

## Personal Insights, Life Lessons and Daily Rituals

What's all the hype about getting up early?

There is almost a sense of social pressure on us these days to do what is socially approved of the right things to do, yes?

However, today, let's focus on a few personal insights that have proven themselves for me over more than twenty years.

6 personal insights that have proven themselves over more than twenty years:

1. Listening to your inner genius
2. Avoid listening to your ego
3. Set some daily success habits
4. Seek feedback from objective people
5. Embrace a positive outlook and positive self-dialogue
6. Be resilient and keep moving forward

### Listening to your inner genius

Have you mastered listening to your inner genius, or does your ego get in the way of making critical business decisions? One way to work out how you're tracking this one is to ask yourself, am I making Emotionally Taxing Decisions (ETDs) in my business and/or my life?

### What's an ETD?

This is a decision that keeps you awake at night like sacking an underperforming employee or raising your prices when this is long overdue but you really like the client it will impact on and you fear upsetting them.

Your inner genius is like your wonderfully wise life partner that is sometimes so insightful it's frustrating. You know they're right and you wish they weren't because that would lead to you having to step up and make an emotionally taxing decision.



That's when you know you're listening to your inner genius, when you feel just as annoyed as this but you came up with the insight all on your own.

### **Avoid listening to your ego**

Sometimes, our ego can be like an angry or persistent voice in our head. "Yeah, I know I probably should do that but instead I'm going to do this. Why? Because I want to that's why".

This type of self-talk sounds a lot like our ego is arguing with ourselves doesn't it?

It's crazy how often our ego can step into a conversation entirely in our own heads and sometimes even out of nowhere right? This is a really important point to get in touch with.

Whenever you hear self-talk that starts off with "well I know I could or should" then it's time to ring the ego alarm bells and really check in with your thought process.

### **Set some daily success habits**

The more daily success habits you have, the more you can rely on these to help you work through key decisions. Why? Because when you exercise, meditate, read, walk, journal, and relax (you get the drift) regularly, this can lead to much deeper reflection which then leads us to much deeper insights.

The more we are able to "shift our state" and move from one state to another, the better we get at shifting into problem solving mode. And the best thing about success habits or rituals is that they really help you to clear your mind and shut out the noise of low level thinking.

Many famous thought leaders throughout generations have reported their favourite way to think and reach conclusions on key decisions. So, what can you add to your day that could lead to better health, vitality and thinking time?



*"It's crazy how often our ego can step into a conversation entirely in our own heads"*





### Seek feedback from objective people

We should always avoid seeking approval from people based on what we want to hear. Instead, we are always going to be much better served if we seek out feedback from people that we know are going to tell us what they believe we need to hear. It's not always enjoyable, but it can dramatically broaden our objectivity and perspective, especially from other people's point of view.

### Embrace a positive outlook and positive self-dialogue

People who look forward to thinking time will always make better decisions. Why? Because instead of being motivated by negative thinking like the fear of failure or fear of being unpopular, we all need to focus on the end game and the bigger reason why we need to reach a solid conclusion and decision in the first place. When we are motivated by fear we are signalling to our subconscious that we don't even want to succeed.

Instead, what we are focusing on (fear) expands and can even manifest into negative energy which in turn can even manifest into a crappy outcome we never wanted in the first place.

### Be resilient and keep moving forward

Positivity and optimism might not be enough at times. In fact, they may even lead you straight into denial. Instead, build your resilience muscles and learn to face up to your truths and not overthink them, instead, imagine them like a wave approaching you on the beach. It may even be a strong emotion (like a strong wave) but it will pass and you must keep your poise, balance, and move ahead once you know what to do next!

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