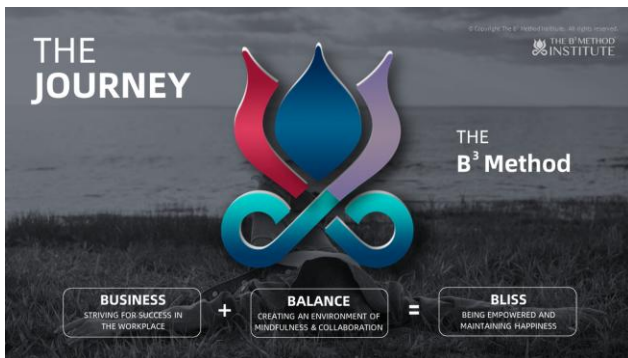


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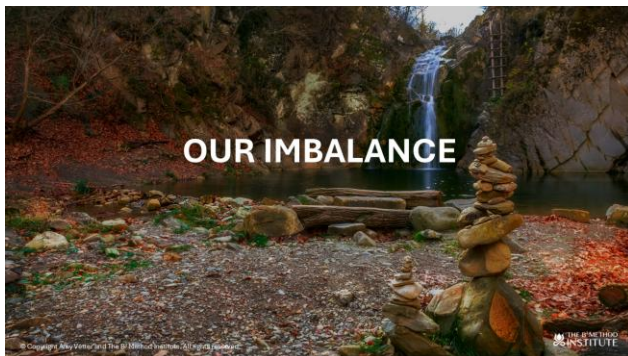
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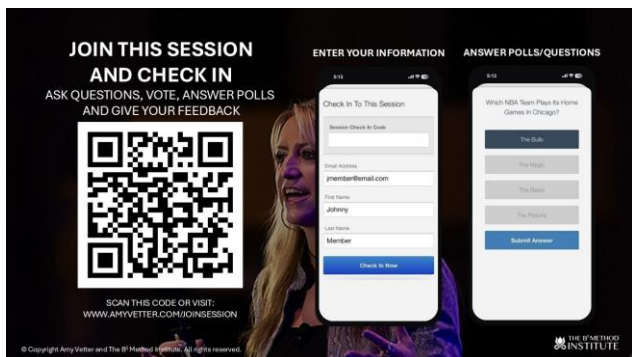
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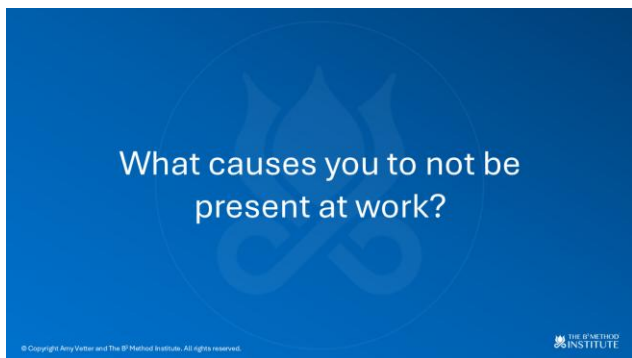
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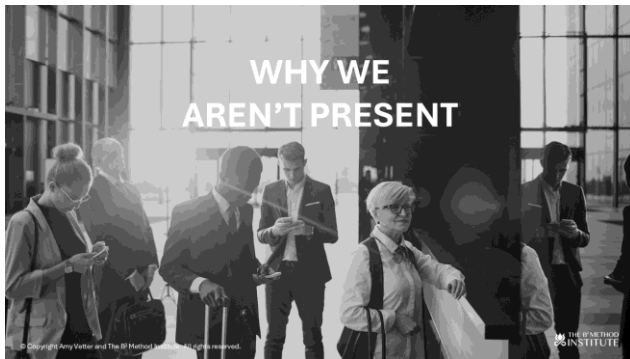
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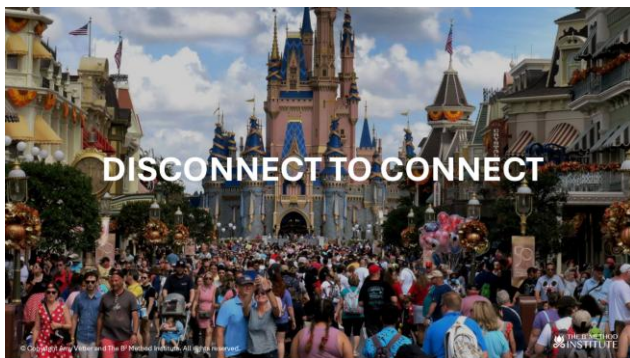
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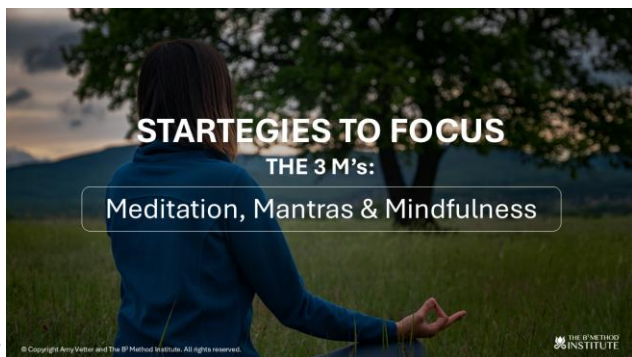


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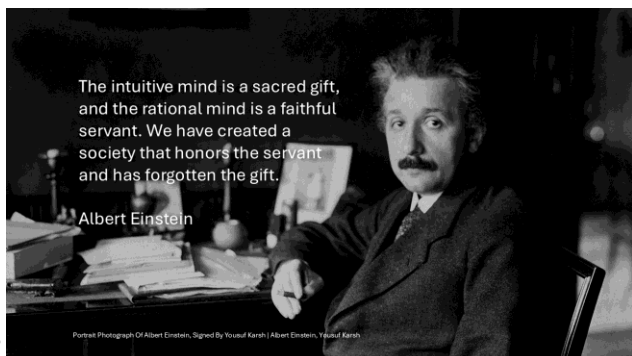
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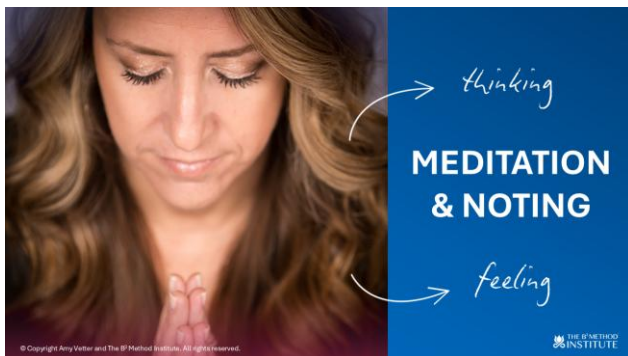


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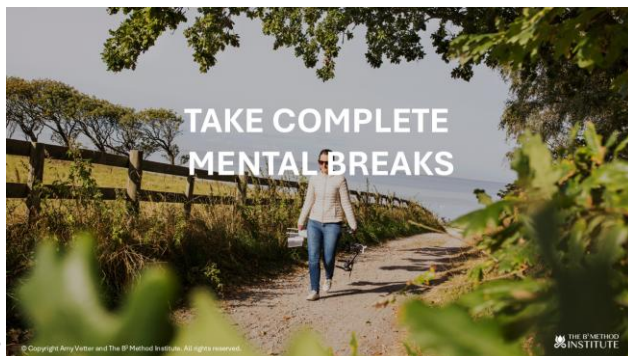
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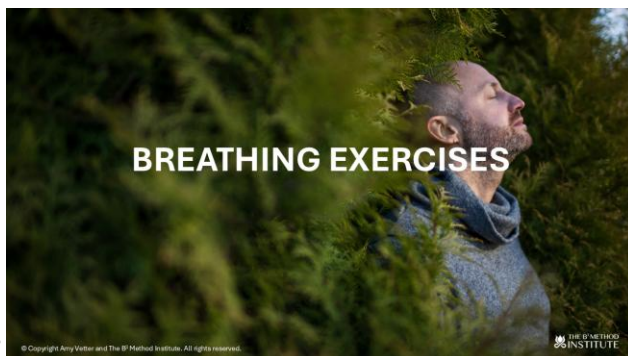
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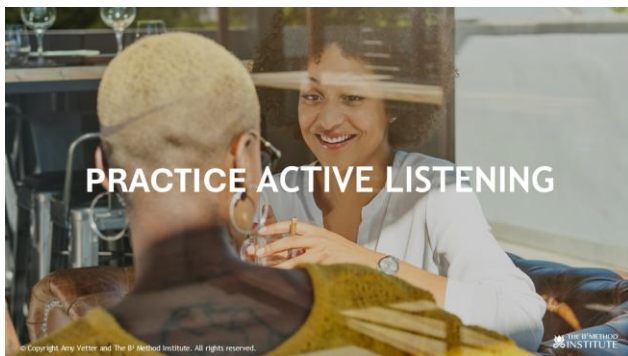
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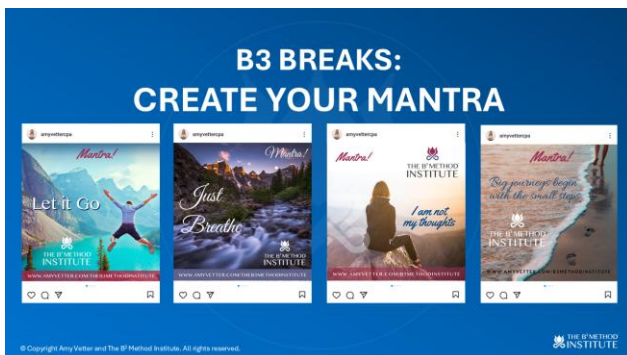
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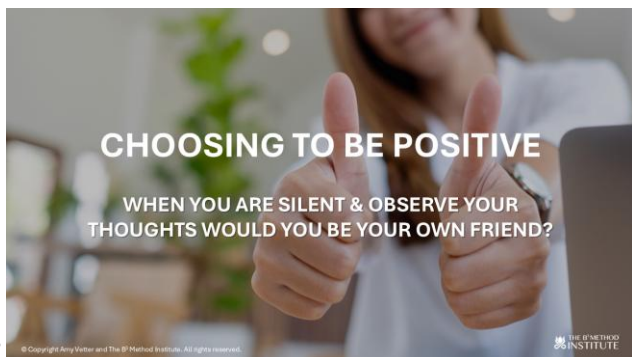


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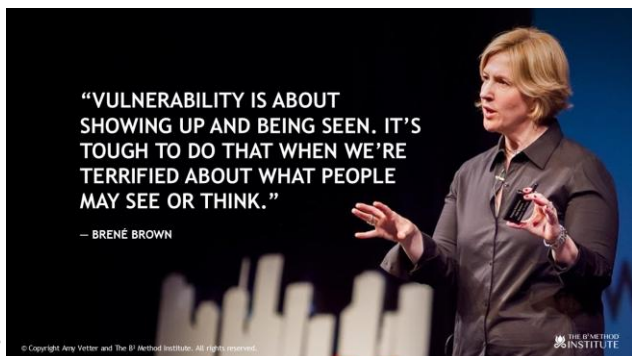
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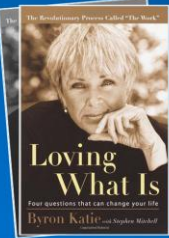
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28.

THE FOUR QUESTIONS AND THE TURNAROUNDS



1 Is it true? Yes or no. If no, skip to #3

2 Can you absolutely know it's true? Yes or no.

3 How do you react, what happens, when you believe that thought?

4 Who would you be without that thought?

Turn the thought around. Then find at least three specific, genuine examples of how the turnaround is true for you in this situation



29.

"THOUGHTS BECOME PERCEPTION,
PERCEPTION BECOMES REALITY.
ALTER YOUR THOUGHTS,
ALTER YOUR REALITY."

WILLIAM JAMES



30.

YOUR BALANCE IN
BUSINESS

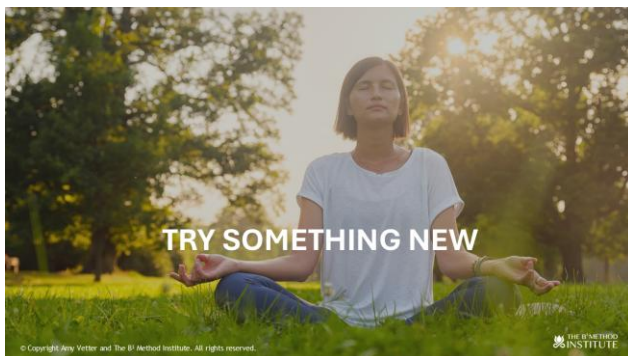


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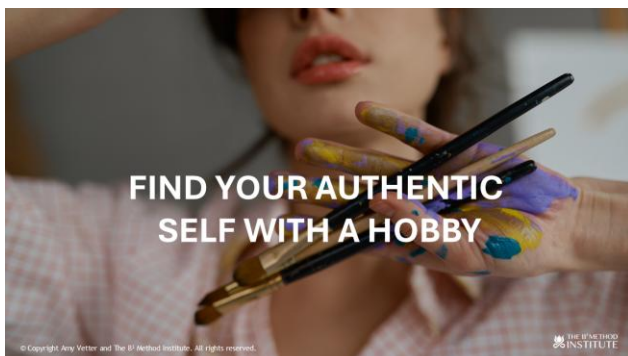
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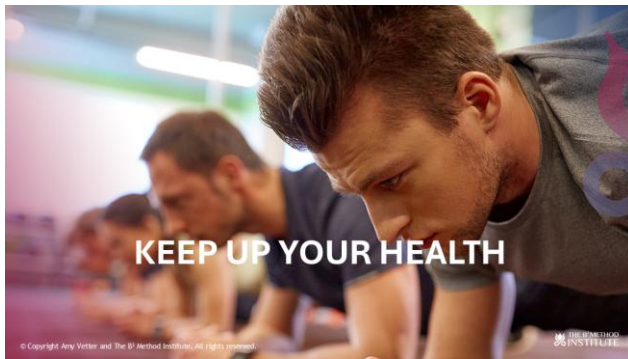


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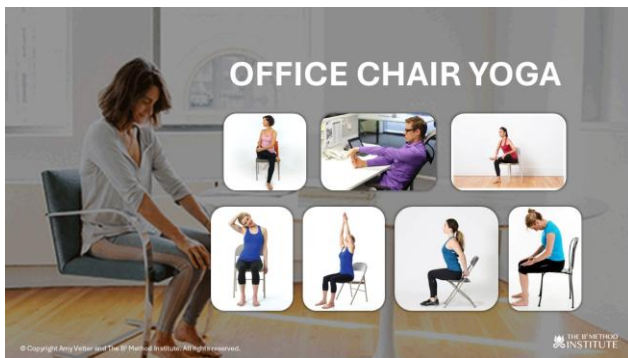


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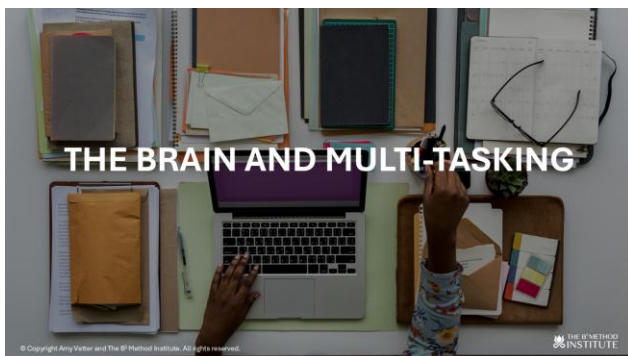
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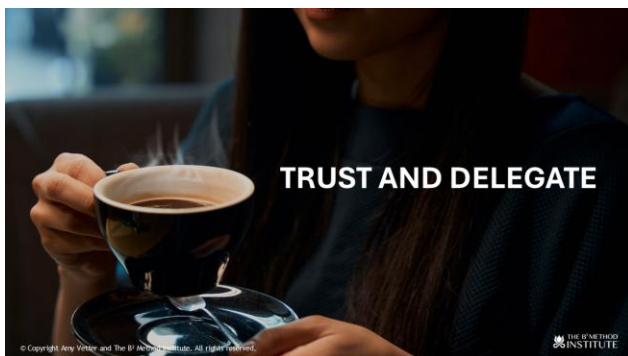
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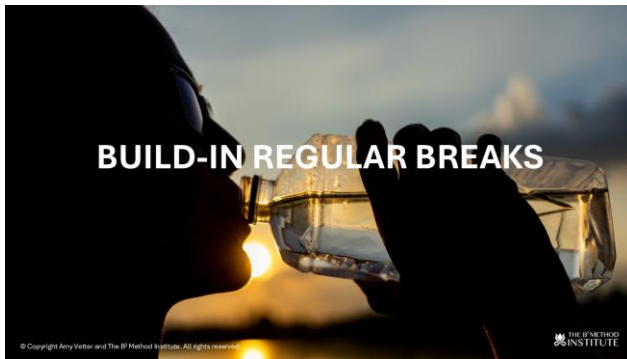


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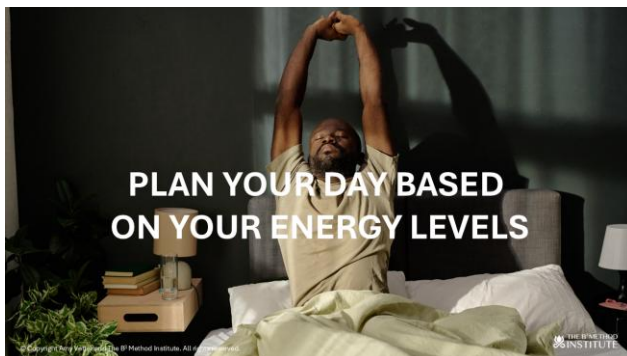


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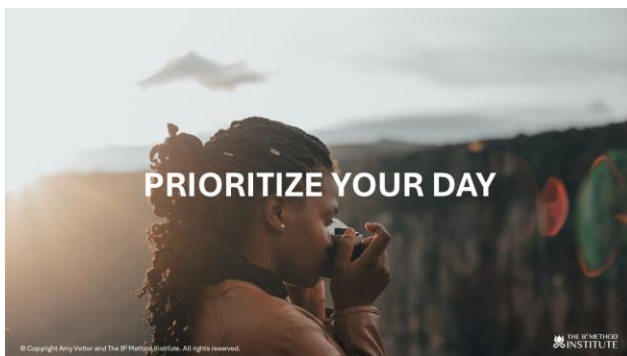
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41.



42.



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43.

YOUR TURN:
MAKE A PLAN TO BOOST YOUR PRODUCTIVITY

1. Divide your day into two halves. If your energy and discipline are often highest in the morning, reserve that time for larger tasks that require more mental effort.

2. Plan Every Day. If you are more aware of what you want to accomplish and keep it handy, you have a constant reminder that your attention is needed elsewhere.

3. Set an intention for each day. An intention will help create more clarity in your life. It becomes the driving force of your higher consciousness and will help to keep you on track.

4. Use Your Calendar. Schedule reminders that a certain activity needs to begin. You need to live by this and not put it as a something that can be ignored and shifted because you put it there for yourself.

Pay attention to your energy level throughout the day. This may help you prioritize which jobs you need to focus on early in the day and which ones can be saved for later. For example, you may realize that you had more energy at night when you were younger and would prioritize my more in-depth work for this time. Now that your older, perhaps you have most of your energy in the morning so you should tackle the tougher tasks in the morning and plan meetings in the afternoon when you have less energy.

44.

Which mindfulness technique could you commit to doing the next 30 days?

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45.

#30DayChallenge Commitment:

What went well today and why?

What didn't you enjoy about it today and why?

How did you feel before you began and when you finished?

What will you do differently tomorrow?

Plan your 1-3 action items or intentions for tomorrow

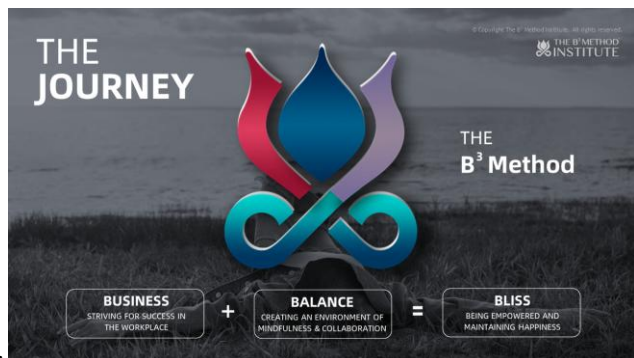
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46.



47.



48.



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49.

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