

*You really are
what you think.*

Bonus Session!

Christine Wilson, LPC
Co-Founder, Think Time™



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What benefits?

- Improved Communication Skills
- Increased Self-Confidence
- Increased Creativity
- Increased Productivity
- Optimized Individual/Team Performance




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*"The next level of results
always requires the next
level of thinking."*

Rory Vaden

"Multiply Your Time" TED Talk



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Relax


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Breathe


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Choose a time when you can work
Uninterruptedly


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Allow Your Mind to...

Drift



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Think About Your

Thinking



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Visualize

- Outcome visualization
- Process visualization




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Visualize


- To boost focus.
- To change the results you have been getting.
- Let's practice.



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Draw



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Feel



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Dream...

Then What?



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Envision...

BONUS

Productivity Tip!



Choose



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Connect



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Soulish Living

- R & R: Rest & Relaxation
- R & R: Rejuvenation & Relationships
- R & R: Recreation & Reach Out



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Responsibilities



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Acceptance



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First Things

First



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*Do Today What Makes
Tomorrow Better*



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The Productivity Question:
"How can *all of this* get done?"



What to do...
when there is still too much to do?



decide.

High Leverage Actions

long-term	short-term	immediate
<i>BONUS Productivity Tip!</i>		Really Mine? Reduce? Eliminate? Delegate? Delay?

Be Thankful


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Be Yourself


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Just Do It.


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This worked. This didn't.

..Review.

Bonus Tip


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With Whom
will you journey?



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Thank you for
your time!



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