# SHIFT HAPPENS

## EMBRACING CHANGE

HANNAH KNOWLES

# ON THE CAT SCALE, HOW'S YOUR MOOD?

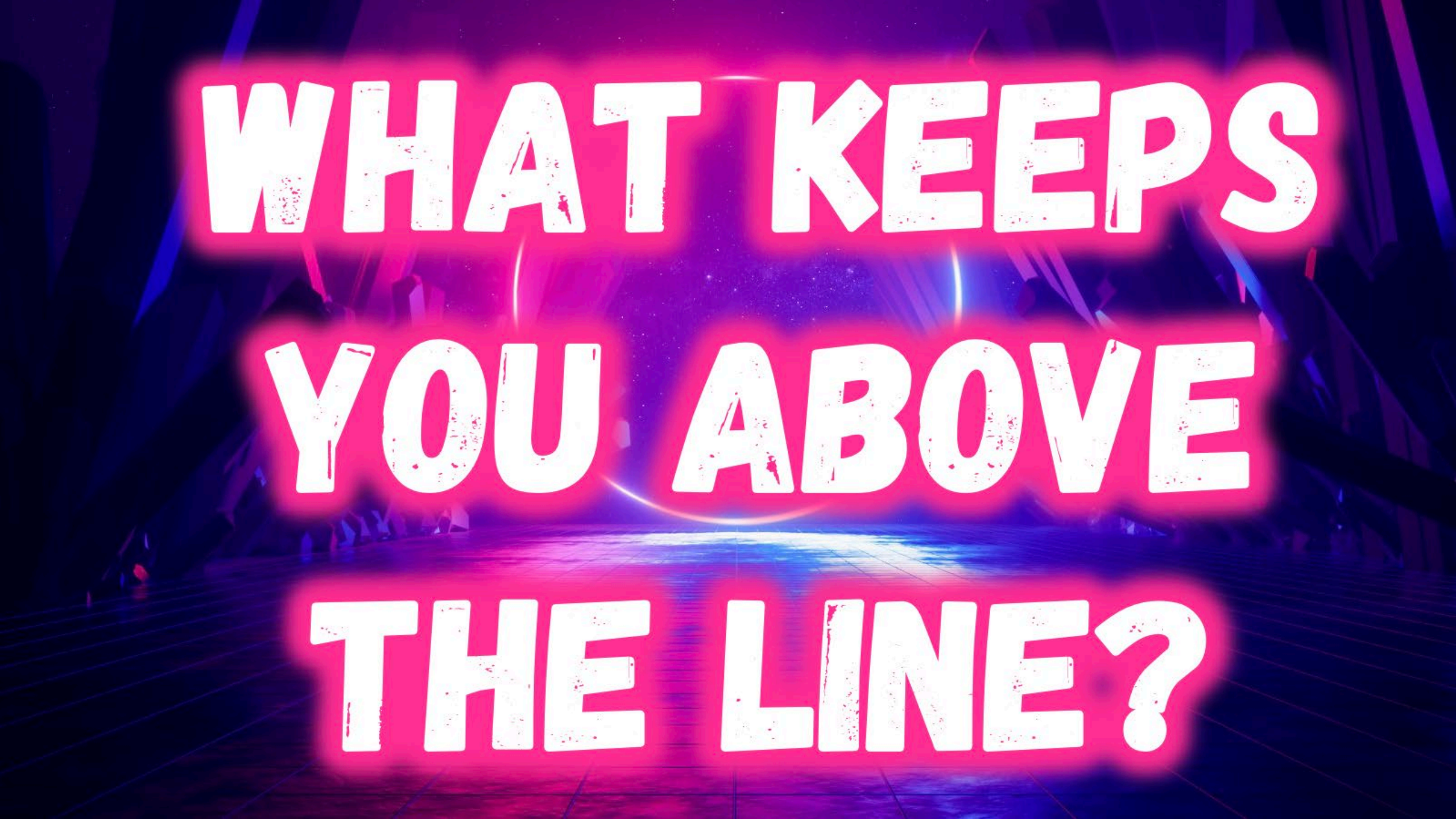



There's only two things I don't like:
Change and the way things are.




LOCATION LOCATION LOCATION
WWW.CONSCIOUS.IS

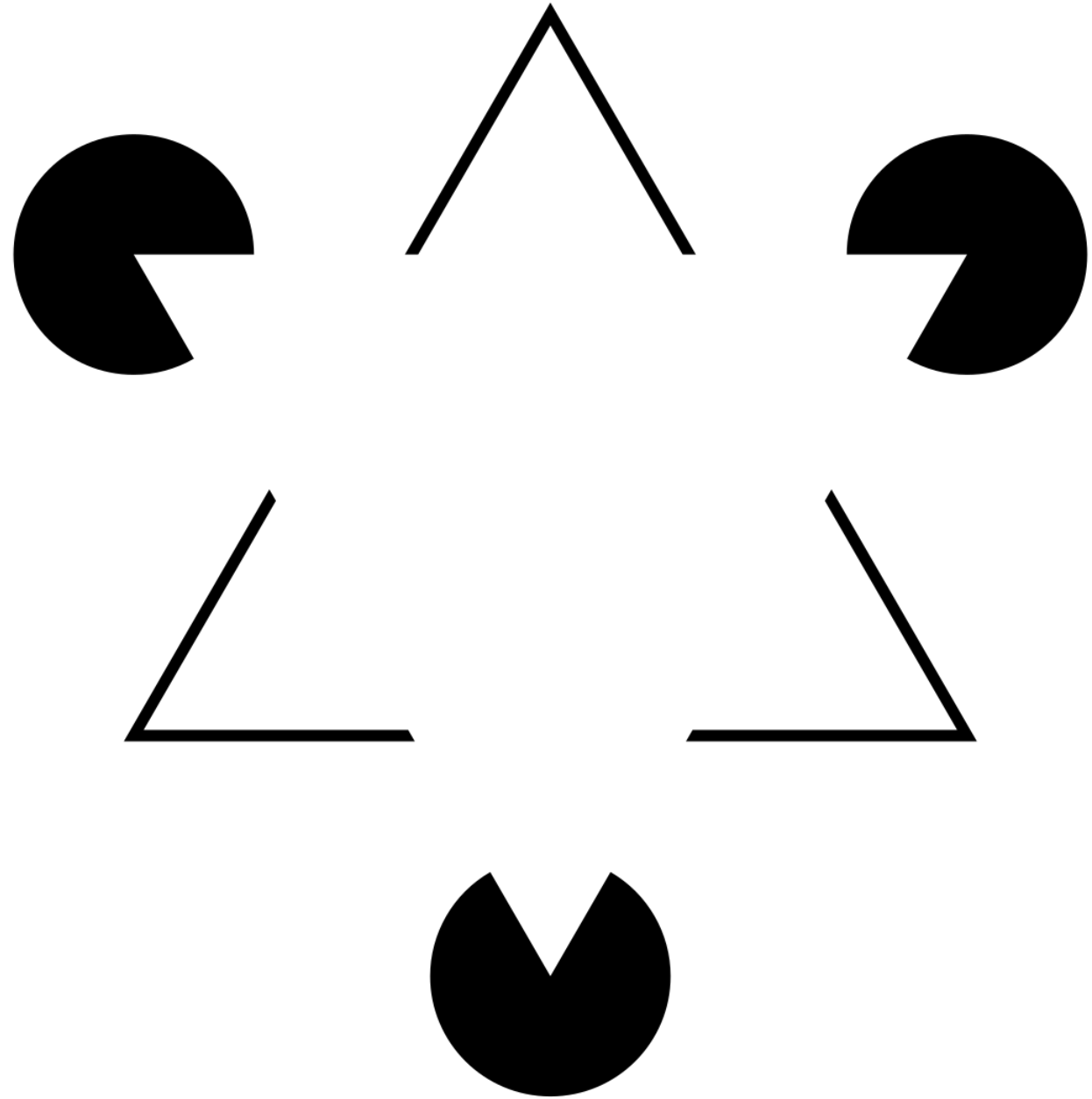
ANIMATION
WWW.GRAEMEFRANKS.COM


WHAT KEEPS
YOU ABOVE
THE LINE?

Can you find the

the MISTAKE?

1 2 3 4 5 6 7 8 9



# CATS

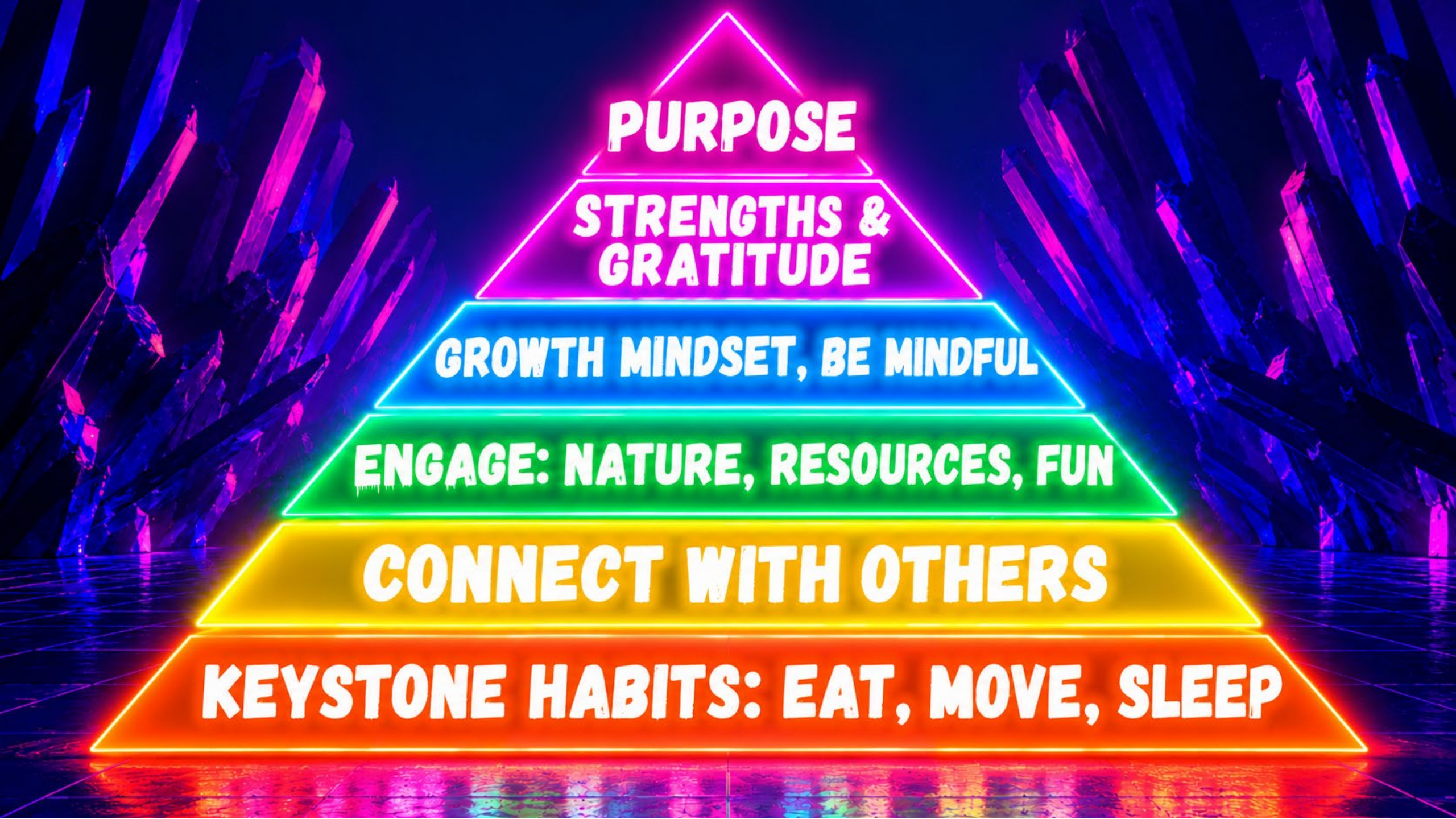
# DOGS



“BAD COMPANIES ARE DESTROYED BY CRISIS.
GOOD COMPANIES SURVIVE THEM.
GREAT COMPANIES ARE IMPROVED BY THEM.”
— ANDY GROVE

# 90 10 PRINCIPLE


ORDINARY
MAGIC


PURPOSE
STRENGTHS & GRATITUDE
GROWTH MINDSET, BE MINDFUL
ENGAGE: NATURE, RESOURCES, FUN
CONNECT WITH OTHERS
KEYSTONE HABITS: EAT, MOVE, SLEEP

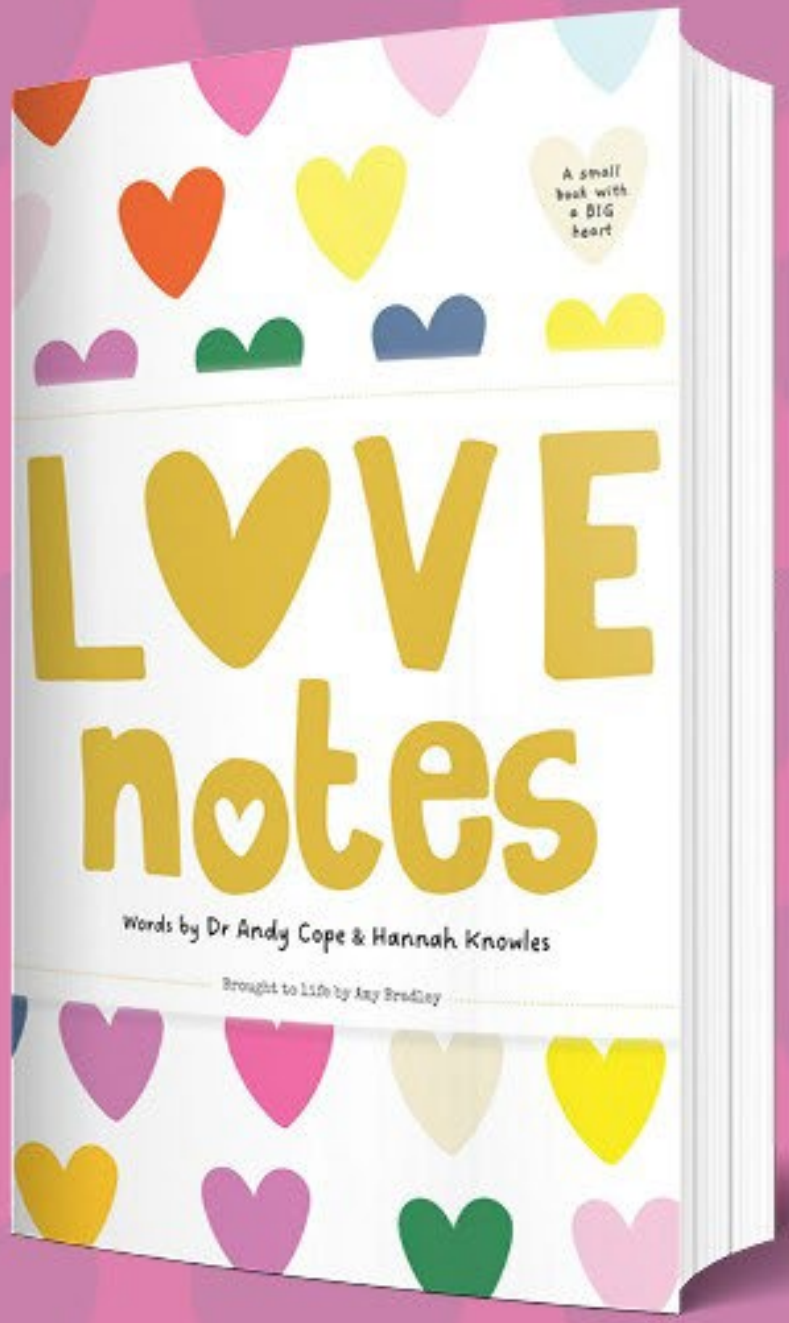
WHAT WOULD YOU SCORE THESE OUT OF 10?

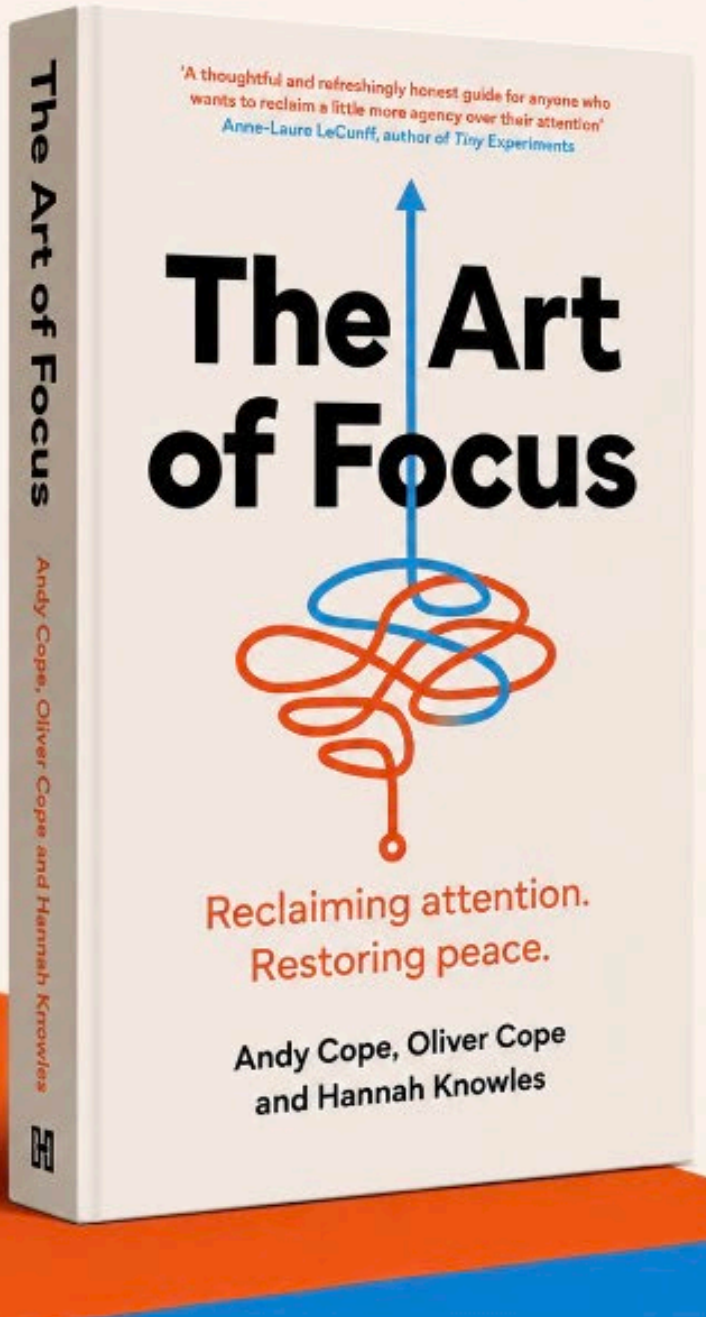
EAT, MOVE, SLEEP, RELATIONSHIPS

WHAT CAN YOU DO TO INCREASE THAT NUMBER?


HSBC UK
HSBC UK

FULL OF REMINDERS OF WHAT IT MEANS TO LOVE AND BE LOVED






# BECAUSE THE FUTURE BELONGS TO THE FOCUSED

# OUT NOW

# What was the name of the book you mentioned?




Each month, I send out an email that shares the best things I have read, seen or heard. It's called The Wrap Up and you can check it out by scanning the QR code.

Hannah Knowles

@aob_hannah

@hknowles

hannah@artofbrilliance.co.uk