



1
minute
learning™

by: diane phillips

SUCCESS

INVITE: Positive Ideas and People

When you focus on creating a new habit of inviting positive; (Ideas, actions and people that make you feel good and support you.) **you will create more successful experiences.**

Habitual Characteristics to Invite:

Characteristics: Actions or ideas that are observable, and experienced.

Agreements kept

Honesty

Appreciating original ideas.

Constructive.

No fears about what others might think.

Listening well.

Focused on successes; Positive attitude. Enthusiastic.

Takes time to learn the facts., not gossip.

Open to change.

Improvement from help.

ACTIONS to DO:

Over the next week invite positive ideas and people and focus on them.

When you are satisfied that you know what to invite, go on to **lesson 2.**