

LESSONS FROM

THE TROOP (WRITTEN BY PROFESSOR STEVE PETERS)

SUMMARISED BY JOHN LIM

INTRODUCTION

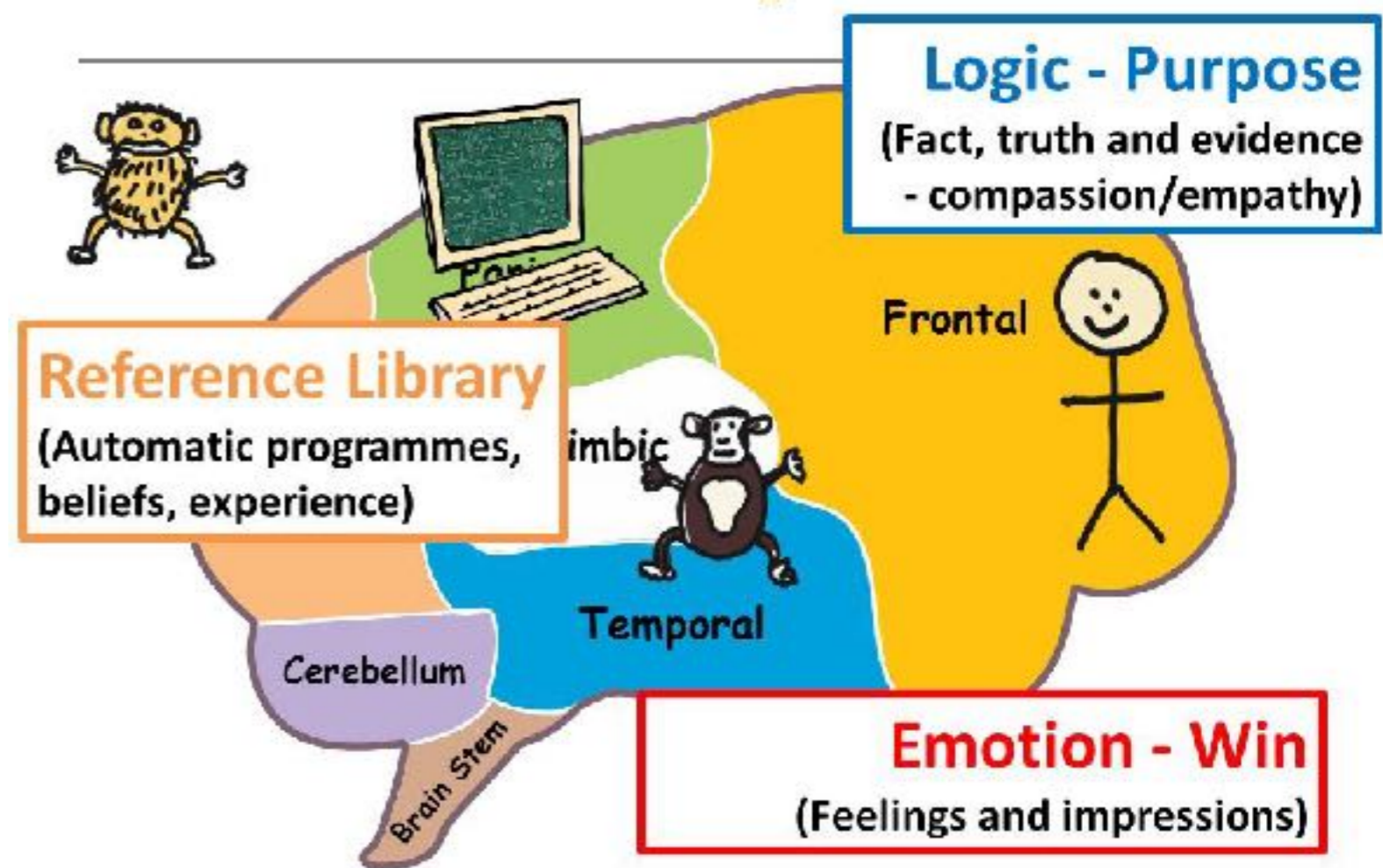
TO THE HEROES SERVING, LOVING, GIVING

For the many who may be rushing to serve service users and clients around the world, thank you.

Here is a book consisting of tips from Professor Steve Peters' book - The Chimp Paradox; simplified for your immediate use.



We need to exercise the Chimp.
This means getting emotions off
your chest by sharing with a
colleague, friend or loved one



Have 5 to 10 minutes of
development time a day,
where you write 2 things

you are proud of and 1
thing you can improve.



I managed to focus to finish my report!



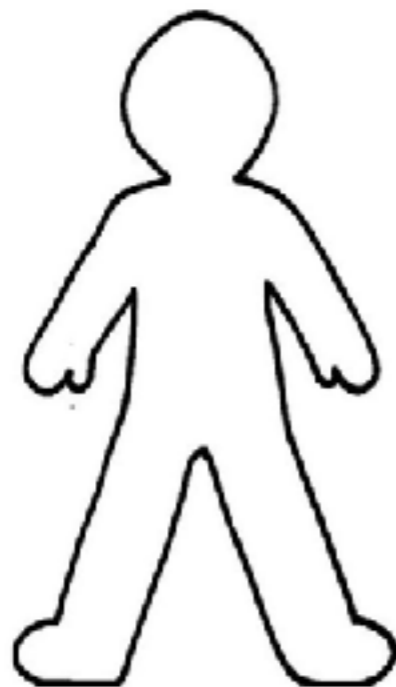
I spent time meditating for 10 minutes today!



Shouted at my mother instead of being grateful!



Write down a Personal Stone of Life, filled with TRUTHS OF LIFE (statements that you believe are true about how life works such as 'Life is not fair, not everyone will like me' etc.), LIFE FORCE (Your beliefs about how life should be lived such as: don't live for money etc.) and VALUES (principles you hold to such as: faith etc.)



Write down your IDEAL you, the qualities and behaviours you would like to show.