

## LEADER'S DIGEST



*“Once you're living by your values - really making your decisions according to your values - that's when you have the chance for **happiness**.”*

Suzy Welch

## OPTIMIZE PERFORMANCE WITH PERFECT TIMING

More often than not we tend to push our boundaries, multitask and still be left with the feeling of underachieving and not having enough time. Not only is this consuming for our already busy minds but it also leaves very little room for creativity and development.

The author of the bestselling books *Drive* and *When*, Daniel Pink, celebrates individuality and the importance of finding your personal rhythm. Identifying your own individual peak hours and points of recovery will help you plan your day smarter and ultimately perform better. According to Pink, you need to “align your type, your task and your time.”

So, consider these tips by Pink:

1. Be much more deliberate and intentional in scheduling individual and teamwork.
2. Move analytic tasks to the peak, administrative tasks to the trough, and insight tasks to recovery.
3. Take more breaks during your work day. Bear in mind that they should be social, involving movement, outside, and fully detached.

[Navigate to our blog to read the entire article.](#)

READ THE ARTICLE

## REFLECTIONS ON SUCCESS

*“Define success for yourself and define it wisely. Because if you define it wrong, you can accomplish it and not feel connected with your life. But if you define it wisely, every day you can have that opportunity to be who you want to be.”*

[In this inspiring clip](#) from Nordic Business Forum Stockholm, Andre Agassi, the tennis legend and philanthropist talks about how he lifted himself back up from the bottom. The video is available until 15 February 2021.



WATCH THE VIDEO

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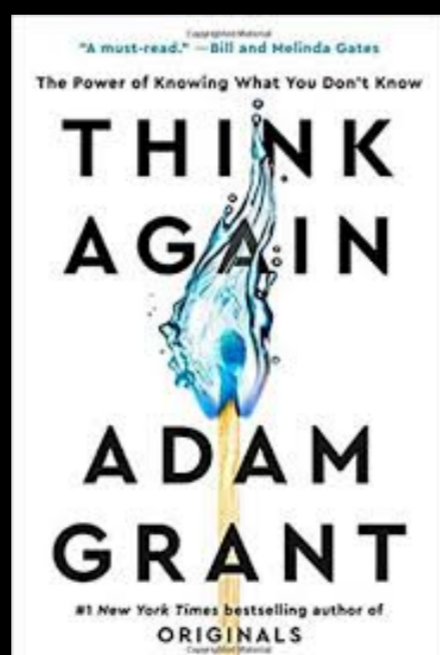
On 16 February, we'll hear Ryan Holiday's answers to the question. The bestselling author and media strategist will provide insights on issues such as:

- How can you approach challenging times with the right mindset?
- What are the most important skills in order to continuously develop?
- How can you ensure a quick recovery from failure to aspiration and success?

[Join us for this webinar by signing up for free!](#)

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## WHAT INSPIRES US



This just in: Adam Grant's new book *Think Again: The Power of Knowing What You Don't Know* came out on February 2nd. In his book, the world-renowned professor and a past NBForum speaker, encourages us to rethink our assumptions and beware of the "I'm-not-biased" bias when making our most important decisions.

*“Think Again is a must-read... In an increasingly divided world, the lessons in this book are more important than ever.”* – Bill and Melinda Gates

[Read more about the book from Grant's website.](#)

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