

34 pages of
streamlined
productivity...
LESS is more!

Chapter Three

Focus Sessions:

A single bedtime timer can help you sleep and a consistent bedtime will adjust your body's throughout your day. This is a tried and true tip to focus on the *Present Moment* technique!

You've probably heard the old adage



Your Peak Energy Time

Your Peak Energy Time

The Planner

The Arranger

The Visualizer

Identify Your Style

Press The Rest Button

Theme Ideas

Heideck, B. and R. Thorne:
The journal of the

Wandering into the open space

How Focus Sessions

Log Tracker

Energy Tracking Notes

Notes on mood, focus, and energy level

Family Matrix

[illegible]

LINKAGE: N/A

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Figure 1

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1. The first group, *the "old guard"*, consists of those who have been in the industry for a long time and who are now being replaced by a new generation of professionals.

It is important to note that the above results are based on the assumption that the data are stationary. If the data are non-stationary, the results may be biased. Therefore, it is important to test for stationarity before using the above methods.

GENERAL MANAGING PRINCIPLES

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