



J&R's 15 Empowering Things to Keep Doing and/or Start Doing:

- 1- Say more "Please" and "Thank You"s, especially to those who don't expect it, or to those who rarely get it.
- 2- Write a personal story worth sharing, and publish it on social media with a message/ lesson learned.
- 3- Seek to restore a relationship with someone, and better so, when you believe it was not your fault.
- 4- Give more books as gifts to others. Make sure you write a dedication along with the date.
- 5- Smile more to people especially to those who don't expect it or those who rarely get it.
- 6- Make an effort to listen more and to only say the things that have a positive impact.
- 7- Take an initiative to be a guest speaker at a school, organization, or conference.
- 8- Clean up your closets and forgotten drawers, and donate what you don't need.
- 9- Make an effort to see a positive thing in everything that happens to you.
- 10- Plant a tree. Give it a name and save its birthday in your calendar.
- 11- Offer advice or coaching to someone who needs your expertise.
- 12- Make sure you visit and call your Mom/Dad more often.
- 13- Keep a bowl of candies on your desk.
- 14- Try to whistle and sing more often.
- 15- Lead by Empowering.

