

About Real Life?

Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF

The Paradoxical Pursuit

You know what's weird? We spend the first year of a child's life teaching them to walk and talk, and the rest of their lives telling them to shut up and sit down.

The Alcoholic Alter Ego

Just had a chat with my inner self at the pub!

Inner Self: "I'm not an alcoholic, I'm allergic to sobriety!"

Crust Control

Who else's self-control does a disappearing act when pizza is involved?

The Blame Game

Who needs personal responsibility? I blame the coffee machine for my mood, the weather for my traffic jam, and my Wi-Fi for everything else!

The Procrastination Pro

Who needs productivity when you can schedule procrastination?

My skills are

- avoiding tasks
- perfecting excuses
- scheduling downtime

The Unrecognised Genius

Employers want creativity, right? So, I suggested a nap room. They said, 'Innovative, but not quite.' Now, I'm adapting – to unemployment.

The Planner's Dilemma

Who else spends more time

- planning workouts rather than working out?
- researching productivity rather than being productive?

Does the loudest voice ignite progress or drown potential?

Couch Potato Goals

I set goals, but my settee has other plans.

The Culinary Conundrum

Does anyone else turn making decisions about dinner into philosophical dilemmas?

The Excuse Expert

I'm not procrastinating, I'm just cataloguing my excuses.

The Master of Modesty

Authentic self-promotion: empowering, not boasting.

The Leader's Lexicon

Leadership 101: Delegate, dictate, dream.

The Shame Spiral

Shame: the keeper of the most embarrassing moments.