



## Do you have a PERSONAL REINVENTION tip or best practice to share with others?

*During registration for this webinar, we asked participants this question: Do you have a PERSONAL REINVENTION tip or best practice to share with others? (Consider books, quotes, inspirational mentors, music, tools, activities, practices, programs et al that have been beneficial to you). Sixty-eight people offered their tips and best practices. This represents your Gifts to one another.*

1. "Be the change you want to see in the world." Gandhi | Coaching for Transformation has changed my life by bringing the shadow aspects into the light for understanding, acceptance and transformation.
2. "Flow: The Psychology of Optimal Experience, by Csikszentmihalyi, The Web of Life, by Fritjof Capra; Leadership and the New Science by Meg Wheatley.
3. "I may not be there yet, but I am closer than I was yesterday" ~Author Unknown
4. "It is choice, not chance, that determines your destiny."
5. "The Extraordinary Leader" program by Jack Zenger and Joe Folkman
6. "What do I do when I am lost in the forest?" "Stand still. The forest knows where you are. You must let it find you." - from Native American poem | "Lost", tr. David Whyte
7. "You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don't. You have wings. Learn to use them, and fly. - Rumi
8. 2 Chronicles 1:10 - "Now give me wisdom & knowledge"...that prayer is never outdated :-)
9. A friend recently told me ... Think of everyone around you as if they're all here to help you. It's made a big difference in how I interact with others.
10. A key is learning to pray and listen to God and others.
11. Accept that which is good.
12. Again, there are so many, but perhaps the best for me is the KNOWING that I CAN rediscover, redefine, reinvent my ----- anything, and that it is completely up to me, and dependent only on my perception. And THIS I can shift.
13. Be true to yourself and know that change comes from deep within as for me; it is very important to stay in rhythm/harmony with myself..our vibrations and energies go out into the world.
14. Being aware/mindful of where I am at a particular time and place.
15. Choosing Civility - PM Forni
16. Daily affirmation cards to meditate upon before sleep; looking at a goal not as a hurdle but as

if it were accomplished, bringing positive self-talk and thus behaviors.

17. Daily Meditation - 1 hour; Daily Physical Practice - 1 hour
18. Determination and focus.
19. Do things with LOVE
20. Don't let fear stop you. Work through real challenges, but don't mistake fears for genuine obstacles. Having a circle of trusted advisors is a huge help with this, as we often can't make the distinction by ourselves. Get support: informal and professional.
21. Dr. Wayne Dyer's philosophy on life through his many books. He taught me to keep on opening up and to be curious about myself and my passions, to become authentic.
22. effective habits - 7 keys..best book i read which helped me
23. Encourage honest feedback and really listen to it.
24. Feminine Power series
25. Find an environment and context that inspires and supports your fully mature and creatively radiant expression!
26. Follow your passion and you will be happy. Be open to the opportunities that come your way.
27. Getting Things Done by David Allen - working his daily organizational methods.
28. Give first and then receive.
29. Grow Daily
30. <http://breakthroughperformance.net/> Stacey Vornbrock
31. I am committed to keeping an open mind and doing something new in my life that provides a challenge for me. I hold my head up high and work on keeping my heart open even when I feel in a dark place. I meditate everyday - take walks in nature, & go to Powe
32. I attempt to eliminate the practice of appropriating and *commodifying* the world outside. I have learned that reinvention requires a deep sensitivity to the needs of others: as noted in Mark 10:44: "Whoever would be first among you must be slave of all."
33. I have recently started meditating. I find the concepts of basic goodness and a kind and open heart help me to stay grounded and help me to cope with the ups and downs of life.
34. I have so many to share, but I've learned that the right source will reveal itself when it is needed. The challenge is in being as aware and open to these opportunities as possible and then finding the courage to take action.
35. I see "reinvention" more as a discovery of your true self. Any other kind of "reinvention" is considered by me as a waste of precious time.
36. I'm not sure about personal reinvention, but a good quote I've remembered comes from Janis Joplin; "Don't compromise yourself; it's all you've got!"
37. INTROSPECTION AND SELF-KNOWLEDGE
38. I've just let myself go...
39. Joanna Macy's work - the work that reconnects
40. Joel Barker's change program has been my guide now for the last 10 years.
41. Keep the Faith!
42. Keep your enthusiasm going----even in down times
43. Know yourself - believe in your given and developed gifts.
44. Learn from every person and level of an organization
45. Learning through relationship with others, both in my own environment, and in reading the messages of others. Lots of books!

46. Letting go of what others might say - or what I think they might say
47. Lifelong learning.
48. Listen to your deeper feelings, they indicate your needs.
49. Listen. Trust emergence.
50. My favourite quote is 'Seeds of discouragement cannot grow in an grateful heart'. I try to live by this, to find the positive things to focus on and to find potential in the difficult situations. I keep a list of things that I have to be grateful for
51. Never be afraid
52. Never give up.
53. Never stop learning.
54. 54. Never, ever, give up. Practice pig headed determination.
55. Recently, I had a review of what Peter Drucker said, "See yourself LIFE size". It was so powerful and opened a new thinking thread for me.
56. Set goals and make yourself accountable by having to report on successes with mentor or someone other than yourself.
57. Silence/meditation
58. Stephen Covey - 7 Habits of Highly Effective People
59. Take time out to think. Make time to spend with family. Listen and try to understand all points of view.
60. The Relationship Based Practice Model.
61. To change your world you must first change yourself
62. Transparency
63. Trying something new/different...
64. Turned all my fears into 'puppies' and invited them in for whatever they needed.
65. Vince Lombardi quote – “Winning isn't everything...Wanting to win is...
66. We are beings in motion call forth change for the better and embrace it
67. When I enter into conversation with someone, I say to myself, "Teach me something." This keeps me open-minded and allows me to listen to others at a deep level.
68. When I was younger, I knew I knew it all. A bit later, I thought I knew it all. One day, many years later, I realized I knew very little of anything and that is when I truly began to grow. Never stop learning...quote by Diana
69. Write down your goals and review them everyday. Don't put off till tomorrow what you can do today :-)
70. You are never too old to set another goal or dream a new dream. (C.S.Lewis)
71. You miss 100% of the shots you don't take!
72. Use Gandhi's WISDOM in your own day-to-day practice as a “yardstick” to measure your contribution each day. “My LIFE is my message.”