

Rebuild Your Backbone

TOPIC OVERVIEW

Day One: June 29

Thank you so much for embarking on this adventure!

As you heard live on the call or on the recording, I reinforced the following points:

- **Life is short.** We want to make sure to maximize our impact while we have time!
- **Doing great work can be enjoyable *while you are doing it*,** not just after you reap the fruits of your labor
- **The foundation of your backbone is:**
 - Creating your personal vision of success, based on your own values and priorities
 - Focusing on the impact of your work, and the tangible good it does in the world
 - Acknowledging and leveraging your strengths
 - (What we didn't talk about today but will on a future call, is how to protect your backbone from doubts, trolls, or haters by activating your protective shield)

We will dive into these topics with more depth and live examples as the weeks progress.

For now, let's get to your homework!



HOMWORK

This week's homework is intended to open you up to recognizing strengths in others, acknowledging the impact these strengths have on you, and taking a step to reinforce someone else's backbone.

I really hope you enjoy it!

Instructions:

- 1) Find one person who is really great at what s/he does. This can be a service worker, a teacher, a business owner or anyone who you feel is truly leveraging their gifts and having a positive impact on the world
- 2) Prepare the following (in writing would be great, so you can deliver it to a supervisor or anyone who would care)
 - a. Describe their strengths
 - b. Describe a specific thing they do that you think is great
 - c. Describe the positive impact it has on you, and those around you
 - d. Acknowledge the person with gratitude, and encourage them to keep up the great work
- 3) Deliver the news in person, with a twinkle in your eye
- 4) If it doesn't embarrass you or them, take a picture of the two of you together. If you are going to post it on our public site, please ask their permission first.
- 5) Notice the impact of your feedback. Drink in their smile, and remember how it feels to tell someone that you appreciate them. Also notice if they are shy or embarrassed to receive praise. All will be very helpful as we move on to our own work!

INSTRUCTIONS FOR POSTING

You have two options if you want to share your homework:

- 1) **Post it publicly** by sending an email with your content (audio, video or just text) to post@rebuildyourbackbone.posterous.com

You can check to see if it posts by visiting: <http://rebuildyourbackbone.posterous.com/>

- 2) **Share it with me privately** by sending an email to pam@pamelaslim.com with the subject line: **Backbone homework**

If you have any trouble with either method, send an email to support@pamelaslim.com

Thanks and talk soon!