



COVID_19 Boot Camp – Six Ways To Up Your Game

- **Work On Your Self-Discipline:** *It's is like a muscle, the more you use it the stronger it will get – Level the playing field between your 'Present Self' & 'Future Self' with a 'Commitment Device'—And incentivise your actions with rewards that shape and drive positive behaviour*
- **Make Banishing Negativity Your Primary Goal:** *Like the song says, “Accentuate the positives & eliminate the negatives”—Seek out growth & development opportunities—& look for the [Purpose and Passion](#) in everything you do*
- **Develop Your Compassion & Social Conscience:** *[You are not on your own](#)—You are connected through family, friends, work & beyond—So within the prevailing guidelines nurture all your relationships, and be pro-social & compassionate in all areas of your life*
- **Manage Your Stress:** *Stress is OK, but work on becoming [Anti-Fragile](#) i.e. someone that doesn't just endure shocks and stresses, but can actually benefit from them—[Be Present in your own life & ask yourself each day the right questions](#)—Start from where you are at and what you have got, not from where you want to be & what you want to get*
- **Improve Your Confidence:** *Become a continuous learner & play to your strengths—Set yourself challenging goals—Don't be afraid to [Practice, Practice, Practice](#) & as you develop new skills and strengthen existing ones **feel the glow**; & finally*
- **Listen Actively—Communicate Robustly:** *Cut through the incessant noise and commotion—Listen for “The song beneath the words” i.e. practice hearing and understanding what is really being said and felt—And [communicate passionately and unambiguously, without fear or favour!](#)*