• Keep your eye on the “why”
• Focus on intentions first, then goals.
• Small actions really do add up.
• Build community one member at a time.
• Identify your next step.
• Play to your base.
• Frame your mind: Scarcity vs. Abundance
• Use your gifts daily.
• Let go of the old! What’s working and not working?
• Tighten your filter to control your environment.
• Pace with people. Everyone’s mountain is different.
• Expect success!

Dr. Debbie’s Daily Dozen
What’s the best advice you could give someone?

Listen out for good advice
Keep Your Eye On The Why

START WITH WHY
HOW GREAT LEADERS INSPIRE EVERYONE TO TAKE ACTION
SIMON SINEK

WITH A NEW PREFACE AND AFTERWORD
Focus on *Intention* First, Then Goals!
Small Actions Really Do Add Up

Small Actions \times Lots of People = Big Change
Build Community One Member at a Time
Identify Your Next Step

WHAT'S YOUR NEXT STEP?
Play to Your Base
### Scarcity vs. Abundance

**SCARCITY**
- There is never enough
- Stingy with knowledge, contacts and compassion
- Default to suspicion; hard to build rapport
- Resent competition. Makes the pie smaller, them weaker
- Ask self: How can I get by with less than expected?
- Pessimistic about the future; tough times are ahead
- They think small, avoiding risk
- They are entitled and fearful

**ABUNDANCE**
- There is always more where that came from
- Happy to share knowledge, contacts and compassion
- Default to rapport and build trust easily
- Welcome competitors. Makes the pie larger, them stronger
- Ask self: How can I give more than expected?
- Optimistic about the future; the best is yet to come
- They think big, embracing risk
- They are thankful and confident

Compiled by Chuck Frey, author of *Up Your Impact* - [http://upyourimpact.com](http://upyourimpact.com)
Use Your Gifts Daily

- Things that deplete you
- Weakness
- Things you are good at doing
- Strength
- Things that complete you

Marcus Buckingham, 2012
What’s Working?
What’s Not Working?

LETTING GO OF THE OLD. MAKING ROOM FOR THE NEW.
Tighten Your Filter and Control Your Environment
Pace with People...
Everyones Mountain is Different
EXPECT SUCCESS
“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou