

# BUILDING THE BEST YOU





**BUILDING THE BEST YOU**

?

Who Would You Like To Be

?



# Taken or Dead

Guess you will have to be  
**YOU**



## BUILDING THE BEST YOU

Success and happiness are  
not matters of chance,  
but choice.

– Zig Ziglar







**BUILDING THE BEST YOU**

# The Choice is Yours!

**“You don’t have to be great to start but you have to start to be great.” – Joe Sabah**





BUILDING THE BEST YOU

# Build the Best You







BUILDING THE BEST YOU

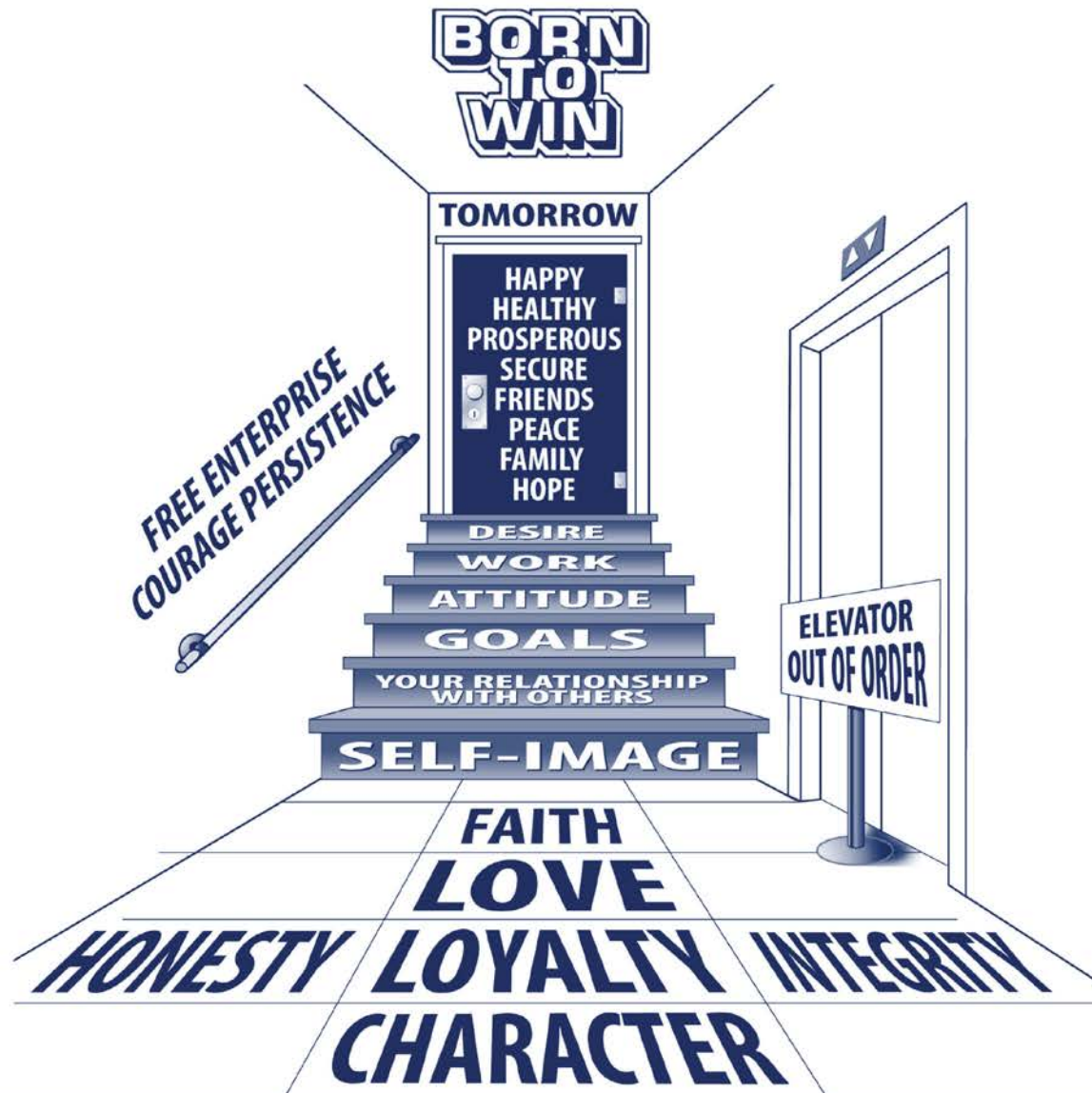
# Build the Best You

Don't get distracted and miss out on all the good things life has to offer you!





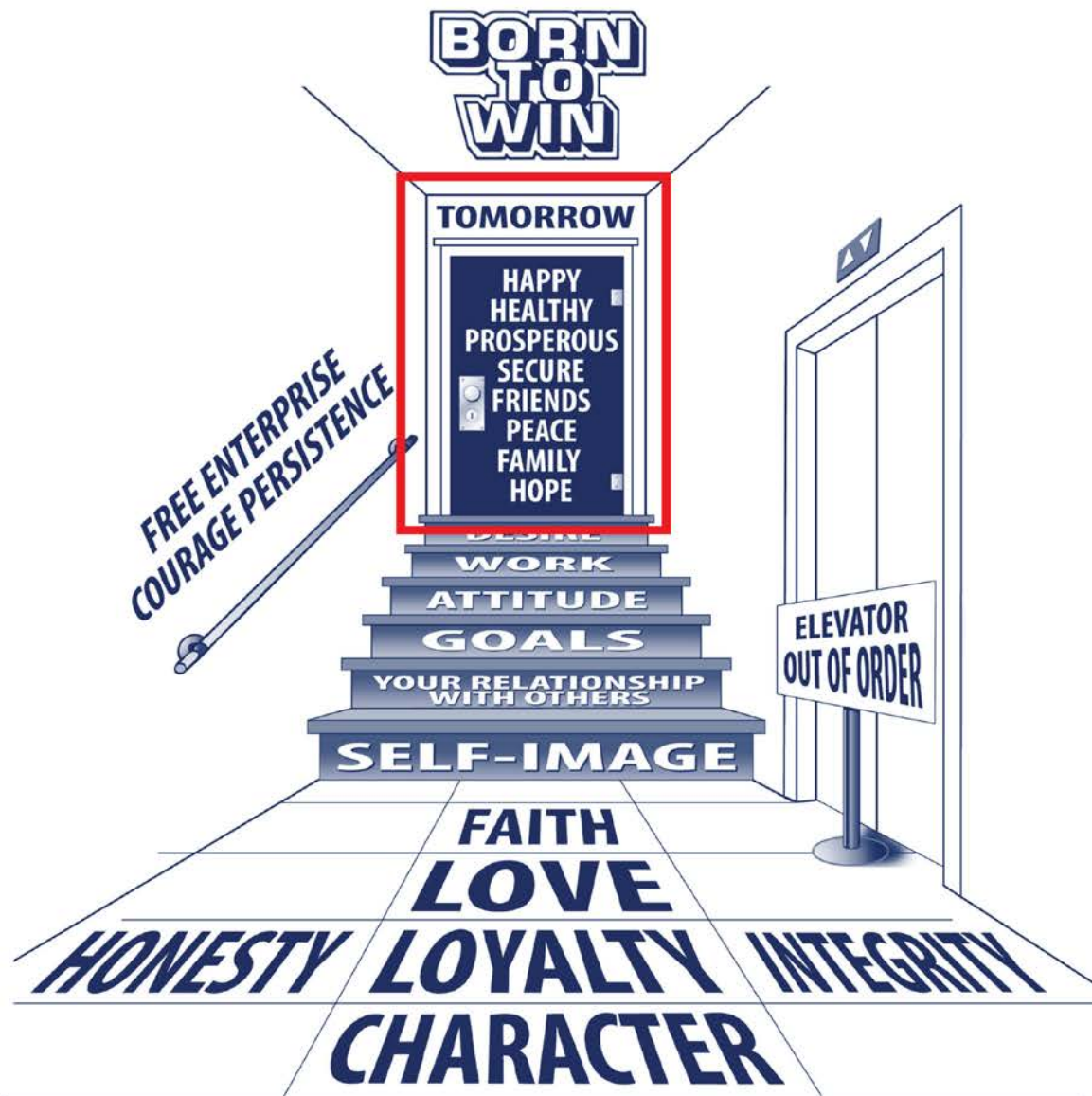
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# Develop Successful Qualities

**Confident:** I look people in the eye when I talk to them.

**Organized:** My office or work area is neat. OR I know where and what I need to be doing during my workday.

**Hard Worker:** I come in 10 minutes early to prepare for my day or stay 10 minutes after to prepare for tomorrow. OR I always ask, "What else can I do?" before I leave work.



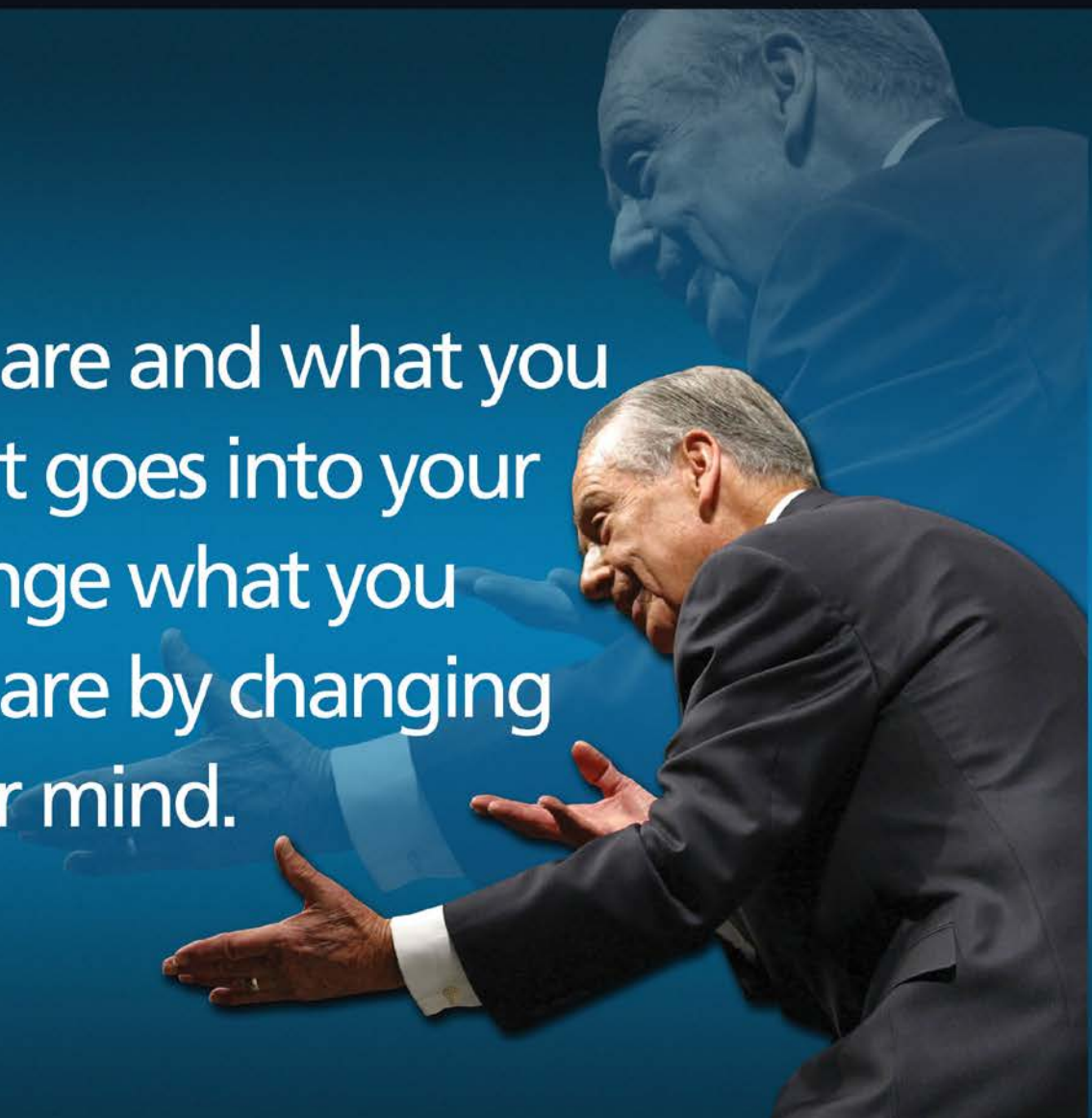


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## Self-Image

You are where you are and what you are because of what goes into your mind. You can change what you are and where you are by changing what goes into your mind.

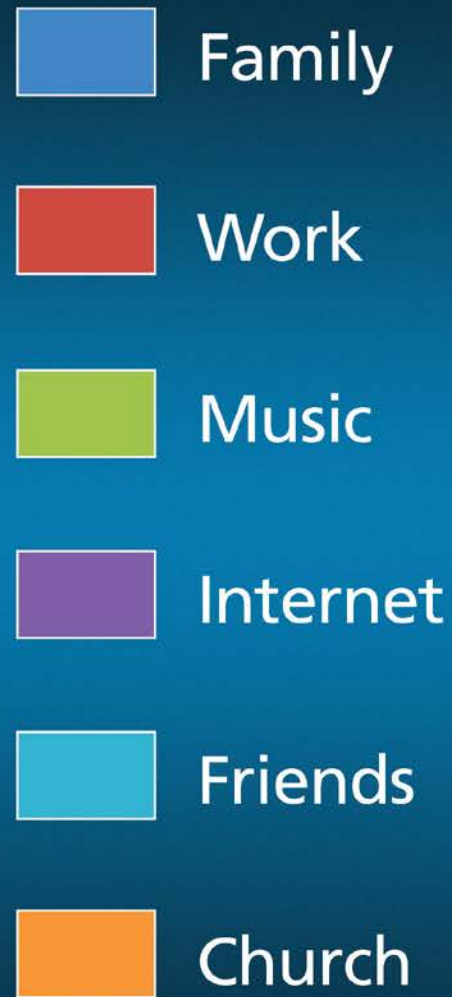
—Zig Ziglar





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## Sources of Input





## BUILDING THE BEST YOU

# Change Your Mental Diet: Key Points

We need to make sure we are getting positive input if we want to have positive thoughts and attitudes.





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We can consciously seek out positive input by selecting what we listen to, what we read, and what we watch.



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Positive input leads to positive thinking. Positive thinking allows you to creatively look at challenges and seek solutions. (Negative thinkers tend to give up more easily.)





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**No one can make  
you feel inferior  
without your  
permission.**

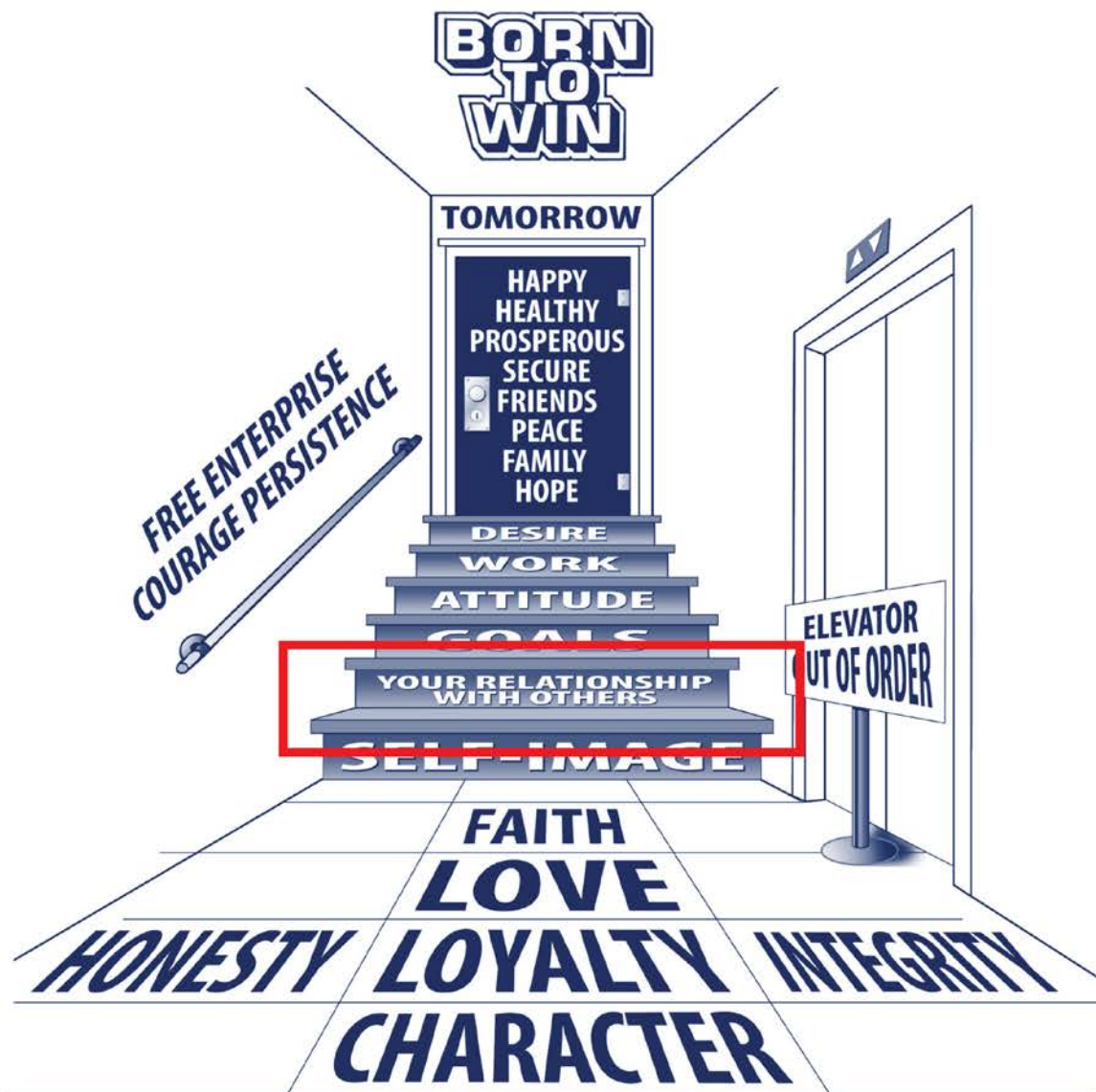
—Eleanor Roosevelt







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## Sincere Compliments (Key Points)

- We enjoy hearing positive feedback about ourselves. This does not make us conceited, it makes us human!



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- Compliments need to be sincere or they can become manipulative.
- We accept a compliment by saying "thank you."
- We develop strong relationships with each other by focusing on what is good in the person, not what is bad.





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accomplishment, engineered  
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# BUILDING THE BEST YOU





## You Gotta Have Goals!

Are you a wandering generality or a meaningful specific?







# Goals: Key Points

- Goals need to be written down
- Goals need to be specific and detailed
- Goals need to be broken into small action steps
- There is power in setting goals – it can lead you to greater accomplishments



# BUILDING THE BEST YOU

## 7 Step Formula

Step #1: Identify your goal



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Step #6: Plan of action to reach this goal

Step #7: Completion Date





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## Setting My Goals

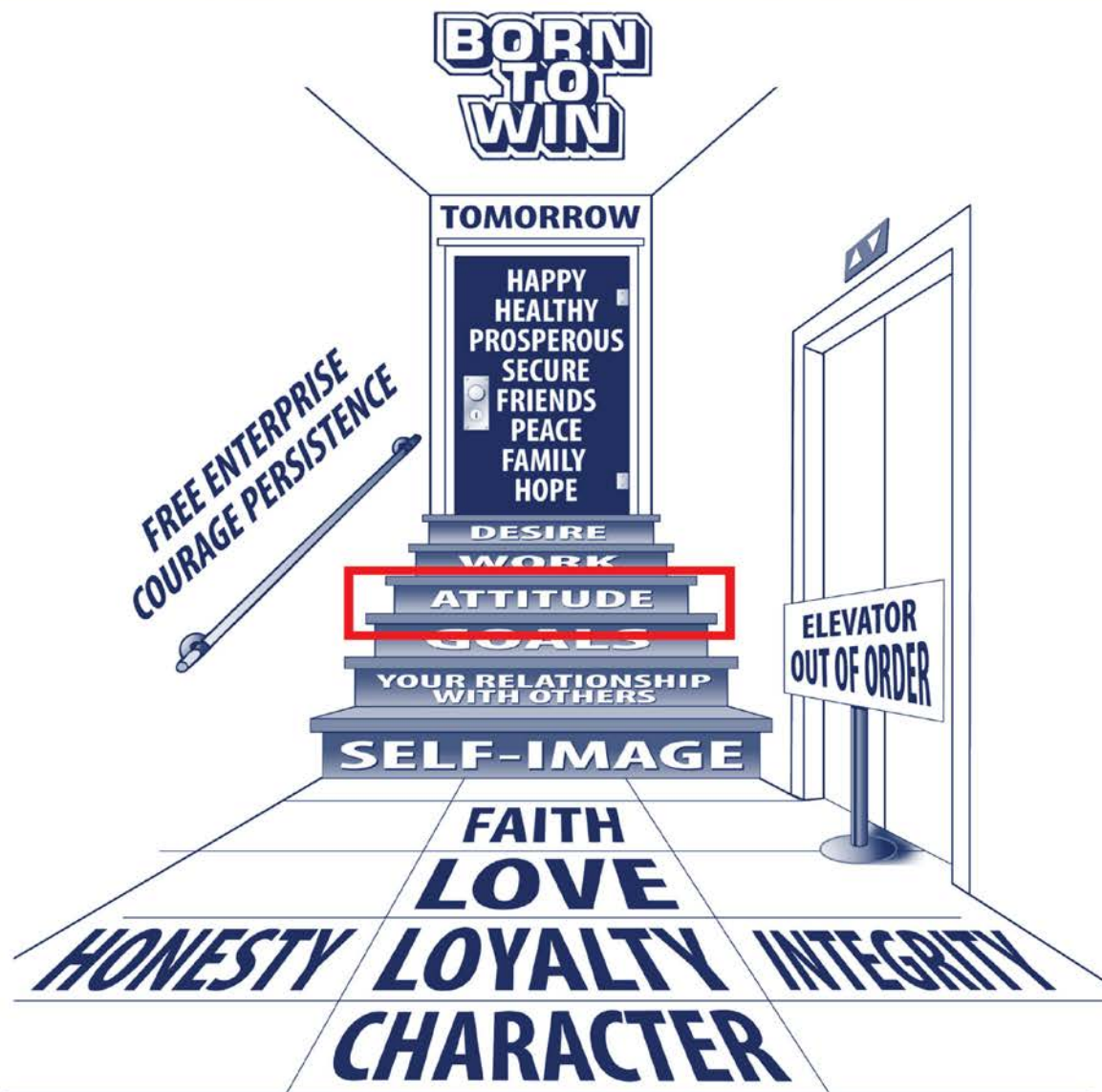
What you get by reaching your goals is not nearly as important as what you become by reaching your goals. –Zig Ziglar







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## BUILDING THE BEST YOU

# Attitude: Key Points

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Success is measured by what you could have done with the ability that God gave you.

Others can stop you temporarily, but you are the only one who can do it permanently.



# Attitude are Contagious: Key Points

A positive or negative attitude will have positive or negative results because attitudes are contagious.

You can choose (determine) to be positive and "contagious," by choosing the words you use, the body language you use, controlling your self-talk, etc.





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## Work

Success can be defined in three simple words: **And then some.** The top people did what was expected of them, **and then some.** They were considerate and kind, **and then some.** They were good friends and helpful neighbors, **and then some.** –Darnell Johnson



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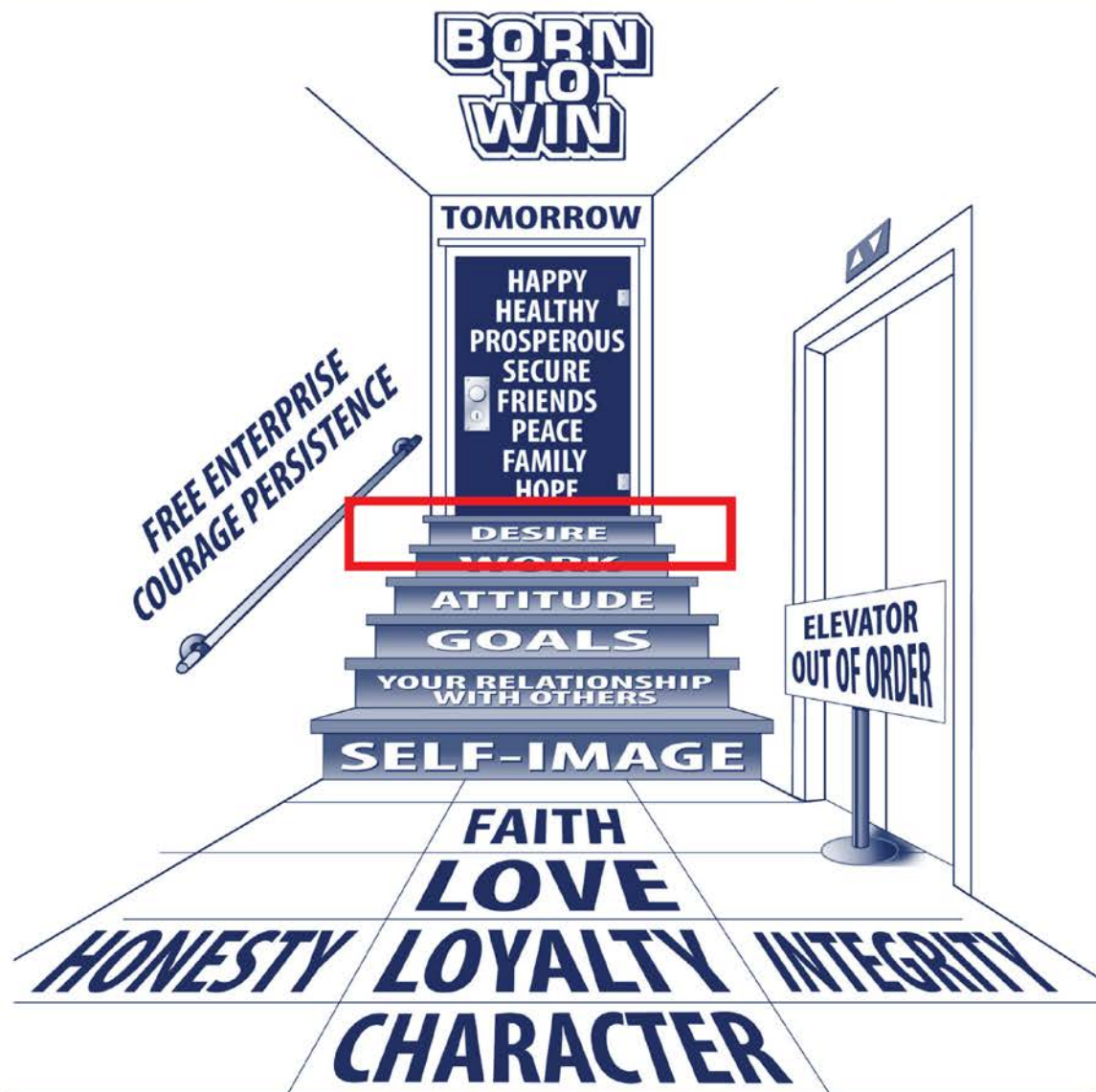
## Work

The “extra mile” is one stretch of highway where there are never any traffic jams.





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# Obligations and Limits





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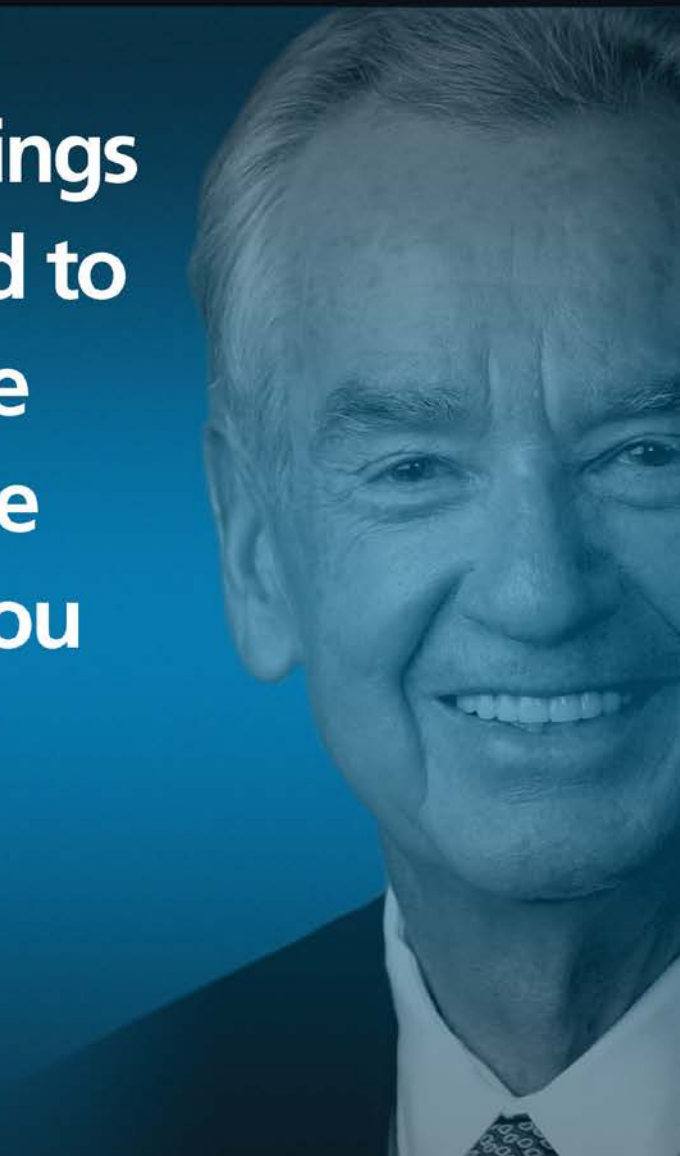
**Will you stare  
up the stairs or  
step up the  
stairs?**





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**Discipline yourself to do the things you need to do when you need to do them, and the day will come when you will be able to do the things you want to do when you want to do them! – Zig Ziglar**







## BUILDING THE BEST YOU

You can have everything  
in life you want if you  
will just help enough  
other people get what  
they want.

– Zig Ziglar





# BUILDING THE BEST YOU

My to-do list for today...

1

Be  
GRATEFUL

2

Be  
KIND

3

Let go of what I  
can't control or  
change

4

Listen to my  
intuition

5

Be productive  
but calm

6

BREATHE