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These are the 5 areas that you can take control of to succeed in your game and in your life: 1. The Breath - To create a mental

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environment that is clear and aware of what is needed to take control, the breath is the very first tool to utilize. In a previous post, I discussed the box breath (breathe in 4 counts, hold 4, exhale 4, hold 4, and repeat) or just feel and notice the breath to ...

Direct your Focus and take Control! - Cheri Cope

Productivity expert Maura Thomas explains why time management is no longer a sufficient or effective way to be productive—and how attention management is actually the best way to focus, get things done, take back control of your schedule, and reduce distractions.

Attention Management: Productivity Skill You Need to Take ...

When you control the focus of the meeting, you control the meeting. Keeping the focus on the prospect's problem helps you

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sell faster. The salesperson framed the issues for me: I could keep looking, or I could take action. He let me know what would happen if I kept looking. He kept me focused on my date, my dinner reservation and my travel time.

Sales Tips: How to Control the Sale | Monster.com

Real Estate Guide; Mine. COVID-19. ... Financial Focus: When Facing Illness, Take Control of Finances Aug 2, 2020 ... you regain control of your financial decisions. You might also want to ...

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This can empower you and your family to take control of your immediate surroundings; ideally, it will increase productivity, lower stress levels and save money. The upcoming school year is going ...

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