



## 10 BONUS FLIP ITS

Here are ten further random Flip It ideas to add to your new thinking toolbox.

### 1) WRITE A NOT TO DO LIST

We all write 'to do' lists to keep us on track with our most important actions. A Not To Do list gives you an opportunity to focus on what you don't want to do that day. Here are a few to get you started.

*I won't be worrying about things I have no control over*

*I'm not going to procrastinate*

*I won't be eating too much*

*I'm not going to lose my temper in traffic*

### 2) FLIP YOUR AGE

What if you could add 25 years on or take 30 off? What would you do differently or what would you wish you had done?

The point is - it's rarely too late.

Imagine you add 25 years and find yourself aged 75. Are you wishing that you'd taken that diving trip to the Great Barrier Reef and do you see yourself looking at the amazing photo's you took?

Now take off thirty years. Say you suddenly find yourself aged ten! Knowing what you know now I bet you'd spend a little less time worrying over little things and a bit more time focusing on the important stuff.

What have you learned? What will you learn or should you learn and how can you apply that now?



### 3) 1,000 MONTHS

Simon Woodroffe estimates he will live for approximately 1,000 months. He realises he doesn't have to an amazing day every day but he does make sure he has an amazing month - every month. I love this simple Flip It as it's realistic, achievable and most importantly you can correct challenges.

Imagine if on the 11th December you'd already had a heck of a month, what could you do about it? With two thirds of the month to go the answer is... everything! By the time you get to the end of the month you'll have parked the problems from the first week or so and your focus will be on having another magnificent month.

### 4) CONTACT YOUR HEROES

I bet there are people who you know of, admire and would love to be in contact with. But you don't bother to get in touch because you think, 'Why would they be interested in me?' The fact is you don't know unless you Flip It, take action and get in touch with those people.

Scared? OK what's the worst that can happen? If it's no response then you wasted a little bit of your valuable time.

Or you may get a nice reply, which even though it won't be the start of a long and beautiful alliance will make you feel good.

Or... you may just click. You may meet them, talk to them on the phone and go on to create an interesting friendship.

If you like or admire someone, get in touch and let them know.

### 5) GRAFFITI YOUR BOOKS

When we read books we tend to do our best to keep them neat. It's nice to be able to put a book back on the shelf with the spine in tact, the pages unthumbed and the cover clean. But that's not what books are designed for. At least, not the ones I read and write.

Take 2 pens - a highlighter and a brightly coloured one (not black). Have a pack of Post It notes to hand and now start reading. Highlight the best bits, write your thoughts and notes in the margin and stick Post Its on the parts you want to refer back to.

You'll know when you've read a great book when it's covered in pen, twice it's normal thickness and used as a reference for life.

## 6) MIX UP YOUR TECH

Switch to a Mac, start to Twitter, Instagram, Snapchat etc and download a different search engine.

In making the most of your technology you'll flip your brain, become more creative and often more productive too.

## 7) GET AN ANIMAL AND GIVE IT A GREAT NAME

I'm a cat person and currently I have two, 'Topsy Binks' and 'Mr Snaggles'. Over the last few years there have been times when I didn't have a cat and I have to say life is better with our feline friends around.

I'm not sure this is a Flip It in the general sense, but it's often my suggestion to people who are getting stressed, need a companion or aren't sure what to do next. I should point out that 'get a cat' isn't my only coaching advice.

The naming bit is a little more Flip It. Some of my favourites have been my mate Steve who had a dog called 'Derek', a girl I worked with had a cat called 'Side' and a neighbour with fish named, 'One, Two and Three'. He was going to get round to naming them but didn't, so the numbers stuck.

## 8) GET OUTSIDE - DON'T BE LIMITED BY THE WEATHER

**'There's no such thing as the wrong weather, only the wrong clothes'** *Billy Connolly.*

Here's a big Flip It challenge. See if you can spend significantly more time outdoors than you do now. The big test we face (and this is especially for readers in the UK) is that we 'would love to do more outdoors, but we don't have the weather'.

The truth is we do have the weather, loads of it!

To challenge this thinking in the past we, the Heppell family, have had barbeques in December, picnics in the rain and even an Indian take-away on the beach.

Hmm, having just re-read that last paragraph I've realized that I've given three food examples. Ok here are three more.

Go for a walk in the rain

Play a summer sport in the snow

Have a staff meeting outside

## 9) BECOME SUPPORT PRO-ACTIVE

The majority of charitable backing comes from charities actively seeking your support. They employ agencies, buy ads, train staff and encourage volunteers of which most do a good job of enlisting support.

But what if you were to Flip It and make a decision to proactively decide what you want to support? Decide how, then go out and do it? The experience is quite liberating and you'll feel fantastic that you've made a difference.

## 10) FLIP THE SUPERMARKET

I bet you take the same route around your local supermarket. And I bet that route is subconsciously programmed for you by the corporates who guide you through their stores.

Here's a lovely little Flip It. Simply do it the other way round. You'll notice products you've never seen before, it will take the monotony out of your shop and I bet you'll come up with some creative ideas on the way round too.

I hope you've enjoyed your bonus Flip It ideas. If you have some Flip It ideas and you'd like to share them with others, than please email them to [info@michaelheppell.com](mailto:info@michaelheppell.com) with the words 'Flip It Ideas' in the subject box.

Thank you for downloading and reading the Flip It Bonus Chapters.

Be Brilliant!

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