POSITIVE FORWARD MOTION

with Denise Scattergood

Get more of what you want and less of what you don't, both personally and professionally.

Act as if…

STEPS TO SUCCESS

Be your own best cheerleader!
Make a list of at least five of your best qualities and post the list somewhere you will see it every day.
My personal favorite is to use a grease marker on my bathroom mirror!

Confidence and Conviction
Repeat your list out loud daily! Say it like you mean it. Record yourself and play it back while you drive to work or school.
My personal favorite it to call my office and leave myself a positive voice mail.
Think of ways you can be silly and have fun with this.

Keep a Positive Outlook Write down your daily, weekly, monthly and yearly goals. (i.e. I will complete this by the end of today) Visualize yourself accomplishing these goals and take note of this feeling. Use this feeling to create Positive Forward Motion in your day.

Write out your goals in a letter to yourself seal, it and have it mailed to you in 6 months and evaluate how you are doing.

References: Amy Cuddy Ted Talk

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en

PERSONAL PLAN

POSITIVE FORWARD MOTION

No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.

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