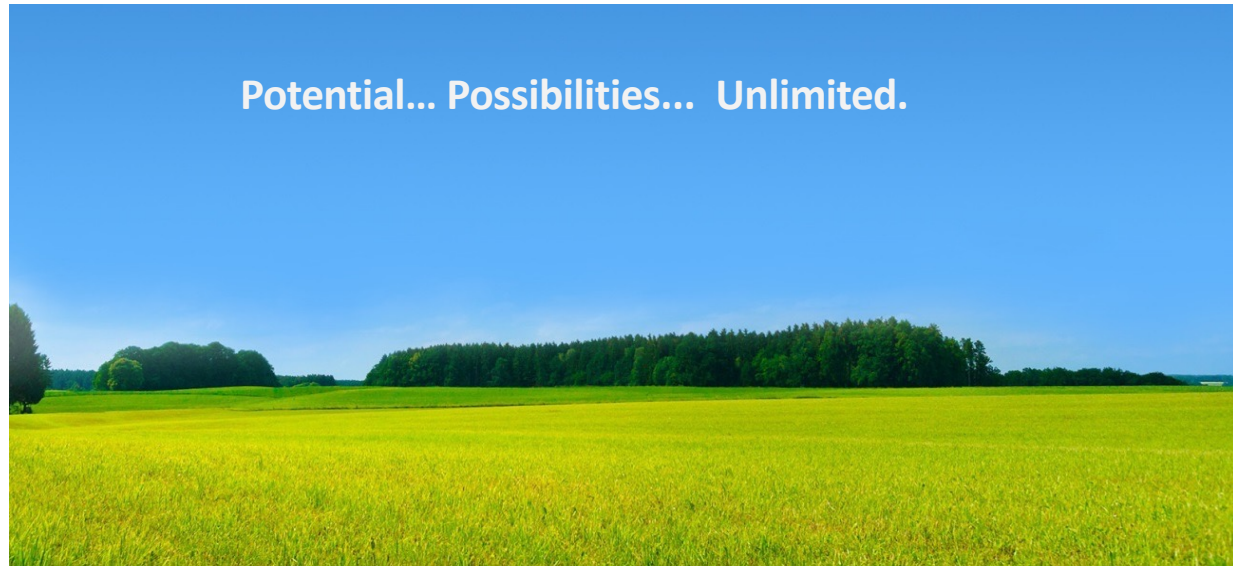


PK Narayanan

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



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Introduction

The content of this e-book is designed in a way to read and reflect.

Therefore, my request is that the book is read page-by-page and reflected upon; than reading it all at one-go!



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Would I like me?

Happened to come across this quote: Would you like you, if you met you?

Made me think. Would I like me if I met me?

Set many bells ringing.

Worth reflecting on.



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Being Alive

What have I done differently in the last 7 days?

What new stuff have I initiated in the last 30 days?

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

Stimulating questions - to be alive. And 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.

Practical (!) observation. Intimidating, though.

To bring-out our best, do we need to be challenged to this extent? Is that only extreme adversities can bring our true potential out?

Not really. We can be our best version by being conscious.

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



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Extra Mile!

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

The extra mile - relatively a place free of competition, congestion. Can I run this, be there, more often? Is it possible to make it a habit?

What happens to me, and my environment, when I do that?



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Give more!

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

A true leader is a giver, never a taker - Robin Sharma.

Give more than what we take.

Give more than what we receive.

Give more than what we ask for.

Give more.



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Influencing

As a Leader, situations offer me a choice to 'direct' or 'influence' others.

Leadership is about influencing others. Great leaders are great influencers.

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

The good news is that it is possible!



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What we do with what we know

What you know matters far less than what you can do with what you know - says
Tony Wagner.

True. What I know is one thing. What I do with what I know is another.

Innovating, creating, bringing new possibilities into life being potential outcomes.

Am I doing enough with what I know?

It brings enormous benefits once we start seeing things as they are, not as what we think they are.

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

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

Seeing, interpreting things the way they really are, not the way we think they are - can significantly improve our perception.

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

A great learning for me that day.

The importance of being conscious, being present - in every moment, in every choice we make, in every decision we take - can't be over-emphasised.

The Language, the vocabulary we use is important; makes a difference - a significant one - to the outcomes.

Positive language that we employ results in positive outlook (inside), and positive mindset (outside). For example, from 'Stop making mistakes' to 'Be more accurate'; 'Don't be lethargic' to 'Feel more energetic'. These can make significant difference to us and the environment.

It's also shifting our focus to 'what I need more of', from 'what I need less of'.



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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!

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+91 98453 90141