

How to increase your aptitude!

Welcome to your Weekly Winning Resource all about the word aptitude. Aptitude in simple terms is your ability to learn skills. There is a reason the quote, “attitude is aptitude” became famous. If you are going to improve your aptitude, you must first change your attitude. Anything can be improved upon with the right mindset, focus, and a lot of handwork. In fact, research suggests that the average human can do 40% more than they think they can. Guess what? You are a human, and that means that you are capable of doing more than you think you can. The question is, how are you tapping into your fullest potential? By changing your mindset, you can increase your aptitude, your capabilities.

Your Weekly Winning Word:

Aptitude

A natural ability or acquired capacity for something.

Your Weekly Winning Article:

When you change what you speak, what you think, and what you do, it changes your mindset. Changing your mindset, changes your results. There are three habits holding you back from improving your aptitude. Check out the Weekly Winning Article to learn what they are.

[Click Here to Read](#)

Your Weekly Winning Challenge:

Your challenge this week is to play a little game with yourself called, "catch". The idea is to pay close attention to the words you speak, what you think, and what you do. If you catch yourself using derogatory or negative words and thoughts, or find yourself not taking the action you should because of procrastination or distractions, catch yourself and turn it around. Be intentional about writing in your journal how you made the effort to change your mindset during the week. Share your results on our I've Decided private community page to encourage other members.

Your Weekly Winning Quote:

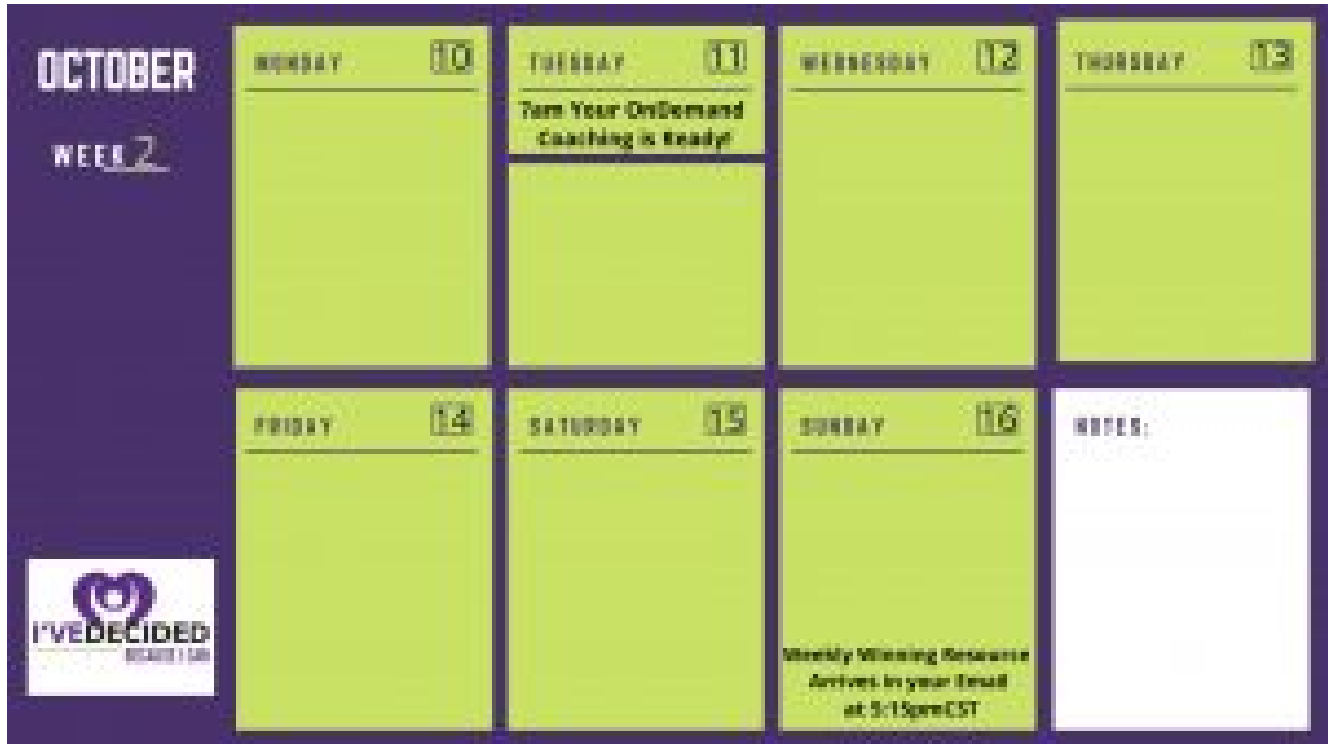
"Attitude is aptitude." ~Zig Ziglar

Increase your aptitude by spending time with a Success Partner.

Each week to take a deep dive into your Weekly Winning Resource and discussing how it applies to your goals and dreams. Join in for a complementary group coaching session any Monday at 1:30pm CST with Kim. Come and see for yourself the difference it could make. The Zoom link to attend is: <https://us02web.zoom.us/j/83584618429> and the passcode is: 743243

Learn more about our coaching options at:

[Learn More – I've Decided Coaching Options](#)



Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here: [Past Recordings – Members Only](#) and it will direct you to our website to watch!

Add our podcast to your playlist from your favorite podcast player, apple, itunes, podbean, google play, amazon, etc..

Search " **I've Decided Media** " in App to follow our podcast.

<https://ivedecidedmedia.podbean.com/>

[CNL – WOW Health – Dr. Arshad](#)

Our mission is your success!



10% of our proceeds go to:

PUP People with
Unlimited
Potential