



## **Living a Behavior Analytic Life: Lessons from My Mentors**

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We all need mentors. They can help us develop our “best selves” repertoires, both personally and professionally. Many individuals have been invaluable to me by modeling and supporting more effective decision-making on my part. They are behavior analytic exemplars who have guided me throughout, from making changes that are obvious in their significance, like career moves, to those that seem not-so-important-but-are, like engaging in small, but cumulatively impactful, daily activities. Collectively, these people have modeled how to better analyze controlling variables and to arrange contingencies in ways that engender “happiness.” In this talk, I will share particular lessons from my mentors that I think have been key to behaving more effectively, both verbally and non-verbally.