Absorb
Reflect
Commit

# Episode 18 Action Items

## Episode Summary

Discover practical uses of generative AI, and delve into the importance of trust in leadership,  and how the right mindset and principles can drive both personal and professional growth.

## Action Items

**1. Take control of your health .**

Both your mental and physical health are important aspect to maintaining a balanced lifestyle.

**2. Control your fears.**

Conquering your fears proves to yourself you have the capacity to conquer more than you thought and conquering your first fear will lead to conquering more and eliminating that baggage so you can be more engaged and present.

**3. Be nice to yourself.**

If you do right by yourself you will do better for your company.

## Recommended Reading

- Speed of Trust by Stephen Covey
- Seven Habits of Highly Successful People