

Your best self – A simply stated conversation in self leadership, self care, and maximizing your current opportunities to live a good life!

Objectives:

- Promote awareness of the overall impact of wellness on personal and profession development
- Facilitate a mindset change that will impact our leadership conversation
- Share practical examples of the themes in action

Key points:

Me. Inc. is a conversation in selfcare and self leadership – maximizing your current potential, finding the work life effectiveness. **Yes – not work life balance but work life effectiveness.** Finding effectiveness can help you to flourish in whatever your current state is – flourish meaning – happy, healthy, productive, and engaged!

Awareness exercise – Importance of wellness:

On the scale on 1 to 10 – how happy are you with how you are taking care of yourself? What are you daily investment in being you?

- Warren Buffet (one the most accomplished investors globally) notes that his most impactful investment in his daily investment in himself

Wellness is a conscious, self-directed and evolving process of achieving full potential.

Exercise, diet, and sleep are the only levers to modulate your energy.

Primary for us accountants – the primary segments of Me Inc.:

Body – Vehicle

Mind – Engine

Soul Fuel

Mind

- Everything starts in the mind – the pursuit of the best you
 - The “possibility mindset”
 - Intellectual curiosity
- The brain is a muscle and must be exercised
- Your mindset determines how you show up every day
 - Mindset / Behaviors / Outcomes
- You can’t perform to your potential if you are not emotionally well!

Body

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Soul

- The joy of your daily vocation
- Without a purpose you are destined to lose direction
- Resilience – seeing more than just what is in front of you
- Giving back by sharing your successes
- Recovery / rejuvenation

Body - Mindset *change* - What you did in high school doesn’t matter and you don’t really need the gym

DIET - Mindset Change – This is what you eat every day, not a sacrifice you make to lose a few pounds!

Sleep - Mindset Change – Sleep is not how you end your day – It is how you start tomorrow!

Time - You can’t make time, but rather we prioritize what is important

It is amazing that your boss calling:, creates times, creates commitment, creates motivation, creates patience (this learning for me – came through a conversation with my boss following by a conversation with my mom). I was mindful enough to find time, I was able to detach the emotion from the impulse, I was able to work late, change plans, but then when it came to the people I love, I always choose to fall down. It is the idea of being professional at work, and being something much less when we are at home.

Motivation

- What is motivation?
- Is it permanent?

- The power of positive thinking!
- Don't be limited by your current circumstances
- Waiting for external factors to change
- Just get going (one page, one mile)
- Have choices / Be innovative
- Make it fun / just do it

Inspirational Quote:

I have found inspiration from people who have worked for, those I have worked with, and who just care enough to talk to me.

"The change of behavior that's going to serve you most powerfully is simply this: a little advice and more curiosity."

Michael Bungay Stainer

"Have a conversation that leads to better thinking. Think in a way that leads to better living."

Eric Greitens

"Leadership's responsibility is to work intelligently with what is given and not waste time fantasizing about a world that is flawless people or perfect choices."

Marcus Aurelius

"We are almost better led by those who have pushed themselves up to and past their limits than those who don't know where their limits are."

Eric Greitens

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Commitment + Motivation + Discipline + Patience + Gratitude = Growth

Nigel Franklyn 😊