



# Positive Momentum

energy engagement edge



## Quick Tips : Self

### Stuff that just works...

Practical ways to become more successful in every aspect of your life

Give yourself a score out of 10 for each point below where 10 is 'amazing' and 1 is 'disastrous'

#### Look your best

Whether you like it or not people judge you very quickly by your appearance. Does the way you look reinforce or undermine the image you would like to create?

#### Look after your health

It's known for certain that our mood is massively affected by the extent to which we look after our bodies. You don't have to be obsessive – just use a bit of common sense.

#### Meet more new people

Isn't it logical to suppose that the more people who know you the greater the chance of opportunity coming your way?

#### Act on opportunity

It's impossible to quantify how many great opportunities you have missed because you didn't take action at the time but unless you are very rare it's fair to assume it's a lot.

#### Devote time to the important things

It's been said many times that few people go to their grave wishing they had spent more time in the office. Don't blame others for not being able to do what you want and instead take responsibility and do something different.

#### Expand your mind

Never in human history has so much knowledge been available to so many people, so easily. Only when human beings expand their minds do great things happen to them.

#### Give something back

There is little more fulfilling than helping others in need with no expectation of material reward. Ironically time spent in these endeavours often pays back materially many times over in ways you never imagined.

#### Bloody well cheer up

Finally get a smile on your face a bit more often. In all probability you are from a highly developed Western country with few genuine problems. Spend a few weeks in less developed parts of the world and see if life is really so bad where you are!

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Contact us to find out how we can help you

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We look forward to hearing from you.

## You just can't stop momentum...

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