Do More With Less Effort

Peaceful Productive You

Achieve Higher Energetic Vibration
- approach everyone in a spirit of love
- set & return to your intentions
- get clear & revisit regularly
- your mission, your Big Why

Create Space
- take breaks between segments of work time
- move between locations

Plan
- plan your day the day before
- create segments of time
- group similar tasks
- work during your most productive times of day
- start each day with highest impact activity

Maintain Practices
- create your own morning ritual
- celebrate successes
- cultivate an attitude of gratitude

Take Care
- body & mind
- compassion
- environment of love & care
- honor your personal energy ebbs and flows

Get Back On Track
- change your environment
- use your body as a compass
- set & revisit intentions

Collaborate
- joint ventures
- delegate to team members

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