

Don't try and be better than other people, try to be better than you used to be!



8th December 2020

Today is that day! The day that you are fully empowered to choose to do the right thing, when it would be easier not to.

How do you **self-develop**? It isn't magic, it is a decision – a **daily decision**. It usually starts with some honest reflection and then a mental or physical note to self to find the opportunities today where you can practice a better choice.

Don't wait until the new year to have a go at new behaviours or habits... today is the day! Just visualise how it will feel this evening when you return from work to reflect on those moments that you **worked hard to achieve**.

Practical things that you may consider –

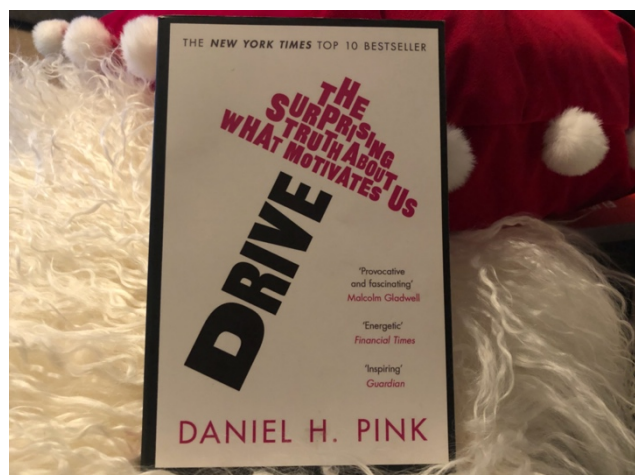
When people are gossiping today, **defend** the victim or **walk away**.

Take a moment to **chat** with someone different at work.

Tell somebody what you **appreciate** about them today.

Listen with your eyes and find someone who looks like they may need your time.

Smile more, affirm more, encourage more, listen more.



This book is a great read for finding your **energy and motivation**. Invest in yourself and give yourself **time to read** and develop, new ideas and new perspectives can be the refreshing change you need.

Nothing can shake that positive mindset today.