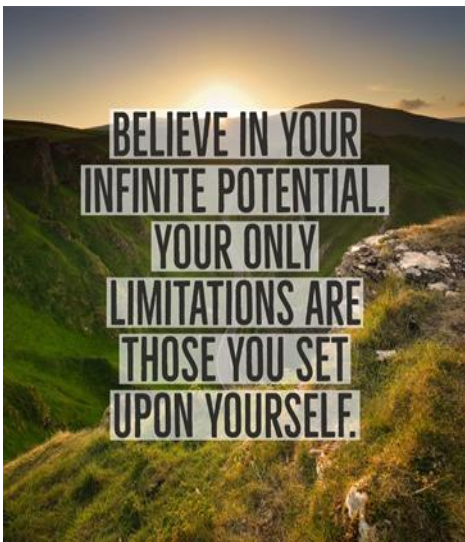


CANI VIII - Build Mental and Emotional Balance

As leaders we have to manage our own emotional state, which means we have to practice being tuned in to how we feel and learn to build self esteem by overturning that small voice in our head that would pull us down.

Our thoughts become feelings which lead to actions and ultimately results. Learning to control our thoughts has a massive impact on our happiness and on our results.



Here are just a few tips to help achieve stronger emotional balance:

- Recognise your own potential – identify your skills and talents. Believe in yourself and your potential.
- Don't waste time feeling sorry for yourself when things go wrong – identify the learning and move on
- Reframe negative self-talk – think positive thoughts. Flip the coin for yourself. Instead of saying 'I am a failure' say 'now that I know what went wrong I will never do that again'.

A wise man learns from his own mistakes, a genius learns from the mistakes of others and a fool learns from nobody

- Own and celebrate your successes – and the successes of others. The more we focus on what is possible the more opportunities will show up
- Be kind to yourself and to those around you – a kind word can make such a difference
- Be willing to ask for help when you need it



For more information on CORE leadership skills please visit my website at www.lynnpeyton.com/core