



Familiarity Breeds Contempt

NAME:

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This worksheet is a supplement training guide to “Familiarity Breeds Contempt” video published on September 19, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

"Familiarity breeds contempt". You've heard that phrase before. It's an old English proverb that traces its roots back many centuries. Sometimes when we get too familiar with something, we overlook the true value of it; since we're used to it. But, it doesn't have to be this way. Today at Mindset Monday, I discussed the ways to keep it from poisoning your personal, social, and professional relationships.

Is 'Familiarity Breeds Contempt' happening to you?

Familiarity can indeed breed contempt but you can work hard to avoid it. Journal. Document your learnings. Watch out for familiarity. Check your surroundings, environment, and the people around you. Break away the chain.

Assess your situation, is there something/someone holding you back? What will you do to fix that?

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