



CHOOSE YOUR ATTITUDE Enthusiastic

Attitude benefits: I'll attack everything with more vigour, plus nobody likes being around negative, grumpy people!

GRATITUDE

- 1 Super soft, smooth sheets in the hotel room. I want these at home!
- 2 Winning a new big piece of business for MIX Diversity Developers
- 3 Friends inviting Tim and the girls for dinner while I am away

Message of gratitude or encouragement to: Sharon Evans



JOURNAL WRITE ABOUT A MOMENT OF PURE JOY, SATISFACTION OR HAPPINESS

Yesterday I spoke at a business conference in America. There were 3000 people in the audience. It was one of those exceptional days when everything went right. My rehearsal had gone well, helped by fantastic staging by the events team. I also made time for more practice in the evening in my hotel room, which I think helped.

I felt really confident coming out on to the stage and the previous speaker had done a great job of getting the audience already engaged. I didn't need to look at my notes and it was like I could think what I needed to say next in slow motion and that meant the words came easily. The audience laughed and actively listened all the way through. I felt they were there with me, willing me on. At the end they gave me a standing ovation. I'm so incredibly grateful to have a story to share.

SELECT:    

KEY ACTION

Analysis of profit and loss accounts ahead of the meeting next week.



SMALL WIN

Download the P&L spreadsheets

