



How The Daily Six Works at Work

The Daily Six was designed first as an individual improvement plan for busy people. The goal was to help them develop, maintain, and enhance a sense of balance to obtain peace of mind, as well as a sense of calm under all circumstances. In my coaching and training, I noticed that as my clients practiced these skills for themselves noticeable changes occurred in their departments, divisions, and entire organizations.

Creating positive change in individuals and organizations every day, is our main focus at **Changing the Focus, LLC**.

- **Willingness**—be willing to build on your strongest assets: the people in your life. Willingness creates an open and honest mindset. You will be approachable and connected to the people in your life both personally and professionally. You will strengthen any division, organization or family. With willingness you will: learn to believe in and find the highest real value in yourself and others; be willing to step outside your comfort zone; be open to innovative interactive supervisory skills.
- **Quiet Time** – take five minutes in the morning and evening and get back your entire day. QT helps you start, end and restart your day with focus, perspective and clarity.
- QT brings you a sense of confidence and strength that builds confidence, strength, perspective and clarity in others. People follow confident leaders. Quiet time helps you stay focused on your goals, allowing them to materialize quicker and effectively.
- **Service** –changes your focus from *CYA to CTA* (cover their a..). When you really care about **their** success they'll relax and begin to work to their capacity. Service builds spirit and values that strengthen the **leader** and the **team** of any size. It changes your focus from "What's in it FOR me" to "What's in it FROM me".
- **Love** –lets you "See the needs of others and treat their needs as important as your own". This works at home or in customer service. Showing genuine care and interest in the success of people around you strengthens community and blows the top off productivity.
- **Forgiveness** –allows you to move forward with a clear head each day. Don't let the grudges of past experiences distract you from the present moment. Move from judging into serving and supporting. Hard decisions must be made, make them and move on. Let past pains, resentments and angers go. Move positively into each new day.
- **Gratitude** –underlies the whole program. Focusing on gratitude frees you from the bondage of negative emotions, which block the positive effects of the first 5 steps.
- Being grateful for and valuing your life, family, work and co- workers changes your whole perspective. You **live in the moment**: the only way to affect real change. You learn something from every experience and embrace both the good and bad ones. When people feel valued, REALLY valued, they know it and performance soars.
- **Action** –separates **The Daily Six** from every other plan. Without action, this is simply an intellectual process that does not facilitate change. Action facilitates change. Leaders need to be seen as taking action. Become driven by simple actions that will create a change of focus. By using all the other steps the actions you take will build up the confidence and effectiveness of you and others in your organizations.

As you become focused, caring and supportive using **The Daily Six** you will become a strong, confident, and supportive person. You will attract people with like skills and qualities, creating a circle of success that repeats day after day and year after year.