

Leadership Re-vitalization

I woke up to a rather gloomy, wet weekend morning here in Auckland, New Zealand. It has been one of those busier than usual weeks when extra attention and output was required.

Just as I was mulling that I needed to change gears and chill this day before attending to the many “must do’s”, I stumbled upon this writing.

I would love to know who wrote it but unfortunately all it said was “Author unknown.”

A good weekend moment for pause and remembering! I hope you enjoy it.

Do Less

DO LESS THINKING,
And pay attention to your heart.

DO LESS ACQUIRING
And pay more attention to what you already have

DO LESS COMPLAINING
And pay more attention to giving

DO LESS CONTROLLING
And pay more attention to letting go

DO LESS CRITICIZING
And pay more attention to complementing

DO LESS ARGUING
And pay more attention to forgiveness

DO LESS RUNNING AROUND
And pay more attention to stillness

DO LESS TALKING
And pay more attention to silence

Jasbindar Singh
Leadership Coach, Business Psychologist, Blogger and Speaker
Phone: +64 27 280 3335
www.jasbindarsingh.com
nz.linkedin.com/in/jasbindarsingh