

STOP FAKING IT

30 DAYS OF GOOD HABITS

(DON'T PICK TOO MANY)

FOR YOU



REPEAT IT UNTIL YOU BELIEVE IT

- Do the 5 minute Edge Exercise and revisit it as often as you like.
- Ask others to do the exercise for you.
- Do the exercise for "future you".

FOR SOMEONE ELSE



- Do the 5 minute Edge Exercise with them.
- Do strength-finding personality tests.
- Let your team take charge of their development.

LEARN THAT YOU EARNED IT

- Write down 3 things you are proud of / grateful for every night.
- Find time at the end of the week to verbalise your week's achievements and positive moments.
- Timeline the achievements that got you here, and the stakeholders that backed you.

- Always prepare someone for constructive feedback.
- Don't bank positive feedback. Give it in the moment and all the bloody time.
- 3-step feedback: Describe their value, give the example, and explain how it makes you feel.
- PR the shit out of your team. Make time to do this publically once a week.

PRACTICE IT UNTIL YOU PERFECT IT

- Practice by speaking out loud, not in your head. Better yet, with someone.
- Reach out to someone you want to learn from for a 30-minute coffee.
- Say "yes", by asking yourself:
Am I doing this alone?
What's the worst that could happen?
What's the best that could happen?

- Ask for a solution, don't just give one
Tip: Give them an extra day to think and compare notes with you tomorrow.
- Encourage failing and learning.
Tip: Add a "learn from my mistake" section to your weekly meetings.
- Put on a Surprise Skills Session.