

#10 Sharing stuff that lights me up...

Starting with a quote...

"Not everyone will notice the way you shine, but you will shine all the same, in beautiful, natural ways" (Morgan Harper Nichols) ✨



Podcast shares...

Let's talk habits, again! – This is a new podcast host but a familiar guest. Such a rich listen! If you've been receiving my 'sharing stuff' for a while, you'll know I'm a fan of James Clear and his book Atomic Habits. This conversation gave me some superb insights – here are just a few:

- Are you a problem solver or adder when you're presented with something?
- The process of behaviour change starts with self-awareness.
- And finally a new take on quantity over quality, all about putting in the reps to get better. Here's the [link](#).

Want to know how to work well with anyone? This podcast is a favourite of mine, a definite go-to for such fantastic conversations and learnings. This episode is no different except it does have two of my favourite people (Dave Stachowiak and Michael Bungay Stanier) having a great conversation about how to build great relationships with the people you work with. As with much of Michael's work, in his new book, How to Work with Almost Anyone, he uses a framework of simple, yet really effective, questions to support you to have these types of conversations. Another book for my Amazon wish list perhaps?! Here's the [link](#).

Book shares... (again just the one this share, and it's a good one!)

That Little Voice in Your Head (Mo Gawdat) – Yep, we've all got one, a little voice in our head, and guess what, that's the person that we spend more time talking with than any other person! So you might as well have conversations with that voice that are going to make you happier. That's what the wonderful Mo is all about – creating happiness; building a happier life for you. This book is fab, full of great insights and lots of practical exercises. Mo has a podcast too, called Slo-Mo, so watch this space for a recommendation.

And finally, a little game for you...

I follow Sean McPheat on LinkedIn and just love his work so when I came across this little game he shared, I couldn't resist a share with you! It's a short set of questions in which you score each out of 10, and then add them up at the end to see if you're on the right career path. Follow this [link](#) to Sean's LinkedIn post for the questions. Perfect if perhaps you're feeling a bit stuck in your current role. Once you get your score, you can then go back to the areas you scored low on and start working on building those into any new career move.

Until next time, keep shining ✨

Sally