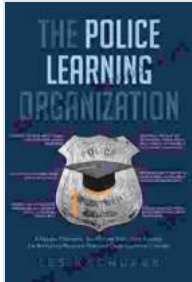


Values Oriented Ten Minute Daily Best Practice For Reducing Personal Risk And Building Resilience



The Police Learning Organization: A Values-Oriented, Ten-Minute Daily Best Practice for Reducing Personal Risk and Organizational Liability by Roger Scruton

★★★★☆ 4.5 out of 5

Language : English
File size : 262 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 149 pages
Screen Reader : Supported



In today's fast-paced world, it's more important than ever to be able to identify and manage personal risk. Personal risk is anything that could potentially harm you, your health, or your well-being. It can come from a variety of sources, including your environment, your relationships, or your own behavior.

While it's impossible to eliminate all risk from your life, there are things you can do to reduce your exposure to risk and build resilience. One of the most effective ways to do this is to develop a values-oriented daily best practice.

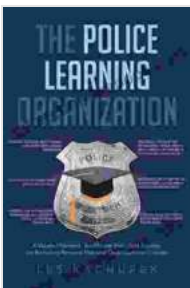
A values-oriented daily best practice is a set of actions that you take each day that are aligned with your values. Your values are the things that are most important to you in life, and they guide your behavior. When you live in accordance with your values, you are more likely to make choices that are in your best interest and that reduce your exposure to risk.

There are many different ways to develop a values-oriented daily best practice. Here is a ten-minute routine that you can try:

1. **Start by identifying your values.** What are the things that are most important to you in life? What do you want to achieve? Once you know your values, you can start to make choices that are aligned with them.
2. **Set goals.** Once you know your values, you can start to set goals that are in line with them. Your goals should be specific, measurable, achievable, relevant, and time-bound. This will help you to stay on track and to make progress towards your goals.
3. **Take action.** Once you have set your goals, it's time to take action. Break your goals down into smaller steps and start taking action towards them each day. Even small steps can add up to big results over time.
4. **Reflect on your progress.** Each day, take a few minutes to reflect on your progress. What went well? What could you have done better? This will help you to stay motivated and to make adjustments as needed.
5. **Celebrate your successes.** When you achieve a goal, take some time to celebrate your success. This will help you to stay motivated and to keep moving forward.

This is just one example of a values-oriented daily best practice. There are many other ways to develop a routine that works for you. The important thing is to find something that is sustainable and that you can stick with over time.

By following a values-oriented daily best practice, you can reduce your exposure to personal risk and build resilience. You can also improve your overall health and well-being. So what are you waiting for? Get started today!



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