

Tips & Tricks - your Starter pack part two – 1 - 7

1. Results - the process

If we don't like the results we get we need to rewind right back to how we feel / are inside ourselves. It is no good blaming whoever for the results we get. It's our responsibility entirely.

How we are inside **DICTATES** how we think which **DICTATES** the words we use which **DICTATES** the results we get. Get it?

Don't like the results you get then YOU need to change how you are, how you think, words you use.

2. PAUSE: when is a pause a pause? When is a pause not a pause?

- a. A pause needs to at least be as long as a slow count of 1 to 10 – using your fingers to do so is a great tip.
- b. Why pause? It gives the person who has been speaking time to completely finish their thought process.
- c. It also makes sure that we are actually listening to whoever is speaking rather than being busy constructing what we want to say therefore being as it were already speaking. Tut!

3. Solutionising is the ace up your sleeve

Be less intensely focused on the problem or question. Feel more anticipation, expectation about the solution, the answer.

4. Trick your brain into

- stop procrastinating and take action; just do it
- ask for constructive feedback; adjust / tweak for next iteration. Using these 2 questions helps: 1. What works well about what I do? Followed by What do you suggest would make what I do even better?
- Creating momentum as in the very act of imagining the momentum you will be surprised that it will happen. And once happening you will be carried along on the momentum wave.

5. Good enough

Decide when good is enough. STOP overthinking that good is not enough.

6. Good day Bad day

Be in harmony – check out Good day Bad day to discover how you, the team, colleagues, meeting participants are at any one point in time. [Here's](#) the link to Good day Bad day doc

Be curious how to shift from being in Bad day mode to Good day mode – what does it take?

Be curious as to what triggers Bad day mode. Be curious as to what triggers Good day mode

7. Purpose

Clarify your purpose. Be curious about your purpose from these perspectives: in order to do what / in service of what / what is the action that this serves?

Check out the Supercharged Strategies, those Thought-provoking Questions, the Tools & Techniques.