

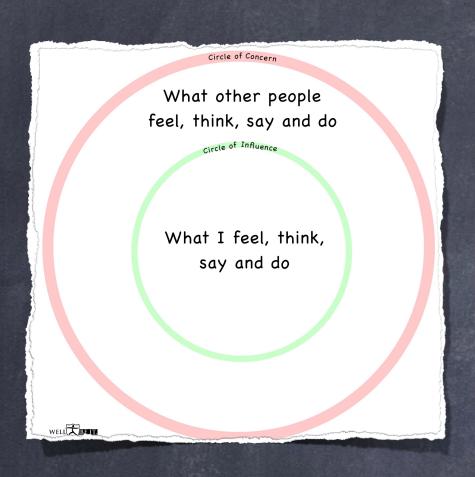
CULTURE OF AWESOMENESS







Key point: Happiness and resilience is not instinctive. It is a deliberate choice we make.



Exercise choice - even

it's what superhero

pants to wear

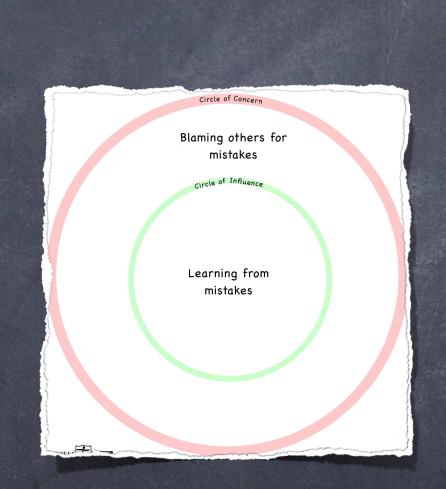
Use empowering Language

"You/They'



Choose what to pay attention to - Notice the positives

Take responsibility for our choices - share a mistake we made with our team



Circle of Concern

Circle of Influence

It starts with you

Remember - We only need to affect 1 in 3 people to make a positive change.

If you'd like to receive my monthly blog which is full of other little gems like the above then subscribe here. If you'd like to receive Chapter 1 of "Fly Higher" click here.