

What benefits?

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



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

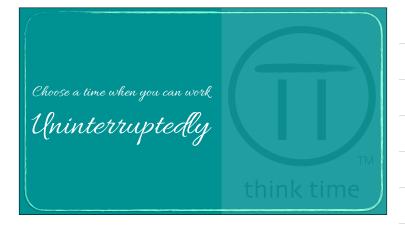
Rory Vaden

"Multiply Your Time" TED Talk



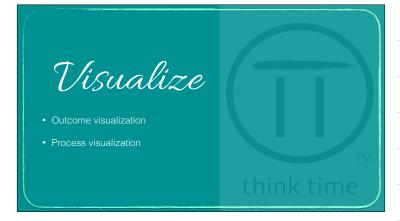


Breathe think time











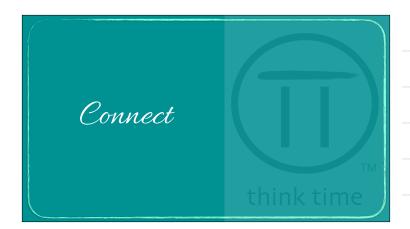
Draw think time











Soulish Living

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



Responsibilities think time









First Things
First

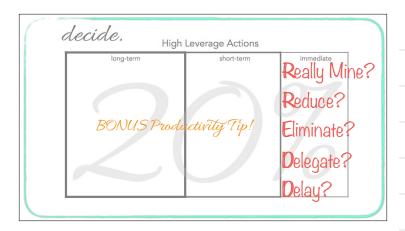
Think time









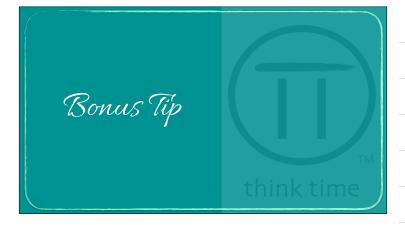


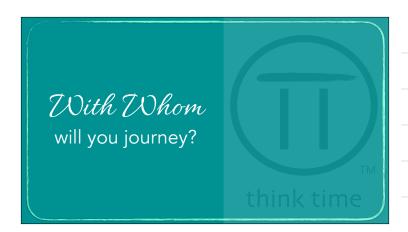






This worked. This didn't.
...Review.





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