



NLE Quick Tip: Stronger Than Yesterday

Presenter: Karen Schmidt, President of Sanford Rose Associates International® & Managing Partner of Next Level Exchange

In this NLE Quick Tip, Karen Schmidt shifts from discussing the tactical recruitment placement process we historically focus on and spends time talking about something equally as important – your mindset. Let's start with a question – but you'll have to slow down and take some time to answer it truthfully and with depth. Here it is: Knowing what you know now, having all of life's experiences thus far behind you, what would you do differently?

Meeting: "Stronger Than Yesterday" by Karen Schmidt

If you are reviewing this Episode with a team, watch the entire Episode and ask your group for their key takeaways and insights that they pulled from the Episode. Review the below to fill in the gaps.

Facilitator: How did you answer the question "What would you do differently starting today?" as it relates to the I wish/I would have statements? Remember, this exercise intends to reflect on life's experiences, not hold onto regrets. We want to grow and evolve as our situations change. Prompt an open discussion as a group.

Write down one of your "I wish/I would have..." statements and share it with the team:

Revise one of your "I wish/I would have..." statements from the past to be one of your non-negotiable for the future. Write your revised statement here:

What are some of the apps you have running in the background? List them here:



What can you do to give yourself more "battery life"? List 3 things you can implement today:

Facilitator: Remember that confidence increases productivity and that confidence can naturally create a more cohesive workplace environment. Consider failures as beginnings rather than endings. Embrace failures value as a teacher. Let's spend some time focusing on these choices you can make. Circle the statement below that resonates the most with you.

- *Who in your life do you care to impact the most? How specifically are you going to mentor and impact those individuals?*
- *What are the five things you would put on your bucket list, and with whom would you want to experience them?*
- *What experiences are you most appreciative of in your life? How can you help others have that same experience?*
- *What moment in your life are you most proud of? How can you duplicate more of those moments?*
- *Look around. What and who are you thankful for today? How can you share your appreciation for them?*

Facilitator: Value the gift of time. Summarize your ideas about how you will take action on the statement you circled above. This is your chance to make an impact. No fear of failure because YOU are resilient!
