

Tip Sheet



Six Ways To Get Along In A Strange World

It Is Not About You! Unkind people treat everyone alike. No use getting upset.

Be wrong! Reduce hassles that were once normal for you by admitting when you are a little bit wrong. Try one of the following, say: 1) It wasn't my intention to '____', or 2). At that time I might have thought that way, and now I can clearly see it wasn't the case.

Slow Down To Get Ahead! Keep tuned-up with one short practice session between each night's sleep. Sleep helps you learn new skills faster and you will improve more than if you practiced hours each day.

Sleep Deeply Not More! Irritability is a sign of poor quality sleep. Remove the distracting elements in your life with Zleep E Z CD. (Pronounced sleep easy) www.zleepez.com.

Try Having An Unexpressed Opinion! Troublemakers can't finish what you don't start. This way your mind remains quiet and it prevents hassles that were once normal for you. Happy people feel good!

Think About What You Like In The People Around You. Then when you have to say something to them, first tell them what you admire (be honest). It helps them consider what is on your mind.

Donnalee Kelly, CEO CI Corporate Instincts Inc. and co designer of 'Your Personal CI Edge On Life,' a great tool to prepare for and recover from a hectic day ! For article or interview contact www.zleepez.com. Download free tip sheets. (Immigrants)

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