



3 Simple Habits That Create Exceptional Outcomes



Gratitude: Boost Motivation and Problem Solving

As far back as ancient Rome, Cicero exclaimed “Gratitude is the parent of all virtues.” More recently Dr. Martin Seligman reinforced the power of gratitude by making it a cornerstone of his life’s work around success and happiness.

Exercise: What Went Right Journal

1. Toward the end of the day write 3 Things you are Grateful for today
2. For each Good Thing, write WHY or HOW that good thing happened
3. Do this for 7 days and observe your motivation, problem solving, sleep and generally how you are experiencing life

Pro Tip: Express gratitude for something difficult. You will gain great perspective & problem solve better.

Movement/Exercise- Lift Your Mood & Increase Vitality

We were born to move yet so much of our day requires sitting. Getting the “old blood flowing” is wisdom that never goes out of style. The benefits are too vast to enumerate so I won’t waste your time preaching. How about I just offer some options?

Walking. Running. Cycling. Swimming. Yoga. Jumping Jacks. Dancing. Chair dancing. Using a Standing Desk. Walk to the cafeteria. Take the stairs. Walk the dog. Gardening. Mow the lawn. Hiking. Play with the kids.

Boost your experience and mood by performing these in the sun and bringing along a friend. Both are mood lifters.

Pro Tip: Start when you absolutely don’t want to. You will feel proud and pride (without arrogance) is a PROVEN motivator.

Silence Is Golden – Be More Effective

Your brain is like the old video game Tetris. Each time you made a neat stack you earned points. Like Tetris our brain needs to organize information in order to use it. With a few minutes of silence each day you will implement new information more effectively. Bonuses of silence are lowered blood pressure, creation of brain cells, better sleep, reduced anxiety and more.

Pro Tip: During your daily commute drive in silence. The time is already carved out so you will be more likely to execute this tool.

The BOLD Plan



Schedule an Appointment

2.



Gain Solutions. Decide with Confidence

3.



Break Free from Limitations