

# A journey worth taking!!

Joyce Campbell



# Taking Control



# Beware of Toxic Mind Viruses

It's going to be tough!

I don't deserve it!

I'm not smart enough!

I'm too busy!

I can't do it!

Life is a struggle!

He doesn't like me!

I can't rely on them!

It's not easy!

It'll just cause drama!

I need to be liked!

They're better than me!

No-one will help me!

It won't work!

I can't afford it!

If it's not none thing, it's another!

I'm not good enough!

# Values

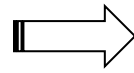
- Trust
- Integrity
- Authenticity
- Honesty
- Accountability

# Our Team Charter

- Give timely feedback
- Look to help teammates
- Enhance relationships with teammates
- Be positive and pro active
- Be open to receive feedback & clarify feedback

FOCUS ON POSSIBILITIES +

EXCITED ABOUT THE FUTURE



HAVE A "CAN DO-WILL DO" ATTITUDE

### ABOVE THE GROUND

- LOVE
- APPRECIATION
- PASSION
- ENTHUSIASM
- FULFILMENT
- HOPEFULNESS
- CONTENTMENT



THE SUCCESS PSYCHE  
(Abundance mindset)

- OWNERSHIP
- HOPE
- SELF-BELIEF



FORGIVENESS

(NELSON MANDELA - 27 YEARS IN JAIL...FORGIVENESS)

- BOREDOM
- FRUSTRATION
- WORRY
- ANGER
- ANXIOUS
- HELPLESS
- DESPAIR



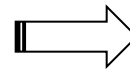
THE QUITTERS PSYCHE  
(Scarcity mindset)

- BLAME
- DENIALS
- EXCUSES
- RESENTMENT
- JEALOUSY

### BELOW THE GROUND

DWELLS ON THE PAST

+ FOCUSED ON PROBLEMS



"IT'S TOO DAMN HARD" ATTITUDE

Source:



# Behaviour & lessons

- Believe in yourself - don't let anyone tell you that you can't do something.
- Work to your strengths.
- Challenge yourself.
- Set your goals and set your compass to North but don't be afraid to adjust your goals.
- Stepping back or changing direction doesn't have to be permanent.
- Don't be afraid to change your direction, it's never too late.
- Set your values and don't compromise these values.
- Get to know and value the people you work with.
- Don't try and be everything to everyone.
- Work on one percenter's.



# Behaviour & lessons

- Ignore and avoid toxic people in your work life and your personal life, they don't serve any purpose to you.
- Call out poor behaviour.
- Recruit to fit culture - skills are coachable.
- Have a positive and optimistic attitude, this is in your control.
- Teamwork is mission critical.
- Get out of bucket land, there's some exciting things out there.
- Do you have a mentor?
- Upskill, it's in your control!
- Continue learning!!!
- Celebrate milestones and successes.
- Take time out for yourself.



I never  
lose.  
I either  
win or  
learn.

Nelson Mandela

[famouspeoplequote.com](http://famouspeoplequote.com)