

# What We Achieve Inwardly will change Our Outer Reality

## Introduction:

This quote sums up for me how change really happens. It is about leading change by example or to put it another way truly walking the talk.

A change in how we behave or how we do things has an effect on those around us and it means that inward reflection is what leads to the most outward change....

Maybe what you can do to get a better understanding of this quote is to catch your self doing things. Take moments is to stop & reflect on what your doing.

## Explanation:-

\* The beauty of this is that we are all capable of making change happen. If you want to see some thing specific change in your organization or team culture may be you are sucking greater collaborative working, more creativity or allegibility.

What is it that you can develop more in yourself to support that?

\* On a deeper level we can work to continue to develop ourselves as aware, awake & truly alive human beings & bringing into the workplace.

\* In many organizations. If you talk to people who work there they have very strong reasons for why they work where they work & do what they do. Really understanding these reasons can actually be the path on fire driver for people's behaviours & for change. Just think about the potential that could be stopped within your team or organization if you can truly connect to this.

\* This is about really getting to know & understand people as whole human beings not just the bit comes into the office & does not the work, it's creating an environment where people feel comfortable about bringing their whole selves into can you see the benefits of this for everyone & the organization?

\* How often is the work environment truly acting in humanity? At a physical level we often see muted colours & uniformity that's human at all!! It certainly does not encourage people to be who they are. A very large part of each person is left at the door when they work in or possibly on the car park on the train or on the bus when they switch into work mode.

\* It is so much more than just the physical environment that matters here. How can we as individuals & leaders create a work place where people show up as their whole selves, contribute through all of their talent & all truly valued yours all of this?

\* You won't be surprised to learn that & believe that starts with each as us.

By bringing our whole selves into the work place & truly showing up we give others a way to do this too....

Taking time with people to let them see more of us & to listen to what is happening for them

If we are also comfortable with not having to have all of the answers we can truly unlock potential.

It really does not need to be automatic either as small changes in how you are at work can make a big difference.

I know these as true from personal experience.

'What we achieve inwardly will change outer reality'

Plutarch. This quote seems up for me for how change really happens.

It is about leading changes by example as to put it another way truly walking the talk. A change is how we behave or how we do things has an effect on those around us

GREEK AUTHOR PLUTARCH : Wrote:

"What we achieve inwardly will change outer reality"

'We touch other people's lives simply by existing' & accepting our human nature we honour that connection & soft it with organization

what we achieve on the inside, will change how we operate.