

FREE YOURSELF THROUGH IMPROVED SELF-AWARENESS

Paying attention to your current reactions to stressful situations, anger, loss and other emotional triggers is the first key to being a great person.

Ask yourself, "How do I deal with challenges and stress? What am I resisting and why? How can I improve these?"



SET COMPELLING GOALS FOR YOURSELF

Use the Whole Health Spider Graph to evaluate your life today in these key areas: Physical, Financial, Professional, Leisure/Fun, Mental, Spiritual, Family and Friends.

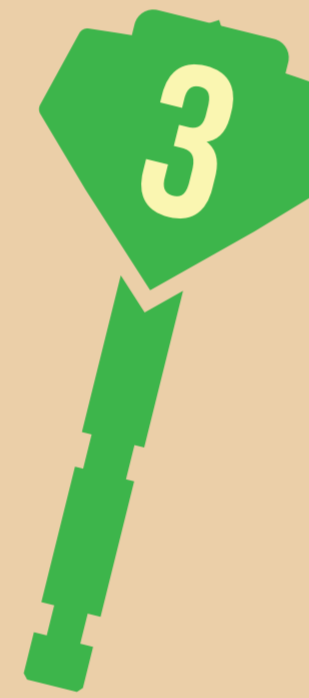
Ask yourself, "How do I rate myself in the eight areas? Where can I improve? Learn a new skill?"



FIND ROCKSTAR ROLE MODELS

Find role models who resonate with your hopes and goals. There may be an attribute or trait you respect in one person, and a characteristic or trait you envy in another.

Ask yourself, "Who are three possible role models for me? What attributes of theirs inspire me?"



REWRITE THE SCRIPT FOR THOSE VOICES IN YOUR HEAD

Before you can learn to love others, you have to love yourself. This simple truth has changed the hearts, minds and spirits of countless great people throughout history. Yes, it's simple... but it's not always easy.

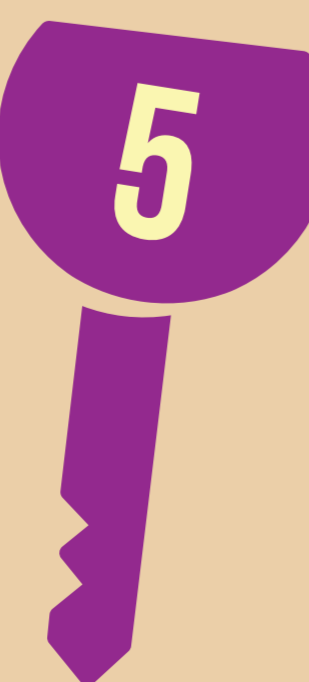
Ask yourself, "What is my internal dialog? Would I want to treat others the way I treat myself?"



CLEAN OUT OLD EMOTIONAL CLUTTER

Find a way to let go of feelings of anger, jealousy, judgment, blame, guilt, resentment and comparison. Holding onto these feelings is like drinking poison and expecting it to hurt someone else.

Ask yourself, "What's in my emotional junk drawer?"



12 KEYS TO BEING a great person

"IF YOU WANT TO DO GREAT THINGS, YOU'VE GOT TO BE A GREAT PERSON."

-LARRY BROUGHTON



CULTIVATE AN ATTITUDE OF GRATITUDE

Make gratitude a daily practice by writing down those things for which you are thankful. They might be team or family members, physical or emotional health, freedom or opportunities. Get specific!

Ask yourself, "For whom and for what am I grateful today?"



FEARLESSLY SERVE OTHERS

Serving others will lift you up in ways you cannot imagine. When the world is beating you down and you don't know what to do, serve others. The universe will reward you. There is no higher calling than serving others.

Ask yourself, "What can I do to serve others in some way every day?"



UNLEASH YOUR HIDDEN TALENTS

Our creator has blessed each of us with talents and skills in which they excel. Sadly, many have never tapped into those gifts and wonder why they lack joy in their lives.

Ask yourself, "What can I do to explore, enhance, and share my talents and gifts with the world?"



MAKE TIME TO PURSUE A PASSION

Not all of us are lucky enough to make a career out of our favorite hobby, so it's important to devote at least some of your weekend or evenings to doing something that you really enjoy. It doesn't really matter what it is.

Ask yourself, "What do I love doing? How can I incorporate more of that into my life?"



WALK A MILE IN SOMEONE ELSE'S SHOES

Everyone has their own struggles and insecurities, and just understanding that will help you become more understanding of yourself and others.

Ask yourself, "To whom could I offer more grace? For whom could I show more empathy?"



LET YOUR LOVE SHOW

Too often we assume the important people in our personal and professional lives know how we feel about them. The truth is, they need to hear that we love and care for them.

Ask yourself, "Who needs to hear that I love and care about them?"
(And then go and tell them.)



CATCH YOURSELF BEFORE YOU GO OVERBOARD

Exercise self-control in all areas of your life and avoid over-indulging in anything—work, alcohol, sweets—wherever you can go overboard and get out of balance. Set appropriate boundaries between work & home, and passions & pursuits.

Ask yourself, "Where am I over-indulging? Where do I need to apply more self-control to achieve a more balanced life?"



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