

Key Tips for Personal Success



1. We only see and experience the world from our own eyes so if we welcome other's views and experiences we can broaden our own perspective.
2. **Rigidity = Toxicity** If we are highly rigid in our world, we become controlling and inflexible. How can we be rigid and fully accepting of others, knowing that we all view the world differently? Which do **you** choose? **Control or Happiness?**
3. When something happens that doesn't go your way do you **react** or **respond?**
If we immediately react when we are emotionally charged, our reaction can have a pretty negative impact on those around us and can affect our mood and theirs for some time. If we take stock and give ourselves **time to respond** in a logical, mature way, the outcome will inevitably be better.
4. Do you **blame** or take **responsibility?** If we point the finger in another direction we are absolving ourselves of any responsibility. At the end of the day, if you are not happy; **take action** and do something about it. Blaming simply keeps the problem alive.
5. **Are you an avoider?** Perhaps you are a master of procrastination or perhaps you protect yourself from discomfort. Success never came from putting things off or avoiding pain. The longer you avoid, the longer you stay stuck.
6. **Is your life all about you and your story** or do you listen to and genuinely connect with those around you? Is it time to take the spotlight away from you and your life drama?
7. **What you focus on is what you get!** Do you focus on what is not going well or do you focus on being **grateful** and **giving** to others? If you shift your thinking to gratitude and compassion, in no time at all you will let go of worrying about what you are not getting and instead you will shift your focus on experiencing a **life of meaning** and **gratitude**.
8. **What role do you play?** Do you play the role of people pleaser, hero, rescuer, controller, victim; the list goes on? If you lock yourself into a role, you will simply continue to live that role and those around you will expect that of you forever more; unless **you** break the pattern. Is it time to let go of the role you have been playing?
9. **Are you a human doing or a human being?** If we spend our whole life **doing** things, we can overlook who we are **being**. Ask yourself; "**Who do I want to be?**" "What really matters in my world?" "Am I even noticing the positive qualities in those around me? What am I missing out on by being this busy?"
10. **How do you speak to those around you?** Ask yourself "Am I kind, warm and inviting or am I pushy, bossy, authoritative and directive?" "Do I tell others what to do using words like you should do this, you need to do this or do I open the conversation with possibilities?" Eg I wonder what would happen if.....?

