

A Corporate Heart **view of life...**

Making HEALTHY BEHAVIOUR a way of life!

Start your own 'wellness' dictionary :

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|----------------|---|
| experience | value every experience - good or bad |
| self-knowledge | always seek to learn more about yourself |
| habits | good or bad, habits take time to change |
| letting go | let go of the past restrictions, live in this moment |
| problems | see problems as unsolved experiences, a chance to learn |
| opportunities | gather the unknown into your life - as more opportunities |
| attention | enjoy being noticed ..for the right reasons |
| praise | notice praise in words, actions and gifts |
| compliments | accept gladly as well as give freely |
| respect | notice other's needs at the same time as your own |
| trust | believe in yourself and earn the trust of others |
| empathy | listen and feel ... because you want to |
| willingness | always say " I'd love to... I can ... I am willing..." |
| abundance | share everything, knowing there is always more |
| energy | even when tired, find a last drop |
| achievements | always look for goals, again and again and |
| accolades | accept the badge, the trophy, with pride |
| success | don't be afraid of failure as it leads to success |
| competence | know either what to do .. or how to source a solution |
| responsibility | take on roles gratefully - don't make life a burden |
| credibility | be 'your best' appropriately for every moment of life |

***"Self-confidence is something that we can only create ourselves...
and share with others"***

Pauline Crawford 1997