **RESPECT**
reverence, esteem, admiration
- **MATURE**
developed, advanced, established
- **AWARE**
mindful, responsive, alert
- **AUTHENTIC**
true, reliable, genuine
- **CONFLICT ABLE**
ready, prepared, equipped

Five Closest Friends

- **HUMILITY**
lightness of handling
- **HUMOR**
lack of arrogance
- **OPTIMISM**
positive outlook
- **MINDFULNESS**
heightened awareness
- **EMPOWERMENT**
perceived mandate

Universal Construct of People, Places, and Things

- **RESPONSIBILITY**
(task/assignment/requirements)
- **ACCOUNTABILITY**
(behavior/response of compliance and answerability/expectations)
- **HOPE**
(expectation/desire)
- **FUTURE**
(time still to come)

Whole Person

- **PERSONAL DEVELOPMENT**
become, thrive, overcome, expand
- **SPIRITUALITY**
believe
- **HEALTH**
fit, maximize, healthy
- **EDUCATION**
know, seek, acquire
- **ENVIRONMENT**
live, win, own
- **RECREATION**
enjoy, fun, relax, challenge
- **FINANCIAL**
have, give
- **FAMILY/FRIENDS**
belong, love

4Ms

- **MAPPING**
Where are you going?
- **MENTAL WELLNESS**
How are you doing?
- **MEDIATION**
Did you consider this?
- **MENTORSHIP**
Who has your back?

Navigator's Pledge

■ BE GRATEFUL

Today is here; make the most of it.

■ BE AWARE

Learn as much as you can about the roads you do not know.

■ BE APPRECIATIVE

Everything, every place and everything has value.

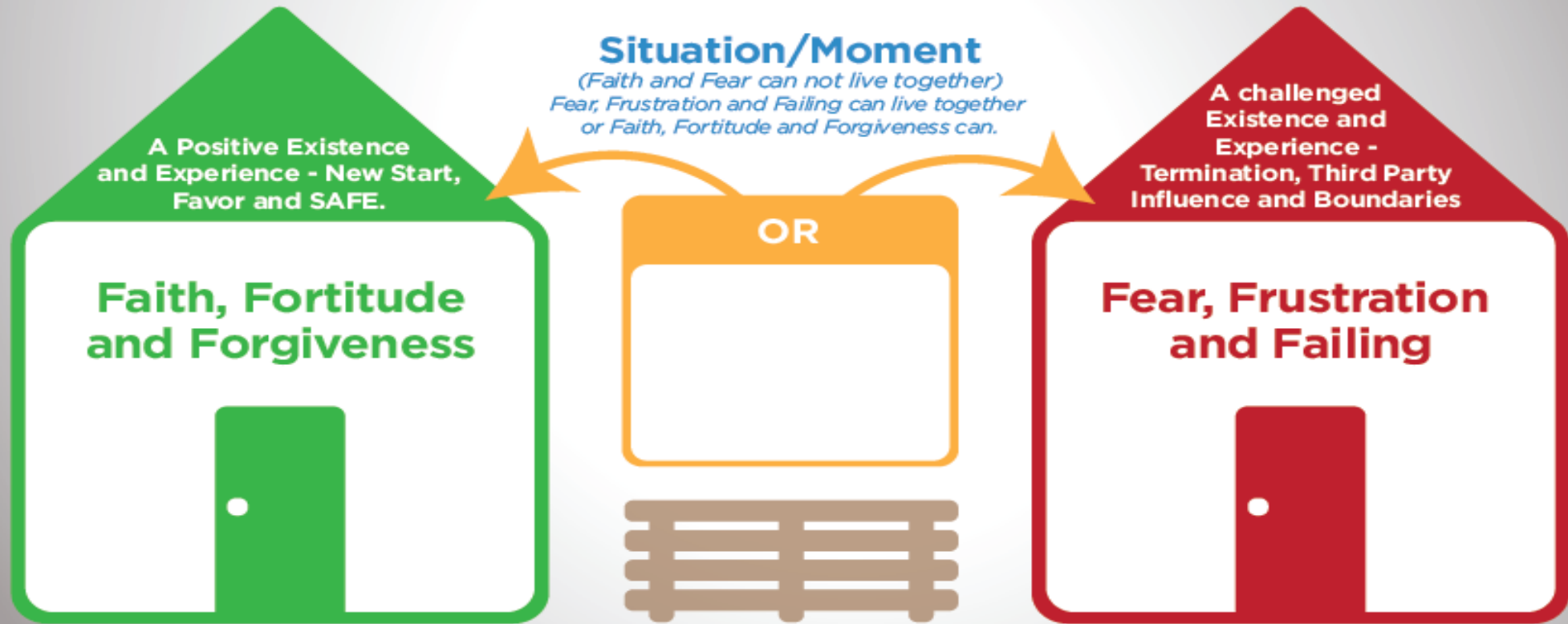
■ BE HAPPY

Find the beauty in the people, places, and things you experience every day and celebrate it.

Thoughts, Feelings, and Behaviors



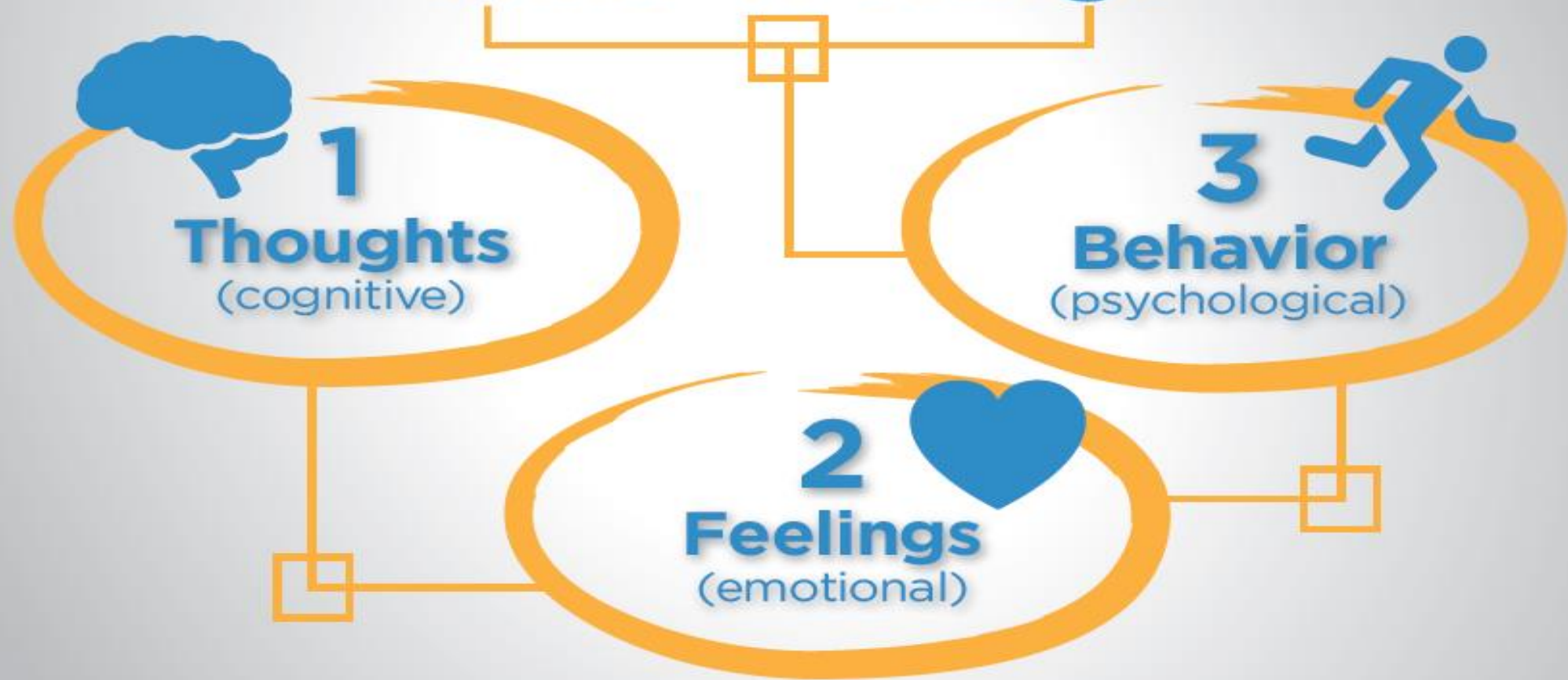
Which house do you live in? Which house are you building?



LIFE DOMAINS

Health • Spirituality • Personal Development • Finances
Environment • Education • Recreation • Family/Friends

Order of Things



Life Domain	Sample Challenging Life Events <small>(a hardship, adversity, something difficult or unpleasant that you had to endure or overcome before the age of 18)</small>			
Personal Development	<input type="checkbox"/> Major depressive episode <input type="checkbox"/> Molestation <input type="checkbox"/> Sleeping challenges <input type="checkbox"/> Failure	<input type="checkbox"/> Psychiatric disorder <input type="checkbox"/> Abuse <input type="checkbox"/> Sadness <input type="checkbox"/> Image challenges	<input type="checkbox"/> Disability <input type="checkbox"/> Trauma <input type="checkbox"/> Fear <input type="checkbox"/> Bullying	<input type="checkbox"/> Rejection/Removal <input type="checkbox"/> Neglect <input type="checkbox"/> Conflict <input type="checkbox"/> Belittled/Berated
Recreation	<input type="checkbox"/> Inability to participate <input type="checkbox"/> Injury	<input type="checkbox"/> Unsuccessful at attempt <input type="checkbox"/> Poor coaching	<input type="checkbox"/> Winning <input type="checkbox"/> Aggressive parental coaxing	<input type="checkbox"/> Losing <input type="checkbox"/> Abusive teammates
Spirituality	<input type="checkbox"/> Felt forsaken by higher power <input type="checkbox"/> Inner turmoil	<input type="checkbox"/> Abuse of Power	<input type="checkbox"/> Compelled/No choice	No awareness/information
Education	<input type="checkbox"/> Academic achievement <input type="checkbox"/> Inability to concentrate	<input type="checkbox"/> Grade progression <input type="checkbox"/> Medical condition hindrance	<input type="checkbox"/> Inadequate education <input type="checkbox"/> Fear of success	<input type="checkbox"/> Limited resources <input type="checkbox"/> Accessibility
Family/Friends	<input type="checkbox"/> Lack of parent(s) <input type="checkbox"/> Adoption <input type="checkbox"/> Betrayal <input type="checkbox"/> Caregiver Depression	<input type="checkbox"/> Birth <input type="checkbox"/> Termination of parental involvement <input type="checkbox"/> Disagreement <input type="checkbox"/> Negative contracts/support systems	<input type="checkbox"/> Death <input type="checkbox"/> Divorce/Separation <input type="checkbox"/> Disappointment <input type="checkbox"/> Caregiver/friend medical issues	<input type="checkbox"/> Teasing/Bullying <input type="checkbox"/> Strife/Infidelity <input type="checkbox"/> Domestic violence <input type="checkbox"/> Feeling of guilt/responsibility for another's health issues
Health	<input type="checkbox"/> Injury <input type="checkbox"/> Height	<input type="checkbox"/> Illness <input type="checkbox"/> Substance Abuse	<input type="checkbox"/> Health Challenge <input type="checkbox"/> Hygiene/Self-Care	<input type="checkbox"/> Weight
Environment	<input type="checkbox"/> Fire <input type="checkbox"/> Detention/Jail/Violation <input type="checkbox"/> Terrorism <input type="checkbox"/> Toxic Setting	<input type="checkbox"/> Disaster <input type="checkbox"/> Homelessness <input type="checkbox"/> Oppression <input type="checkbox"/> Lack of Equality/Favoritism	<input type="checkbox"/> Accident <input type="checkbox"/> Violence <input type="checkbox"/> Suppression <input type="checkbox"/> Prejudices	<input type="checkbox"/> Moving/Relocation <input type="checkbox"/> War/Political unrest <input type="checkbox"/> Hostile Language
Financial	<input type="checkbox"/> Poverty <input type="checkbox"/> Discrimination <input type="checkbox"/> Wasteful spending	<input type="checkbox"/> Unemployment <input type="checkbox"/> Large/Excessive Debt	<input type="checkbox"/> Theft <input type="checkbox"/> Repossession	<input type="checkbox"/> Bad Luck <input type="checkbox"/> Greed

Challenging Personality Traits

- Afraid (frightened, scared)
- Aggressive (violent, hostile)
- Aloof (remote, standoffish)
- Angry (annoyed, irritated)
- Apathetic (indifferent, uninterested)
- Arrogant (conceited, big-headed)
- Cross (irritated, angry)
- Belligerent (aggressive, argumentative)
- Boastful (big-headed, arrogant)
- Bombastic (pompous, pretentious)
- Boring (uninterested, dull)
- Domineering (bossy, dominant)
- Callous (heartless, unfeeling)
- Careless (thoughtless, uncaring)
- Caustic (corrosive, acidic)
- Cheerless (gloomy, depressing)
- Childish (juvenile, immature)
- Closed (shut, locked)
- Cold (emotionless, unfriendly)
- Combative (argumentative, confrontative)
- Complacent (satisfied, smug)
- Conceited (self-important, vain)
- Conniving (devious, scheming)
- Controlling (regulator, directing)
- Cowardly (gutless, weak)
- Cowering (cringing, recoiling)
- Cruel (punishing, harsh)
- Curt (abrupt, rude)
- Deceiving (misleading, deceptive)
- Demanding (difficult, hard)
- Dependent (reliant, hooked)
- Dishonest (lying, false)
- Disrespectful (rude, impolite)
- Distant (aloof, unfriendly)
- Emotional (expressive, sensitive)
- Egocentric (selfish, conceited)
- Envious (jealous, resentful)
- Evil (wicked, malicious)
- Exaggerated (overstated, inflated)
- Fearful (dreadful, frightful)
- Finicky (fussy, choosy)
- Flaky (whimsical, non-committal)
- Fleeting (brief, short-lived)
- Foolish (silly, unwise)
- Gloomy (low spirited, blue)
- Glutton (constant consuming)
- Greedy (materialistic, excess)
- Grumpy (irritable, cranky)
- Guarded (hyper sensitive, non-engaging)
- Gullible (naïve, susceptible)
- Harsh (punitive, strict)
- Hateful (detestable, vile)
- Haughty (arrogant, snooty)
- Hesitant (tentative, timid)
- Hostile (aggressive, unfriendly)
- Hypercritical (nit-picky, censorious)
- Immature (undeveloped, child-like)
- Impatient (annoyed, irritated)
- Impolite (rude, bad mannered)
- Impractical (unreasonable, unfeasible)
- Incompetent (inept, unskilled)
- Inconsiderate (thoughtless, unkind)
- Indecisive (wavering, hesitant)
- Indifferent (apathetic, unresponsive)
- Inflexible (stubborn, obstinate)
- Impulsive (thoughtless, imprudent)
- Insensitive (oblivious, unmoved)
- Intolerant (prejudice, narrow-minded)
- Jealous (envious, resentful)
- Judgmental (critical, negative)
- Juvenile (infantile, immature)
- Killjoy (spoilspport, misery)
- Know-It-All (smart aleck, always correct)
- Lax (careless, laid back)
- Lazy (idle, sluggish)
- Liar (deceiver, fabricator)
- Lifeless (unmoving, inert)
- Loafer (idler, slacker)
- Loud (brash, vulgar)
- Malicious (hateful, mean)
- Materialistic (money oriented, worldly)
- Mean (nasty, unkind)
- Melodramatic (exaggerated, sensational)
- Miserly (stingy, tightfisted)
- Mistrusting (doubting, suspecting)
- Moody (glum, temperamental)
- Naïve (unexperienced, inexperienced)
- Narcissistic (selfish, self-absorbed)
- Nasty (foul, offensive)
- Naughty (disobedient, ill-disciplined)
- Nervous (worried, anxious)
- Neurotic (fearful, fixated)
- Non-committal (wavering, non-allegiant)
- Nonsensical (senseless, irrational)
- Nosy (interfering, prying)
- Numb (shocked, dazed)
- Obnoxious (insufferable, intolerant)
- Obscene (lewd, indecent)
- Obsessive (compulsive, infatuated)
- Obstinate (stubborn, inflexible)
- Opinionated (dogmatic, intolerant)
- Oppressive (cruel, domineering)
- Overconfident (arrogant, brash)
- Oversensitive (touchy, thin skinned)
- Pessimistic (cynical, distrustful)
- Petty (trivial, unimportant)
- Petulant (sulky, sullen)
- Pompous (self-important, ostentatious)
- Predatory (greedy, destructive)
- Pretentious (showy, exaggerated)
- Quarrelsome (difficult, argumentative)
- Quick Tempered (hardened, toughened)
- Quirky (idiosyncratic, unusual)
- Random (haphazard, arbitrary)
- Rash (reckless, thoughtless)
- Rebellious (unruly, defiant)
- Reluctant (unwilling, hesitant)
- Resentful (offended, annoyed)
- Restless (fidgety, agitated)
- Ridiculous (absurd, outlandish)
- Rigid (stiff, inflexible)
- Rude (impolite, discourteous)
- Sadistic (brutal, vicious)
- Scattered (dispersed, strewn)
- Scornful (disrespectful, mocking)
- Secretive (mysterious, private)
- Self-centered (egocentric, egotistic)
- Selfish (self-seeking, self-interested)
- Shifty (suspicious, untrustworthy)
- Silly (trivial, meaningless)
- Sour (bitter, acerbic)
- Spendthrift (wasteful, extravagant)
- Spiteful (mean, nasty)
- Stingy (grudging, miserly)
- Stubborn (persistent, dogged)
- Superficial (shallow, artificial)
- Suspicious (doubtful, distrustful)
- Tactless (indelicate, insensitive)
- Thoughtless (inconsiderate, unkind)
- Tight (constricted, non-conforming)
- Timid (fearful, shy)
- Touchy (sensitive, impatient)
- Trivial (unimportant, inconsequential)
- Unappreciative (thankless, unmindful)
- Unbending (rigid, adamant)
- Uncaring (unfeeling, heartless)
- Uncommitted (indifferent, unattached)
- Uncooperative (unhelpful, awkward)
- Uncouth (rude, uncivilized)
- Undependable (erratic, unreliable)
- Undisciplined (wild, unruly)
- Unenthusiastic (indifferent, halfhearted)
- Unfeeling (callous, cruel)
- Unfocused (unclear, indistinct)
- Unforgiving (demanding, challenging)
- Unfriendly (unfavorable, ill-disposed)
- Ungrateful (unappreciative, thankless)
- Unhelpful (contrary, obstructive)
- Unkind (harsh, hostile)
- Unmotivated (shiftless, uninterested)
- Unreliable (untrustworthy, undependable)
- Unresponsive (indifferent, uncaring)
- Unrestrained (wild, uncontrolled)
- Unruly (disruptive, unruly)
- Unsure (hesitant, uncertain)
- Unsympathetic (unfeeling, insensitive)
- Unwilling (reluctant, averse)
- Vain (self-centered, limited value of others)
- Vengeful (unforgiving, resentful)
- Villainous (criminal, depraved)
- Vindictive (spiteful, bitter)
- Vulgar (bad-mannered, discourteous)
- Wasteful (lavish, careless)
- Weak-willed (vacillating, irresolute)
- Whimsical (quirky, fanciful)
- Wicked (mean, unappreciative)
- Wishy-washy (weak, indecisive)
- Wrathful (irate, furious)
- Xenophobic (intolerant, prejudiced)

Positive Personality Traits

- Admirable (commendable, worthy)
- Adventurous (daring, bold)
- Agreeable (friendly, pleasant)
- Amiable (agreeable, good-natured)
- Amusing (funny, witty)
- Animating (stirring, stimulating)
- Appreciative (thankful, grateful)
- Athletic (sporty, agile)
- Attentive (observant, alert)
- Authentic (true, dependable)
- Benevolent (kind, compassionate)
- Brave (courageous, valiant)
- Bright (intelligent, optimistic)
- Brilliant (smart, genius)
- Calm (peaceful, tranquil)
- Capable (talented, skilled)
- Caring (kind, thoughtful)
- Charitable (giving, helpful)
- Charming (attractive, appealing)
- Cheerful (happy, joyful)
- Clean (spotless, unsoiled)
- Clear headed (controlled, regulated)
- Clever (astute, crafty)
- Compassionate (sympathetic, empathetic)
- Considerate (understanding, caring)
- Cooperative (helpful, supportive)
- Courageous (daring, gutsy)
- Courteous (polite, considerate)
- Creative (inspired, artistic)
- Curious (inquiring, interested)
- Dedicated (loyal, devoted)
- Delightful (pleasant, enjoyable)
- Devoted (keen, dedicated)
- Diplomatic (polite, tactful)
- Driven (ambitious, determined)
- Easy going (pace, steady)
- Educated (sophisticated, refined)
- Enchanting (delightful, charming)
- Enthusiastic (excited, eager)
- Ethical (principled, proper)
- Exciting (thrilling, stirring)
- Extraordinary (unusual, astonishing)
- Fair (just, reasonable)
- Focused (attentive, intensive)
- Forgiving (merciful, pardoning)
- Friendly (welcoming, approachable)
- Generous (substantial, plentiful)
- Gentle (calm, tender)
- Good natured (fair, judicious)
- Grateful (thankful, appreciative)
- Happy (pleased, glad)
- Hardworking (thorough, reliable)
- Helpful (cooperative, supportive)
- Heroic (brave, daring)
- Honest (true, truthful)
- Hopeful (optimistic, positive)
- Humble (modest, meek)
- Impressive (imposing, inspiring)
- Innocent (blameless, cleared)
- Intelligent (bright, smart)
- Inventive (creative, resourceful)
- Joyful (thrilled, pleased)
- Kind (caring, nice)
- Logical (rationale, reasonable)
- Loving (affectionate, devoted)
- Loyal (faithful, trustworthy)
- Motivating (inspiring, moving)
- Neat (well-ordered, arranged)
- Nice (pleasant, good)
- Optimistic (hopeful, positive)
- Organized (prepared, planned)
- Passionate (zealous, passionate)
- Patient (enduring, persistent)
- Peaceful (non-violent, diplomatic)
- Polite (civil, gracious)
- Principled (righteous, ethical)
- Punctual (on time, prompt)
- Reliable (dependable, consistent)
- Respectful (reverent, humble)
- Responsible (accountable, answerable)
- Self-Disciplined (steady, guided)
- Serene (calm, peaceful)
- Sincere (honest, truthful)
- Skillful (clever, skilled)
- Strong (sturdy, durable)
- Supportive (loyal, caring)
- Sweet (kind, generous)
- Sympathetic (understanding, concerned)
- Thoughtful (considerate, kind)
- Trustworthy (dependable, reliable)
- Tidy (neat, orderly)
- Understanding (considerate, thoughtful)
- Unselfish (generous, magnanimous)
- Virtuous (righteous, worthy)
- Wise (astute, intelligent)

Mantra

*Speak Potential/No Blame • Speak Possibilities/No Shame •
Speak Positive/No Disdain of a person, place, thing, or circumstance.*

*A statement that inspires you to wake up, get up, and stay up
- no matter the day, weather or what's happening.*

Situational Scan

Which state are you in?

Sympathetic
“Fight or Flight”



How do you react when you meet someone who is in the other state?

Parasympathetic
“Rest and Digest”



How do you react when you meet someone who is in the same state?

THE NAVIGATOR'S PLEDGE

Be Grateful – Today is here. Make the most of it.

Be Aware – Learn as much as you can about things you do not know.

Be Appreciative – Everybody, every place, and everything has value.

Be Happy – Find the beauty in the people, places, and things you experience every day and celebrate it.

R.M.A.A.C. Checklist

FAVORABLE	SCORE	UNFAVORABLE	SCORE
RESPECT reverence, esteem, admiration		RESPECTless disregard, contempt, disparage	
MATURE developed, advanced, established		MATUREless undeveloped, unformed, unripe	
AWARE mindful, responsive, alert		AWAREless shield, unreasonable, obstruction	
AUTHENTIC true, reliable, genuine		AUTHENTICless false, phony, bogus	
CONFLICT ABLE ready, prepared, equipped		CONFLICT DISABLED evade, duck, sidestep	



5 Closest Friends Doorways

Humor
Easy

lightness
of handling

1

Humility
Intense

lack of
arrogance

2

Optimism
Challenging

positive
outlook

3

Mindfulness
Dynamic

heightened
awareness

4

Empowerment
Toughest

perceived
mandate

5

What you water will grow



12 Understanding the Universal Construct (Four Walls) of People, Places, and Things



Whole Person/Life Domains – PD SHEERFF

Personal **D**evelopment

Spirituality

Health

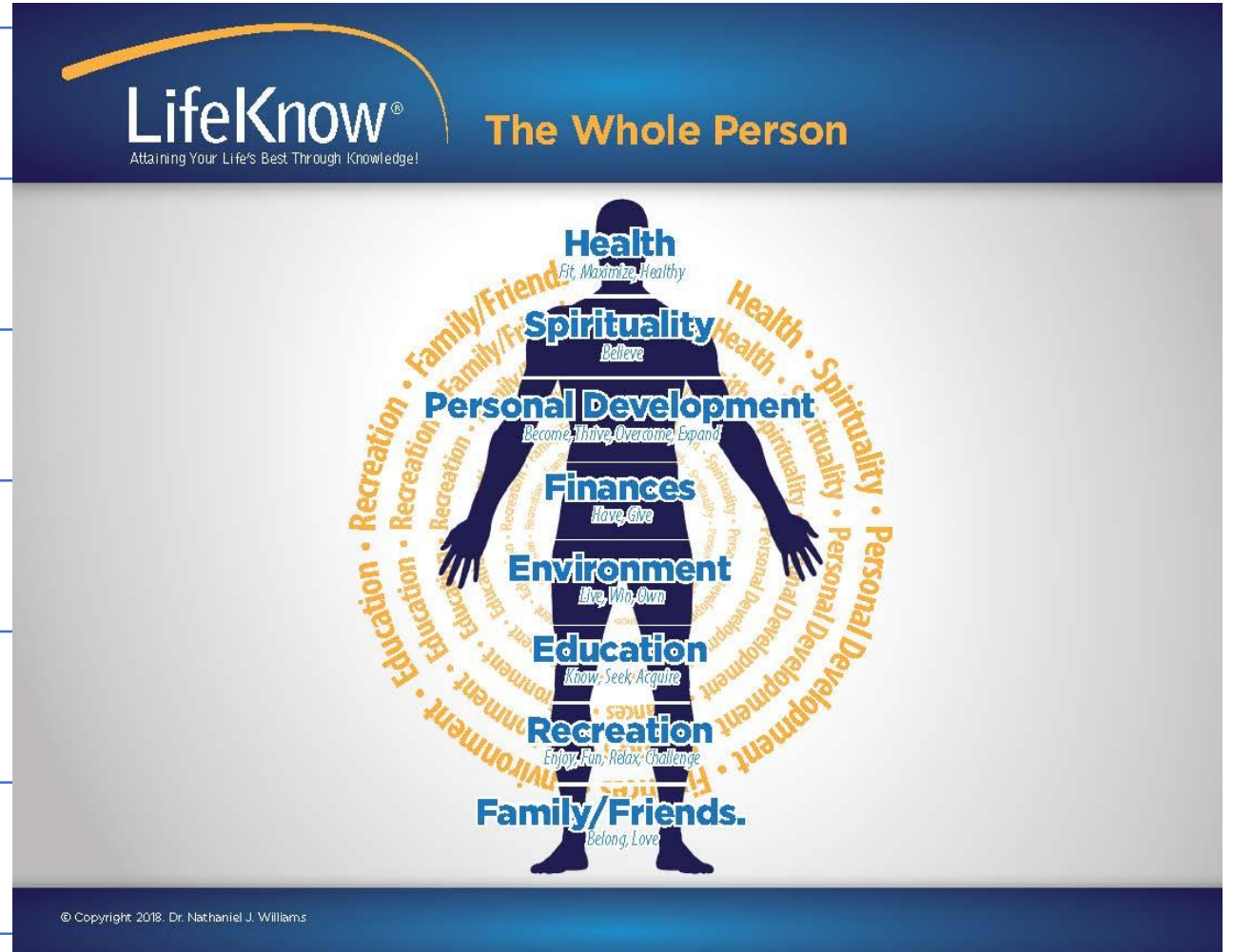
Education

Environment

Recreation

Family/Friends

Financial



LifeKnow[®]

Attaining Your Life's Best Through Knowledge!

Universal 4Ms

4 Mandatories of Safety

Family
Community Work
School Relationship

Mapping

*plan, record,
chart*

*Where are
you going?*

Mental Health/
Wellness

stable, function, cope

Are you ok?

Mediation

*intervene, facilitate,
enable*

*Did you
consider this?*

Mentoring

*guide, tutor,
teach*

*Who's got
your back?*

Life Domains

Health
Fit, Maximize, Healthy

Education
Know, Seek, Acquire

Finances
Have, Give

Personal Development
Become, Thrive, Overcome, Expand

Spirituality
Believe

Environment
Live, With, Own

Recreation
Enjoy, Fun, Relax, Challenge

Family/Friends
Being, Love

Universal 4Ms

~~4 Mandatories~~

Mapping



Mediation



Mental Health/
Wellness



Mentorship



Inc.

It Took Warren Buffett 2 Sentences to Offer the Best Advice You Will Hear Today

By Meral Schwantes, Founder And Chief Human Officer, Leadership From The Core
It was 2004 and Warren Buffett was fielding questions from people in the audience at the Berkshire Hathaway annual meeting in Omaha, Nebraska. Teenager Justin Fong from California asked the billionaire Buffett what advice he would give a young person on how to be successful.



Entrepreneur

Bill Gates got seven large companies to invest about \$ 1 billion in clean energy to fight climate change

By Entrepreneur en Español September 21, 2021
Giants like American Airlines, Bank of America and General Motors are among the investors Bill Gates brought together through his Breakthrough Energy organization to develop clean energy.



Who has
Positive 4Ms and
who has
Challenged 4Ms?
But they all have 4Ms.



The graphic features the LifeKnow logo at the top. Below it, a blue box contains the text 'Mapping Where are you going?' and a green box contains 'Mental Wellness Are you OK?'. A central banner reads 'Pulling All Together - Together All Pulling' and 'Universal 4Ms of Safety, Service, and Success'. At the bottom, a red box contains 'Mediation Did you consider this?' and an orange box contains 'Mentoring Who's got your back?'. The website 'www.4MsofSafety.net' is listed in the center.



3 CBS Philly

Woman Shot In Head, Killed in West Oak Lane, Philadelphia Police Say

By CBS3 Staff September 21, 2021 Filed Under: Gun Violence, Local
PHILADELPHIA (CBS) — Police say a woman was shot in the head and killed by a man in Philadelphia's West Oak Lane neighborhood Tuesday. The shooting happened around 4:20 p.m. on the 6900 block of North Broad Street.



3 CBS Philly

War Of Words Between Philadelphia Mayor Kenney, City Councilmember After Deadly Drive-By Shooting in Olney

By CBS3 Staff September 21, 2021 Filed Under: Gun Violence, Jim Kenney, Local
PHILADELPHIA (CBS) — A war of words following Monday's deadly drive-by shooting in Olney. Philadelphia Mayor Jim Kenney is responding to criticism lobbed by a city councilmember after six people were shot. One of them died.





LifeKnow®

Attaining Your Life's Best Through Knowledge!

Mapping

plan, record,

chart

Mental Health/ Wellness

status, functioning, comfort



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Attaining Your Life's Best Through Knowledge!

Mediation

*intervene, facilitate,
enable*



LifeKnow®

Attaining Your Life's Best Through Knowledge!

Mentoring

*guide, tutor,
teacher*

8 Domain Plan – Moving Forward

Ultimate Life Goal

Life Domain	What You Want	What You Need	Gap	Action Plan		
				Task/Goal <i>(What, Why, How, Where)</i>	Stakeholders/Role <i>(Who)</i>	Timeline/Expected Date of Completion <i>(When)</i>
Health <i>Fit, Maximize, Healthy</i>						
Education <i>Know, Seek, Acquire</i>						
Finances <i>Have, Give</i>						
Personal Development <i>Become, Thrive, Overcome, Expand</i>						
Spirituality <i>Believe</i>						
Environment <i>Live, Win, Own</i>						
Recreation <i>Enjoy, Fun, Relax, Challenge</i>						
Family/Friends <i>Belong, Love</i>						

Signature: _____ Date: _____ Stakeholder(s) Signature: _____ Date: _____

4Ms

4 Mandatories of Safety, Service and Success Plan

Community School Work Family

4Ms	Mediation	Mental Health/Wellness	Mapping	Mentorship
Overview	<i>intervene, facilitate, enable</i>	<i>stable, function, cope</i>	<i>plan, record, chart</i>	<i>guide, tutor, teacher</i>
Questions	<i>Did you consider this?</i>	<i>Are you OK?</i>	<i>Where are you going?</i>	<i>Who's got your back?</i>
Stakeholder <i>Corporation, Foundation, Community Partner, Public Figure, and Government Agency</i>				
Plan				

Life Domains

- Health
Fit, Maximize, Healthy
- Education
Know, Seek, Acquire
- Finances
Have, Give
- Personal Development
Become, Thrive, Overcome, Expand
- Spirituality
Believe
- Environment
Live, Win, Own
- Recreation
Enjoy, Fun, Relax, Challenge
- Family/Friends
Belong, Love

S.T.U.C.K.



Selfish



**Unacceptable
Behavior**



Know It All



Traumatized



Careless

U.N.S.T.U.C.K.

A winding road with a dashed white center line and a red border. Four red location pins are placed along the road. A large red location pin is positioned at the end of the road, containing the text 'Universal Navigation System Targeting Upbuilding Concepts and Knowledge'.

**Universal
Navigation
System
Targeting
Upbuilding
Concepts and
Knowledge**

The W.A.R. Orientation

Willing

I See Myself
and Others as
Capable and
Responsible

I/We are Willing

Able

What I Don't
Know I Will Learn
and Share with
Others

I/We are Able

Ready

I Believe I
and Others Are
Deserving of
the Best

I/We are Ready



BRAND DISCUSSION

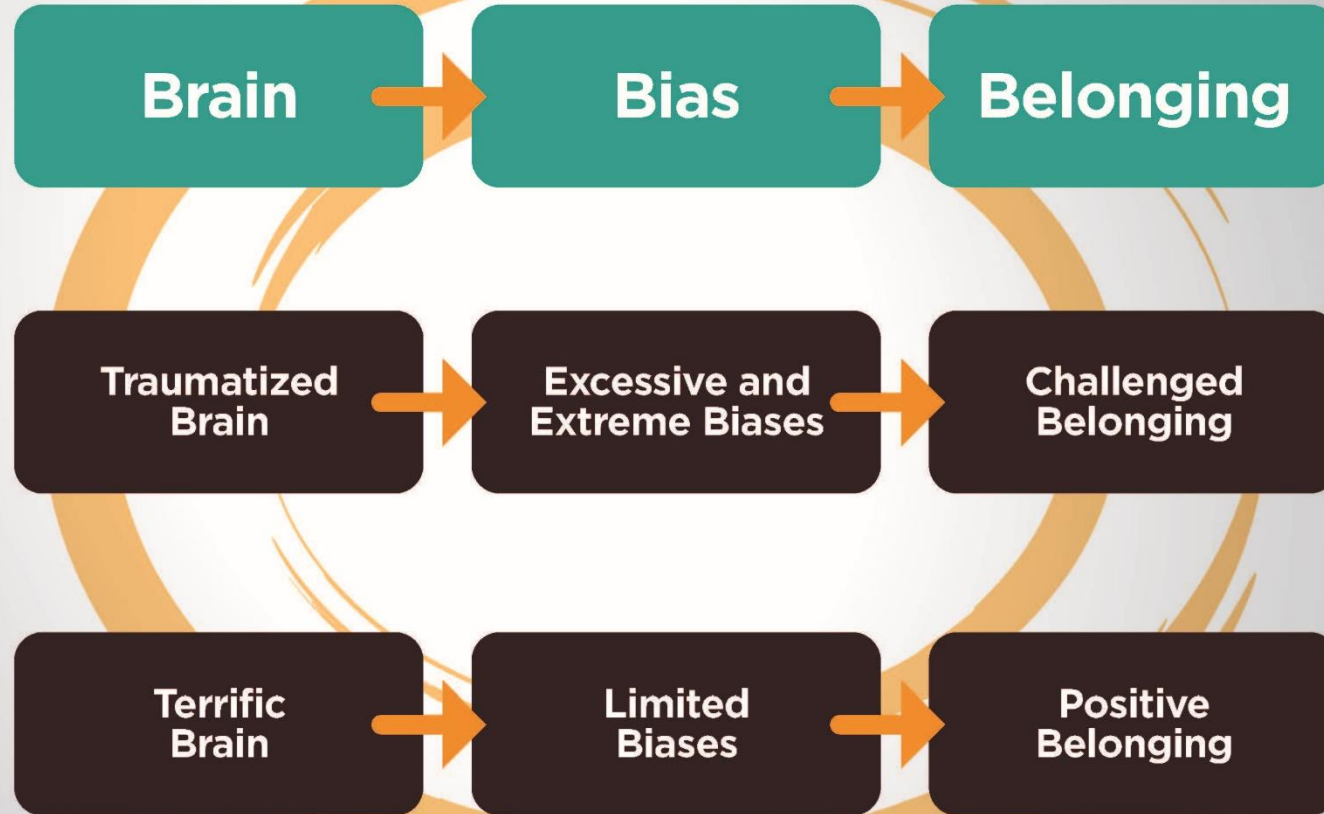


**Sympathetic
Mode**

Flight/Fight

**Para-
Sympathetic
Mode**

Relax/Recharge



GO
G.R.E.A.T.

- G** - Getting
- R** - Ready *and*
- E** - Eager *to*
- A** - Actively
- T** - Thrive

L.O.V.E. ←

- L** - Loyal
- O** - Oath *to*
- V** - Value
- E** - Everyone

C.A.R.E.

- C** - Concerned
- A** - About
- R** - Reaching
- E** - Excellence

→ **S.A.F.E.**

- S** - Sacred
- A** - Arrangement *of*
- F** - Feelings *and*
- E** - Expectations

GO G.R.E.A.T.

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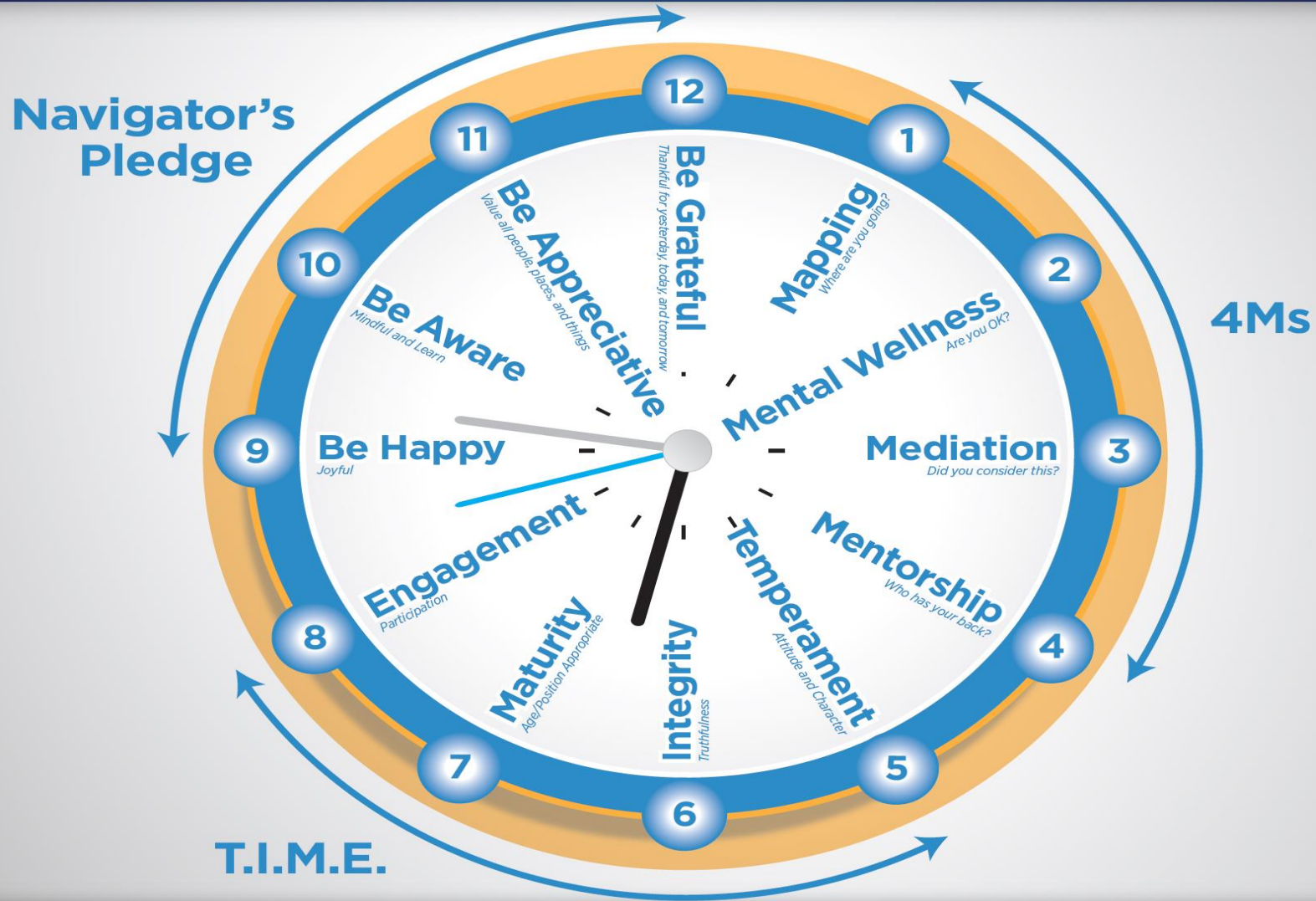
S.A.F.E.



S
A
F
E

- Sacred
- Arrangement of
- Feelings *and*
- Expectations

Navigator's 4Ms T.I.M.E.



4Ms Fixing Things in Life Condensed Version RoadMap

RMAAC

- **RESPECT**
reverence, esteem, admiration
- **MATURE**
developed, advanced, established
- **AWARE**
mindful, responsive, alert
- **AUTHENTIC**
true, reliable, genuine
- **CONFLICT ABLE**
ready, prepared, equipped

Five Closest Friends

- **HUMILITY**
lightness of handling
- **HUMOR**
lack of arrogance
- **OPTIMISM**
positive outlook
- **MINDFULNESS**
heightened awareness
- **EMPOWERMENT**
perceived mandate

Universal Construct of People, Places, and Things

- **RESPONSIBILITY**
(task/assignment/requirements)
- **ACCOUNTABILITY**
(behavior/response of compliance and answerability/expectations)
- **HOPE**
(expectation/desire)
- **FUTURE**
(time still to come)

Whole Person

- **PERSONAL DEVELOPMENT**
become, thrive, overcome, expand
- **SPIRITUALITY**
believe
- **HEALTH**
fit, maximize, healthy
- **EDUCATION**
know, seek, acquire
- **ENVIRONMENT**
live, win, own
- **RECREATION**
enjoy, fun, relax, challenge
- **FINANCIAL**
have, give
- **FAMILY/FRIENDS**
belong, love

4Ms

- **MAPPING**
Where are you going?
- **MENTAL WELLNESS**
How are you doing?
- **MEDIATION**
Did you consider this?
- **MENTORSHIP**
Who has your back?

Navigator's Pledge

■ BE GRATEFUL

Today is here; make the most of it.

■ BE AWARE

Learn as much as you can about the roads you do not know.

■ BE APPRECIATIVE

Everything, every place and everything has value.

■ BE HAPPY

Find the beauty in the people, places, and things you experience every day and celebrate it.



Success is

Success in **Anything** and **Everything** requires the possession of an **ATTITUDE** and **BEHAVIOR OF REPEATED NEWNESS**, as you handle the **SIMILAR AND FAMILIAR** each day.

– Nathaniel J. Williams, 2023




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THANK YOU!

Thank you!



Course Wrap-up

- Complete the course survey
- Complete all five of your modules
- All class assignments and modules need to be completed by April 15, 2024 to be eligible for the course fee scholarship reimbursement.
- Look for Graduation Certification and Reimbursement in June





Grant Program Promo



Grant Program

- This grant program was designed to support the growth of the next generation of farmers.
- It awards up to fifteen (15) \$10,000 awards to the top contestants
- To be eligible you must have two years or less of farming experience or be planning to start farming in the next two years. If you are a beginning farmer returning to a family operation, you must be starting a new venture or enterprise to be considered a startup farmer.
- Selection of the winners are based on a completed application, business plan, and the Ag Biz Basics educational course
- Application period is open and will close on April 19, 2024 at 4PM.



Grant Program

- Visit <https://www.horizonfc.com/jumpstart> to learn more!



Questions

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