

Don't Throw Tomatoes at My Field of Dreams



Shine Principle

What do you do to shine at work?

What are you doing to encourage a culture of distinction?

What are you known for in the work place? Are you known for your positivity, punctuality, kindness...?



Cull Principle

What behavior/behaviors do you need to cull?

Get rid of what is harmful to your performance and productivity.



“Let it Go” Principle

What strategies do you use to stress-proof your life?