

<p>1</p> <p>Accountable to future you Strive to do things that future you will thank you for and consider the long term implications of your choices. <i>Do you make knee-jerk decisions you later regret?</i></p>	<p>2</p> <p>Appreciate what you have Expressing gratitude is a powerful action, particularly when being grateful for what you have. What you appreciate, appreciates. <i>Do you think of the next thing without recognising your success?</i></p>	<p>3</p> <p>Attentive You have to be where your feet are present in the current moment, that is where life is happening. Your attention is everything. <i>Do you live in the past or future too much?</i></p>	<p>4</p> <p>Believe in yourself Expect a lot from yourself and have the courage to believe you can do it. If you believe you can then often you will. <i>Do you doubt your own abilities too much without justification?</i></p>	<p>5</p> <p>Excellent learner You can always learn something new, no one can stop you and if you find your passion you can become unstoppable. <i>Do you set limits on yourself because of what you know?</i></p>	<p>6</p> <p>Great listener Listen to understand, not respond. No one is more fascinating than a great listener, it makes you more likely to learn something new. <i>Do you switch off when others are talking and miss what is being said?</i></p>
<p>7</p> <p>Enhanced mindset You become what you think about so change the way you let the past speak to you and don't believe everything you think. <i>Do you struggle to thread your thoughts together?</i></p>	<p>8</p> <p>Ask better questions Any unanswerable question is poorly worded and in life you get what you ask for so you need to ask correctly. <i>Does your ask fit? Are you not getting the answers you want?</i></p>	<p>9</p> <p>Caring and thoughtful Be nice to others even when no one is looking and believe in the law of reciprocity. How you make people feel is the most valuable currency, <i>Do you want to see kindness as a strength not a weakness?</i></p>	<p>10</p> <p>Comfortable being uncomfortable Success can be measured by the amount of uncomfortable situations you put yourself in, so you better get used to it if you want success. <i>Do you shy away from conflict as it's easier in the short term?</i></p>	<p>11</p> <p>4 C's of Communication Being a concise, confident, compelling and caring communicator is integral to development and success. <i>Do you waffle and get misunderstood or ignored?</i></p>	<p>12</p> <p>Confident humility Humility is a mirror that helps us see our weaknesses. Confident humility is a corrective lens that helps us to overcome those weaknesses. <i>Do you want to work through your weaknesses with confidence?</i></p>
<p>13</p> <p>Conscious connections to yourself, people and activities. You become the average of the 5 people you spend the most time with. Spend it wisely. <i>Do you want to better curate who and what influences your life?</i></p>	<p>14</p> <p>Creative Einstein said that logic will take you from A to B, imagination will take you everywhere. It is time to unleash yours. <i>Do you struggle to generate new and exciting ideas?</i></p>	<p>15</p> <p>Focused Be careful not to focus only on the urgent, losing sight of the important. Your attention is everything so be mindful, always. <i>Do you get easily distracted when working?</i></p>	<p>16</p> <p>Increase your level of responsibility Don't only do the right things, do things right. Think of yourself as an agent for those around you. <i>Do you want to be the designer of your life not just the consumer of it?</i></p>	<p>17</p> <p>Inspirational Jim Carey said you can fail at what you don't want so everyone might as well take a chance on do something they love. <i>Do you need a big dose of inspiration to boost you?</i></p>	<p>18</p> <p>Intensely and intently active Not all action leads to happiness but there is no happiness without action. We must act with intent and we must act with energy. <i>Do you lack the drive and focus needed to achieve your goals?</i></p>
<p>19</p> <p>Love yourself, your journey and your connections. The person who loves walking will walk further than the person who loves the destination. <i>Do you take yourself, others and opportunities for granted?</i></p>	<p>20</p> <p>Manage expectations Happiness is reality minus expectations so be mindful of what you expect from yourself, others and situations. <i>Do you expect too much from others and too little from yourself?</i></p>	<p>21</p> <p>Openness Passions are developed not just discovered so be open to new experiences and learning. You don't know what you don't know. <i>Do you allow yourself to discover new and conflicting ideas?</i></p>	<p>22</p> <p>Own your choices We are not determined by our experiences but the meaning we choose to give them, own this responsibility for yourself. <i>Do you let other people determine your thoughts and feelings?</i></p>	<p>23</p> <p>Positively developmental Life is 10% what you make it and 90% how you take it, being negative takes from you as a person so fail forwards and be positive. <i>Do you get in your own way of development by being negative?</i></p>	<p>24</p> <p>Power of perspective Wayne Dier said when you change the way you see things the things you see change. This is powerful for how you live your life. <i>Do you allow yourself to see alternatives, no matter how painful?</i></p>
<p>25</p> <p>Practice deep work A deep life is a good life so lessen the clutter in your life and allow yourself to go deeper more frequently. <i>Do you get impacted by the disease of staying surface level?</i></p>	<p>26</p> <p>Practice persistence patience Zig Ziglar said the chief cause of failure is substituting what you want most for what you want now. Better to go slowly in the right direction. <i>Do you let yourself down by seeking instant gratification?</i></p>	<p>27</p> <p>Pragmatically optimistic You have to believe things will get better, but that it is going to take some hard work to get there, so roll up your sleeves and get a cracking! <i>Do you struggle to find the balance between optimism and pessimism?</i></p>	<p>28</p> <p>Productive On efficient days you do a lot of things, on effective days you do the important things. Prioritisation beats efficiency in the long run. <i>Do you focus on being productivity or just being busy?</i></p>	<p>29</p> <p>Purposeful The clearer you have defined your purpose the more like you are to know if something helps or hinders achieving that. <i>Do you have a clearly defined purpose? Why bother if not?</i></p>	<p>30</p> <p>Reflective and reflexive Check in on yourself, your recent achievements and failures and give formative feedback. Celebrate the wins and learn from the losses. <i>Do you know if you are doing any good or not?</i></p>
<p>31</p> <p>Remarkable Have the courage to stand out and be worth of being remarked upon. The only thing guaranteed in life if you don't chase winning is losing. <i>Do you do common actions expecting uncommon outcomes?</i></p>	<p>32</p> <p>Resilient We are all a bit broken but broken crayons can still colour. You must learn to handle whatever life throws at you. Everyone has challenges. <i>Do you let setbacks hold you back, or strengthen you?</i></p>	<p>33</p> <p>Systems + process + planning = power You don't rise to the level of your goals, you fall to the level of your systems. Prioritisation and efficiency <i>Do your processes give you the best chances of success?</i></p>	<p>34</p> <p>Team player Growth, belonging, connection and identity are four basic human motivators that all team members need to experience. <i>Do you add or take away energy from those around you?</i></p>	<p>35</p> <p>Time sensitive The biggest mistake in life is thinking you have time, time is free but it's priceless, so protect yours at all costs and spend it wisely. <i>Do you respect your time? If not, no one else will.</i></p>	<p>36</p> <p>Unreasonable about reality Don't listen to those who say "you should do this" or "that's just life". Your reality is what you make it. Be unreasonable in compromising. <i>Do you tend to accept things you don't like because it's easier?</i></p>