

**Jenna's 10 things
that require 0 talent.**



THE MOVEMENT
MENTORSHIP



Pour your cups!

INTRO

Listen up!

I'm a chameleon, it's kind of my super power. Truthfully there really isn't much that I'm not able to do with some teaching/coaching.

You need your sink re-plumbed? I can do it...

Drywall hung? Yep...

Administrative support? Yup...

Customer communications/retention? That's my jam!

**And let me tell you
a secret about how
I can do all of this**



It has **nothing** to do with the fact that I'm some kind of mega talent.

It has **everything** to do with the fact that I focus on a small handful of things that require zero talent from anyone and put them into my daily life every single day....

Today, I'm giving you these 10 things so that you can...

Create more meaning in your career

Foster better relationships with your co-workers

Improve your workplace culture and...

Create better client experiences and outcomes

Are you ready?



1

Be on time.

People won't necessarily always notice when you're on time but they **WILL** notice when you're late. Aim to be early so that if you run behind, you're still on time. This shows people you're reliable and that you *care about their time.*

2

Work hard.

This should be SO obvious but there's so many times people turn in work that's clearly below their capability. Your work ethic should be consistent, every session, every email, every blog post, ask yourself if it's really the best you can do. Your effort that you put in you'll get back.

3

Have a high work ethic.

Your standards for how you show up at work should be high. Put your phone away when you aren't using it for work, turn things in on time, meet the expectations you set for yourself, communicate at a high level with your colleagues, take ownership of your mistakes and...*deliver on the commitments you make.*

4

Body language

Watch your body language, it sends messages. Are you an open book for your colleagues or your clients or are you shutting down? This is an easy thing you can work on resetting between clients to make sure you look like you're ready to work with people.

5

Energy

This one runs deep. Are you fueling properly? Are you sleeping properly? Are you taking care of yourself so you can show up with energy? Are you an energy zapper? Or are you an energy booster? These are things to reflect on that can make a big difference.

6

Attitude

Control your viewpoints on your workplace and what you do. If you're negative about these things you can expect negative results. Sometimes this requires an intentional look and re-framing of things, just like when you're helping your clients overcome pain and injury.

7

Passion

Think back to why you do what you do. You have the opportunity to help people go through incredible transformations, I see it daily at The Movement. Be excited about this, care about it, boast about it, be proud of it, pour this passion into the work that you do every day.

Be coachable

When people, especially mentors, give you constructive criticism, this is because they care and believe you can do better. If you take feedback and implement it immediately, people will take notice. Further than this, being coachable means a commitment to continuous growth and development.

Do extra

How can you expect exceptional results when you only do the bare minimum? Ask yourself what do people and your business need more of and how can you fill those gaps? This is how you start being seen as not just useful but integral. Want that raise and/or promotion? Start doing more than just the bare minimum.

Be prepared

Finally, just be prepared. Show up to work with your lunch ready, a dope outfit and a plan for your day. Prepare for each of your clients and what might happen if they show up better, the same, or worse. Prepare for what you can do extra of if your clients cancel. When in doubt, prepare!

My challenge to you...

Excuse me while I open my Santa sack of feelings and dig for a measly shred of compassion while listening to your cries of agony for the work I'm about to challenge you to do. You're probably going to have a legal pad size list of excuses to combat these 10 things and guess what none of them mean anything. Tough love for you, kiddo but it's true...

For the next 3 months I challenge you to put these 10 things into your day to day and reflect on them.

Get to it.

Did you know we have a mentorship program?

This isn't your average mentorship that's going to teach you more tests or read you more research. But it can make a dramatic difference on your practice. Find out more by clicking the link below.



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