



Tips to keep you airborne!



A gem to keep you airborne August 2020

As my taxi pulled up at the airport in the early hours of this morning, John, my timely, thoughtful driver posed this untimely question...

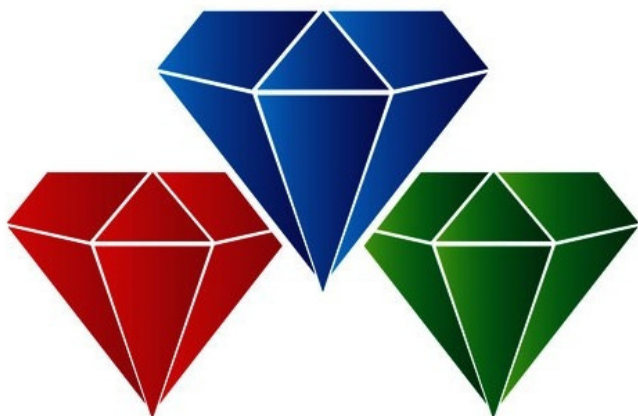
'Caroline, how do you stay happy in these difficult times and stop yourself from slipping into sadness?'

Clearly, he wanted to talk but my time towards departure was ticking, so I slipped him a GEM from my trusty, tried and tested toolkit.

'John', I said, 'See if you can build this little GEM into your daily ritual. With time and practise it will certainly help keep you AIRBORNE when the internal gremlins come knocking on your mental door, trying to pull you down. The GEM has three facets...Gratitude, Empathy and Mindfulness.'

'According to Hugh Van Cuylenburg, founding director of the Resilience Project, whose approach to happiness has touched thousands of lives from school children to elite sports athletes, business professionals and more, these are three central principals to resilience.'

'John', I said, 'The A in AIRBORNE stands for Attitude and Altitude. To gain Altitude, it pays to adopt an Attitude of gratitude!'



So, to practise gratitude (focusing on what you have instead of what you don't have), see if you can finish each day by writing down 3 things that went well for you, with an explanation of why it happened. This simple exercise can be a real game changer and put a positive spin on the dial.

'What about Empathy and Mindfulness?' he asked.

More on that another day', I said.
'I've got to get AIRBORNE!'

Caroline

PS - Who is YOUR audience?

PPS - Whenever you're ready, work with me directly to see how you, and/or your team can keep yourself AIRBORNE when life throws you in a spin!

Spread the word...



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