

MEDURI & SPANU

INSPIRING SUCCESS



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YOU CAN DO MORE THAN YOU BELIEVE.

We focus too much on our weaknesses. Successful people are aware of their strengths.

DEINE AUFGABE:

Find out one of your strengths today. Ask friends, relatives and colleagues where they see a strength of yours.

Write them down on your list of strengths.

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— OPEN FOR NEW.

We are often afraid of change and miss opportunities that life offers us.

YOUR TASK:

Do something new today: a different way to work, meet with colleagues you have not had contact with before, a new restaurant, ...

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GREAT PEOPLE MAKE OTHERS BIG.

The quality of your interpersonal relationships determines the quality of your life.

YOUR TASK:

Give people a good feeling today.
Give away two compliments
e.g. for courage, creativity,
humor ...

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SUCCESS SHARED IS SUCCESS DOUBLED.

Do not wait for the end of a project to celebrate your success. Achieve big goals in stages.

YOUR TASK:

Celebrate an intermediate goal today with colleagues and/or friends. A cake or a prosecco gives courage and motivation.

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ONLY THOSE WHO CAN ENJOY ARE ENJOYABLE.

You are always there for others, but take too little time for yourself. This is nice but makes you dissatisfied in the long run.

YOUR TASK:

Do something for yourself.
Take some time off. Pursue your hobby or meet with friends.
Do something that is good for you.

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SUCCESS WITH YOUR PERSONALITY.

Personality development is the best investment for the future.

YOUR TASK:

Invest in your personality today. Read a book or check out Meduri&Spanu's online training offer.