

Dynamic People Skills by Dexter Yager

- 💡 I recognize that we all have internal conflicts - so am patient with others
- 💡 I focus on helping others and growing myself in the process
- 💡 I know that my situation changes only when I change first
- 💡 I grow as an adult and improve my attitude around delayed gratification, discipline, emotional resilience and resisting others' opinions
- 💡 I throw off the cover of false positivity; and undo the hooks of bad habits
- 💡 I focus intently on real desires and back myself with action
- 💡 I enjoy change instead of fighting it
- 💡 I concentrate on what matters most (big rocks) and never sweat the small stuff
- 💡 I act now and make the most of every hour
- 💡 I take my eyes off myself and focus on helping others
- 💡 As a successful person, I remain productive in all parts of my life, including health, relationships and personal integrity
- 💡 I know that life can be difficult, so I see it realistically and am always prepared
- 💡 I choose consciously when responding to events - maintaining focus on my desired outcomes
- 💡 I select and superimpose inspiring role models to help maintain a positive attitude
- 💡 I explore and am excited by life's possibilities
- 💡 I let my vision and mission determine my direction
- 💡 I keep my heart clear through patience and forgiveness
- 💡 I maintain a sensible level of security and only take calculated risks
- 💡 I maintain balance between empowering others and recharging myself through solitary reflection
- 💡 I live my life filled with integrity
- 💡 I build lasting friendships by first being friendly
- 💡 I maintain friendly flexibility; setting my goals in concrete, but my plans in sand
- 💡 I broadcast positive body language; conveying warmth, interest and confidence
- 💡 I keep my voice pleasant; monitoring tonality, cadence and pitch to strike the right chord with others
- 💡 I express my convictions appropriately; considering others' opinions and values
- 💡 I listen attentively; showing first how much I care before sharing how much I know
- 💡 I am always prepared; doing the work necessary to minimize unpleasant surprises and adapting when required
- 💡 I am always authentic; saying what I mean and meaning what I say - with kindness
- 💡 I look for connection and build bridges with others
- 💡 I am empathetic; willing to experience others' perspectives to balance my own
- 💡 I stand firmly; making room for others while adhering to my values in all circumstances
- 💡 I diffuse conflicts and focus on solutions; seeking help along the way and being resistant to negativity by maintaining a sense of humor
- 💡 I appreciate and praise others liberally - being specific about why
- 💡 I make change easy for others; and keep them engaged by exuding happiness and being a great storyteller
- 💡 I earn respect from others by always being respectful
- 💡 I build toward and help others think about leaving a fulfilling legacy
- 💡 I embrace financial stability as a steppingstone to world impact
- 💡 I pursue meaningful pleasures with friends and partners - including childhood dreams and goals
- 💡 I leverage my power to help others - letting spirituality and connection guide me
- 💡 I strengthen my mind, body and spirit to increase my longevity and capacity
- 💡 I maintain honor and a sense of duty when working with and serving others
- 💡 I genuinely enjoy life and all that it has to offer
- 💡 I keep focused on my vision and chase my role models to success
- 💡 I remember who I influence along the way
- 💡 I give myself a daily "charge" of inspiration and determination; and just do it!
- 💡 I approach every situation and interaction wholeheartedly
- 💡 I start with a clean sweep; clearing my life of clutter that could slow my progress
- 💡 I am forward-focused; always having a series of objectives that I'm chasing and replenishing them when accomplished
- 💡 I am always my own best friend and maintain a disciplined memory highlighting the positive
- 💡 I practice appreciation and thankfulness
- 💡 I always give myself a healthy dose of "So What; Get Better!"
- 💡 I concentrate on giving and acknowledge my spiritual base
- 💡 I always believe in myself
- 💡 I recognize that "right" decisions are actually a matter of follow-through
- 💡 I know that rejection is often just an issue of timing
- 💡 I pursue my dreams relentlessly; despite my insecurities
- 💡 I avoid rejection-induced reflection; and incorporate valid feedback at a later time
- 💡 I seek spiritual clarity during my journey and gain conviction along the way
- 💡 I put myself through intense preparation (battle training) so that I am prepared for the challenges ahead
- 💡 I demonstrate true grit and emanate excellence in everything that I do
- 💡 I am excited by seeing other succeed and be recognized
- 💡 I am humble and teachable; always wondering what I can learn from every interaction
- 💡 I listen far more than I speak - interested in drawing others out and learning about their stories
- 💡 I always build others up through edification - especially when they are not around
- 💡 I always seek and act on constructive feedback from others
- 💡 I maintain an attitude of gratitude and always look for ways to give or serve others
- 💡 I make people my priority (value people, use things)
- 💡 I see myself through God's perspective
- 💡 I decide who I am by the choices I make each day

- 💡 I think before communicating; avoiding old negative habits and always asking what this specific situation requires of me
- 💡 I eliminate assumptions - they are the silent assassins of good communication
- 💡 I maintain a positive attitude; never encouraging negativity, but instead responding with kindness and empathy
- 💡 I share the power in my relationships; avoiding all semblances of manipulation
- 💡 I watch for negative emotions hidden beneath a positive surface
- 💡 I practice deliberately to achieve excellence, but don't waste time chasing perfection
- 💡 I protect against vulnerabilities by being especially mindful when Hungry, Angry, Lonely or Tired
- 💡 I surround myself with positive influences who support me and my journey
- 💡 I avoid letting personal judgment destroy potential relationships
- 💡 I deeply respect others' right to their perspective - even if I seriously disagree with it
- 💡 I am strong with issues, but gentle with and accepting of people
- 💡 I'm relentless in thinking positively because I know that most worries will never occur
- 💡 I know that ENTHUSIASM & ENERGY make the difference
- 💡 I am naïve by choice - choosing to love people despite how they show up
- 💡 I know that emotions follow thoughts, so I control my thinking
- 💡 I face strong emotions with TRUTH: analyze the Trigger; engage in Reflection; avoid the Unhealthy response; understand the Truth; embrace the Healthy response
- 💡 I know that the most important ingredients in my personal relationship are maturity and spiritual clarity
- 💡 I focus on building my partner up and supporting her in being the best that she can be
- 💡 I accelerate my own personal development in pursuit of growth and long-term contribution
- 💡 I prepare for life-long commitment by respecting my partner and employing good manners, good humor and emotional stability
- 💡 I consistently look for common ground and support our respective strong identities
- 💡 I perform periodic checks to ensure that I'm a person worthy of a lasting partnership
- 💡 I know that without 100% commitment and freedom, I have neither
- 💡 I am the guardian of my partner's self-esteem and never let the pursuit of perfection spoil the appreciation of connection
- 💡 I change the things that I can change; and turn the ones I can't to my maximum advantage
- 💡 I build respect and honesty into all interactions
- 💡 I take 100% ownership for my relationship and sow seeds that I'll be proud to harvest in the future
- 💡 I provide protection against internal criticism and allow us to dream and celebrate together