

Appreciating the Best in Ourselves

Explore lessons which can be completed in 3-5 minutes.



Monday	Wednesday	Friday	Suggested Reflections
Passion is Unforgettable (3m 17s)	Create Emotional Readiness (4m 11s)	Cultivating Self-Compassion (4m 35s)	What attributes do you possess that you want to share with others?
Strengthen Your Confidence Muscle (3m 46s)	Cultivating Intellectual Humility (3m 19s)	Creating Your Personal Brand Foundation (3m 25s)	How can you better align your emotions, thoughts and actions to be at your best?
Tools for Better Engagement (3m 2s)	Coaching Yourself (4m 33s)	Set Yourself Apart (3m 56s)	What were your biggest takeaways from this learning activity?