Faith | Financial Well-Being | Health | Personal Growth

PILLAR TALK

Change your Habits, Change your Life

PERSONAL GROWTH HABITS PILLAR TALK RESOURCES

Successful *PERSONAL* growth habits:

- **Eric Holquin shared:**
  - Engage in Active Listening - ask clarifying questions
  - Have a learner mindset
  - Book Recommendation
    - *"Everyone Communicates, Few Connect"* by John Maxwell
- **Lori Taylor shared:**
  - Accomplish something incrementally small which will make a difference over time
  - The importance of daily reading, even incrementally
  - Book Recommendation
    - *"Thanks for the Feedback"* by Douglas Stone & Sheila Heen
- **Jennifer Tidwell shared:**
  - Habits are our "Autopilot"
  - Habit Loop = Cue, Routine, Reward
  - Book Recommendations
    - "The Power of Habit" by Charles Duhigg
    - "Getting Things Done" by David Allen

Successful High Performance *TEAM* habits:

- **Eric Holquin shared:**
  - As a team, learn to communicate with words and expressions
  - Learn to communicate by connecting
- **Lori Taylor shared:**
  - Create a learning space and time as a team to connect, engage, and learn about teammates
  - Encourage attention to First United's 4 Pillars as each team member works on themselves

Successful High Performance *LEADER* habits:

- **Jennifer Tidwell shared:**
  - Rate yourself daily on First United's 4 Pillars using "Fist to Five" where Fist=0 and Five=Excellent
  - Morning sets the pace for the entire day
  - Hydrate constantly during the day
  - Lead with love and love yourself first
  - Listen to LEARN versus RESPOND

To recap how our lives can be changed by our habits:

- Make habit achievable
- Make it a priority to YOURSELF
- Visualize your success
- and your life will be changed! ***Amazing!***

Please share with us your thoughts about the presentation by taking the survey at
http://bit.ly/PillarTalkSeriesSurvey

Link to June's Webinar in case someone missed it:
https://www.firstunitedbank.com/spendlifewisely/part-5-6-spend-life-wisely-pillar-talk-webinar-series-retirement

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