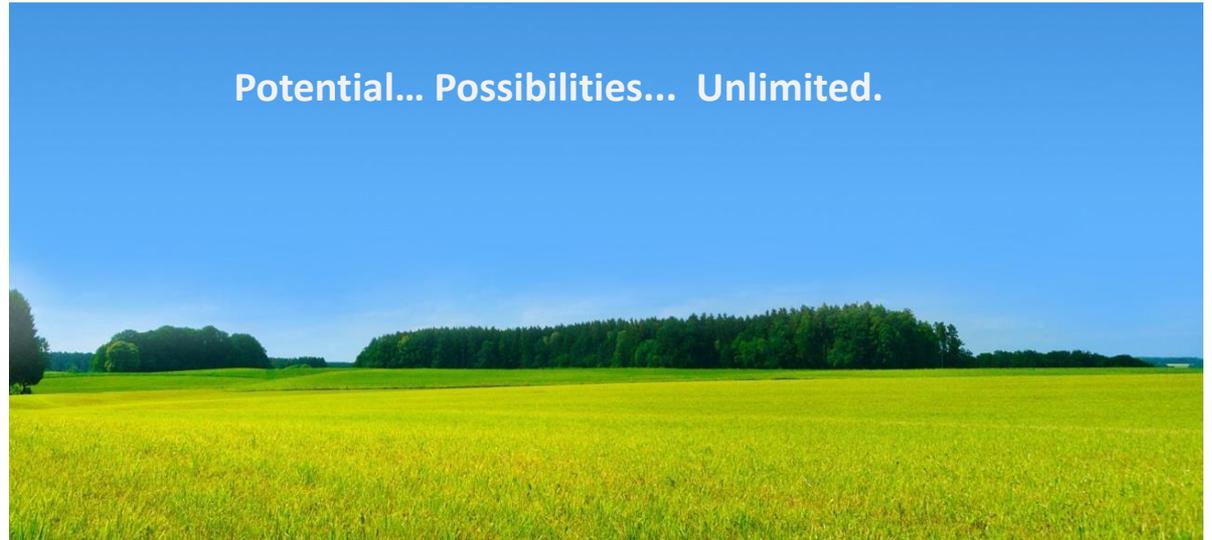


**PK Narayanan**

CEO Coach

**How do I find my better me?**

*10 ways to find your better self*



PK helps you Scale-up your Business,  
Enhance your Leadership Presence and  
Position your Business for Long-term Success!

pk@pknarayanan.com

|

+91 98453 90141

|

pknarayanan.com

Happened to come across this quote:

Would you like you, if you met you?

Sensible - would I like me if I met me?

This could very well start many bells ringing. Worth exploring...

What have I done differently in the last 7 days?

Have I initiated any new stuff in the last 30 days?

When is the last time I have done something for the first time?

Stimulating questions - to be alive, kicking.



It is the road signs, 'Beware of lions' - Kip Lagat, Kenyan long distance runner, when asked why his country produces so many great runners.

Good (practical!) observation. Intimidating.

To bring-out our best, do we need to get challenged to this extent?

Is that extreme adversities alone can bring our true potential out?

Am I doing enough to unleash my (true) potential?

There are no traffic jams along the extra mile - Roger Staubach, former NFL star.

The extra mile - can I run this more often?

Is it possible to make it a habit?

What happens to my environment when I do that?

No person was ever honoured for what he received. Honour has been the reward for what he gave - Calvin Coolidge, former President, USA.

What am I giving?

How much?

To whom?

Worth reflecting. Every day.



scale-up  
with **PK**

**PK** Narayanan, CEO Coach

## Influencing

Each time I have a choice - to 'direct' or to 'influence'.

Is it possible for one to move consciously towards 'influencing'?

Being authentic, demonstration, walking the talk - helps.



scale-up  
with PK

PK Narayanan, CEO Coach

## Competition - with whom?

Competitiveness is a virtue - In reality, whom do I compete with?

Reminded of an old Boeing 747 ad - The only aircraft that can compete with a 747 is another 747.

Ultimately my (only) competition is me.



scale-up  
with PK

**PK Narayanan, CEO Coach**

**Seeing things as they are!**

Denial - It's easier to see in others than in one-self.

Noticing in one-self and accepting seem to be the first challenge. Coping with it and addressing requires an effort by itself!

Let's observe.

Let's see, interpret things the way they really are; not the way we think they are.

You are only as good as your last decision - my Boss, circa 1999.

A great learning for me that day.

The importance of applying ourselves - in every moment, in every choice, in every decision.

Being mindful, being present.

The person who sweats more in training bleeds less in war - Robin Sharma.

By failing to prepare, you are preparing to fail - Benjamin Franklin.

Preparation is crucial.

There's a strong positive correlation between preparation and outcomes; preparation and readiness; preparation and confidence, and ability to apply, to execute.

What's my level of preparedness in my journey?

How prepared my teams are in facing what they face?



scale-up  
with **PK**

**PK Narayanan, CEO Coach**

**Get started now!**

If You're ready to stop playing small and start seeing extraordinary outcomes

You're in the right place.

**Get started now!**

**CLICK HERE:**

<https://pknarayanan.com/get-started-now/>

**To schedule a free 30-minute  
Business Accelerator Session with PK**

**www.pknarayanan.com**

**+91 98453 90141**