

10 WAYS TO INVEST IN YOURSELF AND BENEFIT OTHERS

RICH PATTERSON, PH.D.



- 1. What is the Quality of Your Thoughts?**
Challenge: What quality of thoughts am I thinking?
- 2. Connection with Source**
Challenge: Do you think what you want?
Are your thoughts high flying thoughts or low flying thoughts?
- 3. Prevent Others from Lowering Your Vibe**
Challenge: Find the pause button between stimulus and response and respond based on principles.
- 4. Take Time for Your Creative Side**
Challenge: Practice creativity by walking, relaxing, collaborating, or others.
- 5. Think: Happiness, Health, Safe & At Peace**
Challenge: Create and use an affirmation to remind you of your core values.
- 6. Practice the Upside**
Challenge: List your top five natural strengths and align the functional skills with them.
- 7. Improve Your Communication Skills**
Challenge: Consider joining a Toastmasters club and begin improving your public speaking skills.
- 8. Refresh Your Life**
Challenge: Use your imagination to let something go, switch things up, or get dreamy.
- 9. Develop a Personal Motto**
Challenge: Adopt a personal motto and carry it with you mentally
- 10. Read, Listen, & Follow**
Challenge: Follow the leaders of your industry, or leadership, whoever strengthens you in your life.