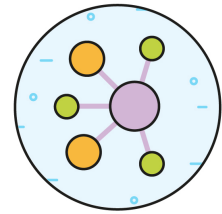




Improvview

5@5



We wanted to have some fun, share some stuff and create interest in personal growth. Once a month, we at Improvview limited will be creating a simple and easy to use prompt sheet that will give 5 hints on a given development topic that can take 5 minutes to do, hence 5@5...

We do this because we believe, in the first instance on a developmental change journey by keeping things simple, allows easy application, and therefore the start of creating good and lasting habits.

This month's topic is "Personal Development Reflection"

Tip 1: We can only become better versions of ourselves if we recognise & identify those behaviours that help us and those behaviours that hinder us.

Tip 2: Decide how to capture your perceptions of the impact of your own behaviours. This can be on your smart phone, tablet or a notebook, do what works for you.

Tip 3: Read your notes, what is it that you do unconsciously or instinctively that means your behaviours lead to an awesome interaction or outcome. Make some notes on personal strategies that you can do to ensure you dial these behaviours up and use them even more.

Tip 4: Read your notes, what is it that you do unconsciously or instinctively that means your behaviours lead to bad or poor interactions or outcomes. Make some notes on personal strategies that you can do to ensure you dial these behaviours down and use them less.

Tip 5: Diarise, in a way that works for you, personal development reflection time EVERY MONTH. Decide each month what it is you want to reflect or review on.

Want to know more about how Improvview Ltd can help with this topic or more learning and development support then please contact us at

neil@improvview.co.uk

