



# 40 things I know for sure



- 1 Business leads to burnout not productivity
- 2 Thinking space leads to innovation and creativity
- 3 Less is more
- 4 Quiet is impactful
- 5 Self awareness is key to being a great leader
- 6 Strengths based development is more effective
- 7 Success is about how you feel not what you have
- 8 We are our most precious resource
- 9 Slowing down helps us speed up (taking time out makes us more effective)
- 10 Confidence can be humble, in fact it should be
- 11 Fulfilment is internal not external
- 12 No-one knows what they're doing until they're doing it
- 13 There's always time if its important
- 14 Failure is how we learn and an inevitable part of being a human
- 15 Comparison is the thief of joy
- 16 A calm mind is a focused, productive one
- 17 Because we're capable of brilliance doesn't mean we should expect it all the time
- 18 Happiness is a choice
- 19 It's not about what happens to us but how we respond to it
- 20 Work and life are not separate, work is part of life
- 21 Calm is contagious
- 22 You can change your life by altering your mind
- 23 We are more powerful than we know yet so often give it away
- 24 Women are capable of so much yet have often been conditioned to play small or shrink to make others feel better about their own insecurities
- 25 Emotional Intelligence is underrated in the leadership space
- 26 Acceptance and appreciation are keys to happiness
- 27 Perfection is the enemy of excellence
- 28 Success doesn't happen to you, it happens because of you
- 29 When you change the way you look at things, the things you look at change
- 30 Life begins at the end of your comfort zone
- 31 If you under value who you are so will everyone else
- 32 Nothing is out of your reach unless you put it there
- 33 We are all a work in progress but also a masterpiece simultaneously
- 34 The most valuable things in life are not really things at all
- 35 The happiest people don't have the best of everything, they make the best of everything
- 36 You can't learn to surf without getting wet
- 37 The quieter you become, the more you can hear
- 38 There's no WiFi in the forest but you get a better connection
- 39 Confidence isn't walking into a room a thinking you're better than everyone else – it's walking into a room and not needing to compare yourself to anyone else
- 40 True belonging doesn't require us to change who we are, but to be who we are

