



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

Patience

"The two most powerful warriors are patience and time."

-Leo Tolstoy



STEPS TO SUCCESS



Reflect. Write down what makes you impatient and next time that trigger comes up, do a calming activity.

Find the Good. Think of a situation that makes you impatient, and then write down all the positive things you can find in it.

Question. "What is the worst that can happen?" about what makes you impatient and write down your answer.

Get Comfortable. When you find yourself in an uncomfortable situation, remember that it is normal to feel that way and you don't need to rush through the situation!

Wait. The next time you want to get a cup of coffee, buy something, etc., make yourself wait an extra 10-15 minutes before you do it.

Breathe. Take a deep breath in and out the next time that you are feeling impatient.

Ask Yourself. If you want to speak up about a situation, ask yourself "Is what I am going to say right now going to make a positive difference?"

Reflect. Think of a time where it would have been best to hold your tongue. How would the outcome have been different?



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