

Motivational Moments reminds you and your team to stay focused on service excellence. This video will focus on the idea that to be all that you can be, you have to always give your best.

### After viewing the video, reflect on the following:

- What are the things you do to set yourself up to be your best every day?
- Each one of us already has the gifts, drive, and experience to contribute in a meaningful way. Make a list of your gifts.
- Think about any limitations you may have (self-imposed or otherwise). What will it take to change that?
- Think of the people who have believed in you and reflect on what it was they saw in you.
- How does always giving your best benefit those around you? Personally, and professionally?

### Positive change comes when you put action against your commitments:

- *“Today, I proclaim that I will be more than I was yesterday. The light inside of me is stronger than any doubts I may have about my ability.”* List three actions you can take to be more than you were yesterday.
- *“As hard as it may be. As frustrating as it may seem. I will do my part, with excellence on my mind, and with love in my heart.”* Be prepared to overcome your frustrations as they may arise. Commit to the steps you will take when you become frustrated and then share that commitment with someone else. They can become your accountability partner.
- Pick one task today that you know does not get your best self. You know what it is. It could be in your personal or professional life. Commit to how you will improve.
- *EVERYTHING you do or say is a testament to your brand. Your brand is your reputation. Take the time to define what you want your brand to be; what you want people to say about you when you are not in the room.*