5 Skills Everybody Should Have

10 things that rocked my world this week.



1. HOW TO BE ALONE

- [ ] "When you refuse to let fear run your life, the possibilities become infinite."

2. HOW TO TAKE A COMPLIMENT

- [ ] "Deflecting someone who compliments you isn't modest, it's insulting."

3. HOW TO KEEP A CONVERSATION GOING

- [ ] "To facilitate an exchange, on camera or in life, you need to be curious."

4. HOW TO ASK FOR FEEDBACK

- [ ] "Don't ask for a general verdict, ask for a response to a specific occasion... Most important, be open to the response."

5. HOW TO REMEMBER NAMES

- [ ] "When you recall a person's name you send him the message that he matters."

Make and Share Free Checklists

checkli.com