



CHRIS WEATHERBURN

Get the most out of your life!

Newsletter – No 10 June 2021

www.chrisweatherburn.com

Dear Friends,

It's been a busy productive month, have metaphorically speaking continued to spin lots of plates. One of the things I did was took part in a brief course called School for Change which aims to help people implement change, the focus is mainly on health and social care. This led to several great book recommendations, it is free to sign up and I found about about this opportunity only due to Twitter.

It is my belief that life remains full of opportunities but you first need to take steps to enable these. Positivity needs to be topped up frequently. To do this in part you need more positive thinking than negative thinking. There is some science behind it – 3:1 positive to negative ratio in terms of your thoughts puts you on an upward spiral – below this the reverse is true. Therefore, my advice is to deliberately seek out and notice things in life that make you feel good and take great satisfaction in these moments, remember life is about enjoying the journey not the destination.

YouTube Video of the Month

A YouTube video player thumbnail. On the left is the book cover for 'The Power of Positive Leadership' by Jon Gordon. On the right is a man with glasses and a beard, smiling. The video title is 'BOOK SUMMARY Power of Positive Leadership'. There are 'Watch later' and 'Share' buttons. A 'Watch on YouTube' button is at the bottom left.

BOOK SUMMARY
Power of Positive Leadership
Watch later Share
THE
POWER
OF
POSITIVE
LEADERSHIP
Watch on YouTube
The Power of Positive Leadership: How and Why Positive Leaders Transform Teams and Organizations and Change the World by Jon Gordon

Positivity is about more than having a positive state of mind. It's also a life changer and gives people a competitive advantage in business, sports, and politics. The "more you energize people in your workplace, the higher your work performance", this is in part because people will want to be around you, and people are more likely to devote their discretionary time to your projects. By interacting positivity with others you will increasingly obtain new ideas, information, and greater opportunities. This reminds me of a principle referred to as the Matthew effect of accumulated advantage – those that have more get more. It is my firm belief that opting to be positive is a key trait that will help you in life.

Recommended Website

<https://www.canva.com/>

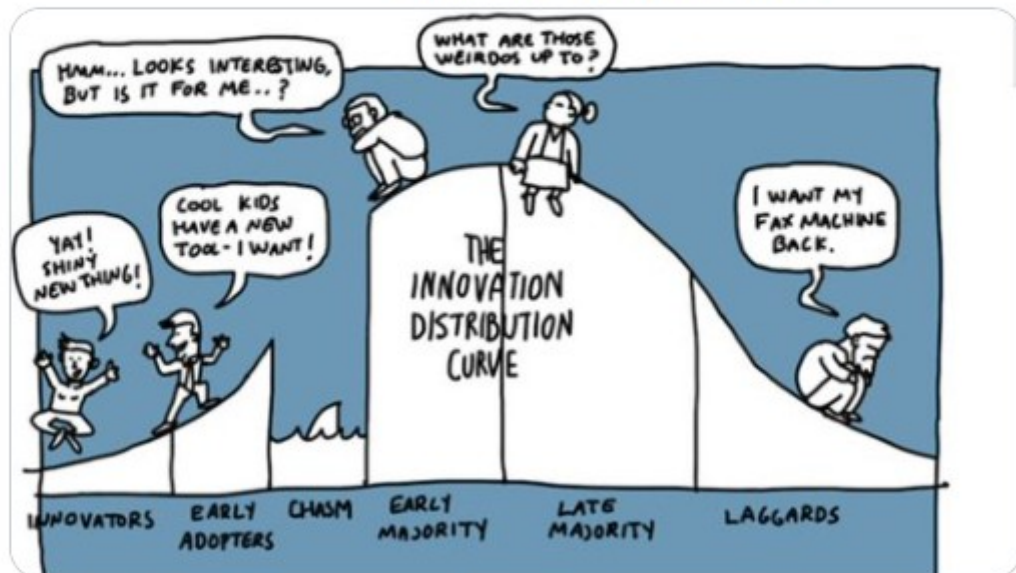
If you want to make posters, business cards, cool invitations or what I use it for YouTube thumbnails this is easy to use and has great potential. Was recommended this by my favourite freelancer from Fiverr. When my daughter saw me looking at it she was bemused, asking me what I was doing as they are now using this in schools!

Tweet of the Month



Helen Bevan @HelenBevanTweet · May 13

Many of us are familiar with the "innovation distribution curve" on how new ways of working spread. But those of us involved in organisational change efforts sometimes feel that word "chasm" doesn't quite explain the challenges we are facing... By [@voiononen](#) [#100RepeatTweets](#) no.77



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When I mention positivity I realise it is hard to maintain, can feel like this chasm in the innovation curve. Therefore, even if you are already feeling positive please remember to deliberately put the effort in to further develop this trait. This is one of the keys to help you get the most out of your life.

Until next time,

Chris

PS if this was too much about positivity feel free to check out another of my recent book summaries about a [completely unrelated topic](#).

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