

Work Your ASSETS Off *Tips*

Know yourself. Curiously and honestly explore your communication style, interests, strengths, values, motivators, and challenge areas. Remember that we all have blind spots, so consider feedback from others in addition to your self-assessment.

Pay attention to WHAT. Pay attention to what energizes you and what doesn't. Also pay attention to what is working and what isn't and why.

Consider WHO. Take inventory of the company you keep. With whom do you surround yourself? Are the people around you supportive, honest, and positive, or do they impact your life in neutral or even negative ways? Avoid or minimize interacting with "energy vampires" — people whose negativity drains your energy.

Describe WHERE you want to be. Can you describe your desired state? What does it look like, what are you doing, who is there with you, how does it feel?

Have a compelling WHY. Get clear on WHY you want what you want. What will it bring you? What will you experience and how will it make you feel? What will fulfill you?

Mind your mind-set. Your state of mind is one of the most important considerations. Are you thinking positively? Are you focusing on all that is right and good while working with others and yourself? Cultivate a healthy mind-set by managing your thoughts and words, as they will influence your actions and outcomes.

Embrace your suck. Are you perfectionistic, overly critical of yourself and others, complaining, whining, on a guilt trip, a martyr, or stuck in a victim mind-set? Yikes! Remember to *embrace your* and developing your natural talents, strengths, and interests, and do the same with others.

Understand, align, and leverage yourself and others. Remember, we are not all the same. Respect, celebrate, and leverage these differences.

Be accountable and hold others accountable. Establish and manage agreements with yourself and others. Your credibility and effectiveness, and theirs, depend on it.

Be grateful. Choosing to think positively and live gratefully are perhaps the most influential factors for living a happy life, as you work your ASSETS off.

Allison Tabor



<https://www.allisontabor.com/>
<http://www.workyourassetsoff.com/>
<https://www.linkedin.com/in/allisontabor/>
<https://twitter.com/allisontabor>

