



### **AVOID OUR EGO RUNNING THE SHOW**

Confidence without humility loses help from others and slows our achievements.

### **OPEN TO NEW ANSWERS**

Sometimes we know the right questions, but are not open to new answers.

### **KNOWLEDGE REDUCES FEAR**

Some fears come from a lack of preparation and understanding of our focus.

### **HUMILITY DRIVES WISDOM**

Humble people don't let their ego get in the way (they ask for advice).

### **GUIDE THE WAY WE THINK AND ACT**

Our values are key to the relationship we build and to what we achieve in life.

### **THEY ALREADY FOUND THEM**

Don't try to hide your weaknesses, as others always find them before you do.

### **OVERCOMING OUR FEAR**

Everyone experiences fear, and the way to overcome it is taking ACTION.

### **STOP BURYING THEM ALIVE**

Acknowledge your emotions first, then focus on releasing and not burying them.

### **NOTICE THE LITTLE THINGS**

Many notice the big things...be the leader to notice the little things that matter.

### **IGNORANCE CREATES PROBLEMS**

When we are not willing to learn, we end up with more problems than necessary.

### **UNDERSTAND OUR BLIND SPOTS**

Take your influence up a level by understanding your behavior blind spots.

### **HOW MUCH DO YOU INVEST IN YOU?**

All you want begins with you, so you are your most important investment!

### **VALUE OF HONEST FEEDBACK**

We grow faster when we invest the time to get honest feedback from others.

### **FACE THE FACTS**

The problems causing our big headaches come from a delay in facing the facts.

### **REFLECTION IS A MAGNIFIER**

Whatever we reflect on (good or bad) always magnifies in our minds.



### **FOCUS ON WHAT YOU DO BEST**

Keep growing your strengths, and work on the key weaknesses that slow you.

### **GROW BY ADMITTING YOUR MISTAKES**

Successful people just admit their mistake and keep moving forward.

### **CHANGE OR YOU MAY NEVER CATCH UP**

If you don't change, you will soon be left behind others and miss opportunities.

### **IT EVENTUALLY WILL COME OUT**

Continually work on your character flaws so they don't come out at a bad time.

### **GET SOME HELP ON YOUR BLIND SPOTS**

Addressing your blind spots could be the breakthrough to achieve more success.

### **FEEDBACK IMPROVES SELF-AWARENESS**

What others see in ourselves is often a blind spot for us. Always ask for feedback.

### **EGOS NEED PRUNING AT TIMES**

Egos need a little pruning in order to keep people focused on the right things.

### **SOMEONE ALWAYS NOTICES**

In whatever we do, there is always someone who notices our behavior.

### **MAKE SENSE OF YOUR EXPERIENCE**

Reflection helps us make sense of our experience and take the right learnings.

### **EVERYTHING STARTS WITH AWARENESS**

If you are not aware of something, you cannot really do anything about it.

### **CONFIDENT TO SAY I DON'T KNOW**

If you always assume you know, you end up missing some vital knowledge.

### **PLAY THE HAND YOU WERE DEALT**

The sooner you acknowledge the problem, the sooner you can solve it.

### **BREAK THE PATTERN**

Break the pattern of old habits by starting a new habit to replace them.

### **REJECTION IS A CORRECTION**

Rejection is simply a signal that is telling you to take a different approach.

### **UNDERSTAND KNOWN AND UNKNOWN**

Maturity is when you know what you know and what you don't know.



### **BIGGEST CONSTRAINT IS YOU**

Your own beliefs constrain you more than anyone else will ever constrain you.

### **SELF YOU CAN LIVE WITH**

You need to behave consistent with your core values or you can never be happy.

### **OPEN TO CRITICISM**

If you are open to criticism, you will always have an opportunity to learn.

### **BECAUSE EVERYONE ELSE IS!**

Just because everyone else is doing it doesn't necessarily make it right to do!

### **IDENTIFY YOUR EMOTIONS**

When you can identify your emotions, you will be able to control them better.

### **INNER VOICE > OUTER VOICE**

The inner voice is often more powerful than the outer voice. Look inside first.

### **WHAT AM I NOT SEEING**

When you encounter obstacles, you should think why didn't I see them coming.

### **CHANGE WHAT YOU WANT TO SEE**

You only see the changes needed in what you want to see...expand your view!

### **FACE YOUR OWN MISTAKES**

Face your mistakes versus trying to avoid them and blaming others.

### **BECAUSE OF OUR OWN INSECURITIES**

The way we treat others often has more to do with us than with them.

### **RECOGNIZE THE FALSE BELIEF**

A false belief is negative assumption you make that limits your achievements.

### **HIDDEN IN PLAIN SIGHT**

Lose perspective and solutions you need are hidden right in front of you.

### **WHOSE NORMS?**

Are you behaving to your norms or to the expectations from others?

### **TURN THE LENS ON YOURSELF**

We like to notice how others bad behaviors and end up missing our own ones.

### **MOVE ON TO SOMETHING BETTER**

You can't move to something better without dropped what is not working now.



### **NEEDS THAT CANT BE NAMED**

Self-reflection can help you discover the hidden needs that drive your behaviors.

### **WHAT DO I SEE?**

Increase your observation to see more opportunities you have been missing.

### **AVOIDANCE IS NOT A SOLUTION**

You can never solve a problem by avoiding it. Focus on it today.

### **WANT WHAT THEY HAVE**

We sometimes don't think for ourselves and just want what others have.

### **WE DEVELOP BIASES ALONG THE WAY**

We develop our biases along the way and don't notice that we are making them.

### **AUTOMATIC AND REFLECTIVE MINDS**

We need to reflect to identify what habits are no longer helping us.

### **PICK UP ON CUES**

Increase your levels of observation and you pick up on cues you missed before.