

What's Better Today?



Purpose and Objectives

Being prepared to learn and change and put in the required effort is a critical step in constantly improving. But this carries the suggestion that we should focus on what is wrong, or what needs improving.

If we're going to consider being in "pull-mode" towards our goals and ambitions, a much better question to ask is "what's better today?"

When you meet someone, or write a message it is 'normal' to ask "how are you?" or "How do you do?" Now in doing so, do you really, truthfully want to know the answer?

"Well, I've had this terrible problem with my stomach and I didn't sleep too well last night for all the stress I'm under and..."

How would you respond if instead I asked you "what's better today?"

Would you reflect on improvements made? Would it cause you to think about some things have indeed moved forward?



Keep a Journal

Keeping a personal learning and development journal is one of the most productive things you can do. I can understand that many people find keeping a journal troublesome however. have you noticed that all the great leaders in this world write books or publish memoirs? A few are written by other people, but almost all will be based on a diary or journal that the leader kept.

Is it just a coincidence that great leaders happen to keep journals? Or could it be that they are great leaders, in part, because they kept a journal (and reflected on it)?

- Task yourself with keeping a journal every day.
- Ask yourself one simple question to write up:
- "What's Better Today?"

In answering this, think of what you learned yesterday and what you enjoyed.

- Reflect on your journal every week and summarize your development for the week.
- Reflect on your journal every month and summarize what you learned and enjoyed that month.
- By the end of just on year, you could easily have a book to publish :-)

Copyright Dr. John Kenworthy © 2012 all rights reserved

This template may be used by a certified and registered GAINMORE™ Advantage Professional Leadership Caddy® only or by Caddies in training under supervision.

Use by any other person is a violation of our Intellectual Property