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"What would you like to change in your life? Be more focused at work? Communicate more effectively? Find work-life balance? Make smarter decisions? Be more patient with your team or family? Have greater self-confidence? Less stress? Just--be happier? Often, the biggest obstacle to change lies in our most deeply ingrained habits: those automatic thought processes that operate outside our ...

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They include: ? You can't say yes if you can't say no ? Don't push buttons that don't need to be ? Handshake your fear ? Stand where you'd rather not ? Remember your highest intention ? Outsource your worry ? Reach for the better thought Our capacity to change is our greatest gift as human beings.

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