How to Create Time!
Illusion
Delusion
Stress is NOT the problem

The problem is Lack of Recovery!
Go Zone.

1. Time based plan..do the hard things.

2. Focus on the next thing, the next task, the next call. Keep going, don’t get distracted. Go until the buzzer sounds!

1. Review and plan your next Go Zone
1. Answer emails, complete routine tasks, fill in forms.

2. Plan tomorrow's Go Zone, organise correct numbers..other routine work.

1. Productive but non stressful..no big decisions are made here.
No Zone.

1. Get out of your office. Switch off your phone.

2. No work, no thinking about work.

3. Refresh, recover and do something for YOU!
Personal Success Factors

- Boundaries
- Acceptance
- Self Confidence
- Invest in You
- Consistency
How confident is your partner?

Please start by showing interest but after 10 – 15 seconds:

- Look Bored
- Be Apathetic
- Check your watch
- Yawn
- Lose eye contact
Never underestimate the impact you have on other people.
The Essence of Mental Toughness

- Concentration?
- Self belief?
- Determination?

“The ability to focus only on the very next thing, the thing that’s right in front of you.”
Justin Langer