LEAD AT YOUR BEST
LIVE AT YOUR BEST

HCCA
2019 Compliance Institute
MINDFULNESS

= 

THE IMPACT OF CHRONIC FIGHT OR FLIGHT
How are you at your best?

MAPPING YOUR WEATHER SYSTEM

- High Energy
- Positive Energy
- Low Energy
- Negative Energy

WHAT’S YOUR PICTURE?

- Take a look at next week’s calendar. What important conversation, meeting or event is coming up where you could benefit from showing up at your best?
- What’s the outcome you’re trying to create?
- How do you need to show up to make that outcome likely?
What are the **routines** that make it more likely that you’ll show up at your best?

- PHYSICAL
- SPIRITUAL
- MENTAL
- RELATIONAL

What are the **outcomes** that you hope to see in the 3 big arenas of life?

- HOME
- WORK
- COMMUNITY

**STAY CONNECTED**

- E-mail: scott@eblingroup.com
- Web Site and Newsletter Sign-Up: eblingroup.com
- Blog: eblingroup.com/blog
- LinkedIn: Scott Eblin
- Twitter: @ScottEblin
- Instagram: @ScottEblin
The Life GPS® helps determine your most important goals and sets you on a course to reach them. Get started by clarifying the core characteristics that represent you at your best, the routines that will reinforce peak performance and the outcomes that you hope to create in the three main arenas of life.

AT YOUR BEST

ROUN'TINES

PHYSICAL

SPIRITUAL

MENTAL

RELATIONAL

OUTCOMES

HOME

WORK

COMMUNITY