

# YOUR WORKBOOK

## (PROCESS & OUTCOMES)

Survive first and then thrive



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## **DISCLAIMER**

"Your Workbook" (Process & Outcomes) is based on my life journey and experiences and is not provided as a scientific text but as a storybook with lessons that can be very useful in anyone else's journey. It is intended to present ideas that excite and incite your imagination as a work of art that would allow anyone to develop their life skills.

My goal is to provide mentorship and this book is not a substitute for medical, psychological or psychiatric treatment or counselling.

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## FOREWORD

If I had to fill a swimming pool with a bucket I could debate the fairness of it or realize my options:

- 1) Whine about it
- 2) Shut up and fill the swimming pool with a bucket
- 3) Fill the swimming pool with a bucket while I whine about it

My adaptation to Canadian life involved choosing option 3. Although it is important to fight unfair situations, it is more important for me to do so in a manner that allows me to survive and then thrive.

Many times, I found myself unable to fully grasp or understand what was going on in my new environment, I remember sometimes feeling completely overwhelmed, angry, frustrated or just giving up. What I discuss in "My Handbook" influenced my life. Looking back I can see that I did not lack desire, drive or ability but the right tactics.

I adapted because I had to and not always because I wanted to. It was necessary to do this if I wanted to **survive first and then thrive**. I learned that what I had to do always took precedence over what I wanted to do and I became skilled at understanding what was relevant and what was important.

I grew up in an African culture that exposed me to the art of story telling as a form of therapy and the use of proverbs and analogies to illustrate and stimulate the imagination. I have used this as an effective tactic in my medical practice. I was often surprised by how unfamiliar my "North American" patients were with this method, but very gratified by how quickly they responded to it. The feedback from these many patients, friends and strangers whom I have shared these experiences with convinced me that a book like this is worth writing.

## PROLOGUE

### WINNERS & LOSERS

I am told that there are about forty million to one billion sperm cells in every ejaculation, each one of those guys hoping to be the one that wins the favour of a little egg, sitting at the end of what can only be described as a precarious journey, through a very hostile birth canal, designed to separate the strong sperm from the weak. Only less than a hundred make it to the end and then the timing had to be just perfect because fertilization is never guaranteed.

You have been taking care of yourself since you were a 2 celled organism, something told you to leave the fallopian tube and start to implant in the uterus, the same mechanism had you start to replicate cells and create the complex structure you now inhabit. Your very ability to survive and make survival decisions definitely pre-dated your brain.

Possibly 50% of pregnancies are lost with the mother never knowing she was pregnant. The trimesters (every 3 months of pregnancy) all present their unique challenges, each of which you manage to scale some before you even had a brain. With every breath, with every metabolism cycle, you fought to be here realizing that the only thing guaranteed without much effort is death.

Everywhere you turned there was always something trying to kill, you even your mother's immune system could turn against you if you made the mistake of getting close and yet like a cellular ninja you negotiated your way through this battle of survival.

You spent nine months in an aquatic environment, instinctively drawing food from your maternal source before you even had awareness of self. You accomplished one of many critical events by successfully transitioning from an aquatic environment and taking

your first breath at birth. All these amazing things, accomplished without your awareness of any thoughts or conscious sense of your existence.

You negotiate your way through the early hours, mostly blind and deaf and yet you instinctively know to reach for the nourishment of your mother's milk. While in the womb, you have developed unique systems designed to help you survive the rocky road on the outside.

There are so many things out of your control, like what environment you end up in, whether you are surrounded by factors that will enhance your survival and yet you do not focus on this, but simply focus on surviving the next sixty seconds to the next minute, the next sixty minutes to the next hour, the next twenty four hours to the next day, the next seven days to the next week and the next fifty two weeks to the next year and as you maintain your focus you continue to grow, you continue to adapt and you continue to learn. You continue to live and to survive.

You had survived some of the biggest threats to your very existence long before you even knew you were here, all around you, at every stage, countless perils on your way. The lottery of life is the biggest lottery you ever played, with the odds constantly stacked against you and your unique abilities constantly making lemonade out of lemons and finding a way to hang around.

You stand before me now, you have a brain and conscious awareness of what you have always been unconsciously aware of, that nothing was ever guaranteed but death, you call yourself a loser and tell me that you are helpless. Look around you my friend for in this moment and every moment that exists for you, does so because you won.

So my winning loser who continues to win even though you perceive you lose, continue to enjoy the gifts you are giving to yourself, because your sense of losing, is your fruit of winning, but remember all the eggs and sperm cells that didn't make it here.

## PROCESS & OUTCOMES

"Life is a process, outcomes are the products of this process. When you focus on process you will always get the outcomes you need even if it is not the outcomes you expected".

Think of an outcome as the result you want and the process the manner in which you get there.

When you focus solely on outcomes may spend so much time worrying about how things were going to turn out, often times forgetting to focus on and enjoy what was happening in each moment and the series of actions that bring about the results you want.

You could worry about how next year is going to turn out and how you can get a good outcome or simply realize that sixty good seconds give one good minute, sixty good minutes give me one good hour, twenty-four good hours give me one good day, seven good days give me one good week and fifty-two good weeks give me one good year. It is important to choose to be more focused on what you are doing in each unit of time.

When you put the outcome ahead of the process you run the risk of a process / outcome conflict in which the process you are involved with is not consistent with the outcome you want.

A process / outcome conflict uses up a lot of energy and will affect your direction in life so be very motivated to avoid them.

Every complicated puzzle is made up of individual more simple pieces in the same manner that every complicated process is made up of less complicated pieces, being able to process these pieces provides a better chance of a desirable result.

Take bite sizes i.e. small baby steps and reflect on what you feel, be

more present in the moment and experience the steps as you move towards the outcome that you want.

Process is a series of steps that lead to an outcome, in a process directed approach the steps are as important (or sometimes even more important than the outcome) and there is inherent value in experiencing each step, ultimately the goal is the experience and becoming skillful.

The process steps are a form of progressive planning that allows you to focus on the next stage within a series of stages, thereby allowing your imagination to fully engage in the direction you want. If you want to succeed naturally you are worried about failing and quite possibly your imagination can lock on to the idea of trying not to fail rather than trying to succeed.

In an outcome based approach, the steps are only important if they achieve the outcome and ultimately the goal is the outcome. By focusing on the process (steps to get there) rather than the final outcome you will be able to counteract this tendency. Although it is important to focus on the results we want it is more important to be aware of the steps that get us there.

If you are looking for the answers you should also be creating a set of circumstances where the answers can find you. Routines are helpful processes because they help you form the habits you require and create familiar patterns consistent with results that you want. It is important that you engage in processes that are consistent with your desired results.

When someone is consistently not getting the results they want they need to recognize that they are becoming skillful at not getting the results they want and a change of tactics is required. Skill is developed through repeated action and this action involves repeating the processes that will get us the results that we want.

There something else I do that I have called substitution of processes, if I have a problem and I can't figure out the solution I keep it in the back of my mind while I rearrange the furniture in my living room, surprisingly when I find a very desirable arrangement I usually get a solution to my problem within a short period of time. I initially considered this a coincidence but the frequency at which it works had convinced those around me that it was authentic, the only downside of course was my sitting room kept changing and my kids grew up not realizing that most people leave the furniture in the same spot for years, but luckily I now have fewer problems.

## Points to remember:

Process is a series of steps that lead to an outcome.

In a process directed approach the steps are as important (or sometimes even more important than the outcome).

There is value in experiencing each step as the ultimate goal is to become more skillful through this experience.

## DAILY EXERCISE

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EVERYDAY

IN EVERY WAY

GETTING BETTER

AND BETTER

MORE CAPABLE

MORE ABLE

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Repeat the above phrase aloud (quietly) 10 (ten) times (one after the other) = 1 (one) set

Do 1 (one) set every hour for 10 (ten) hours - 10 (ten) sets a day

Record the time whenever you do a set

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Keep a daily journal of anything you consider important that happened on that day.

## QUESTIONS

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WHAT IS PROCESS?  
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WHAT IS AN OUTCOME?  
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WHAT IS A PROCESS / OUTCOME CONFLICT?  
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WHAT IS A PROCESS BASED APPROACH?  
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WHAT IS AN OUTCOME BASED APPROACH?  
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WHAT IS SUBSTITUTION OF PROCESSES?  
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# ANSWERS