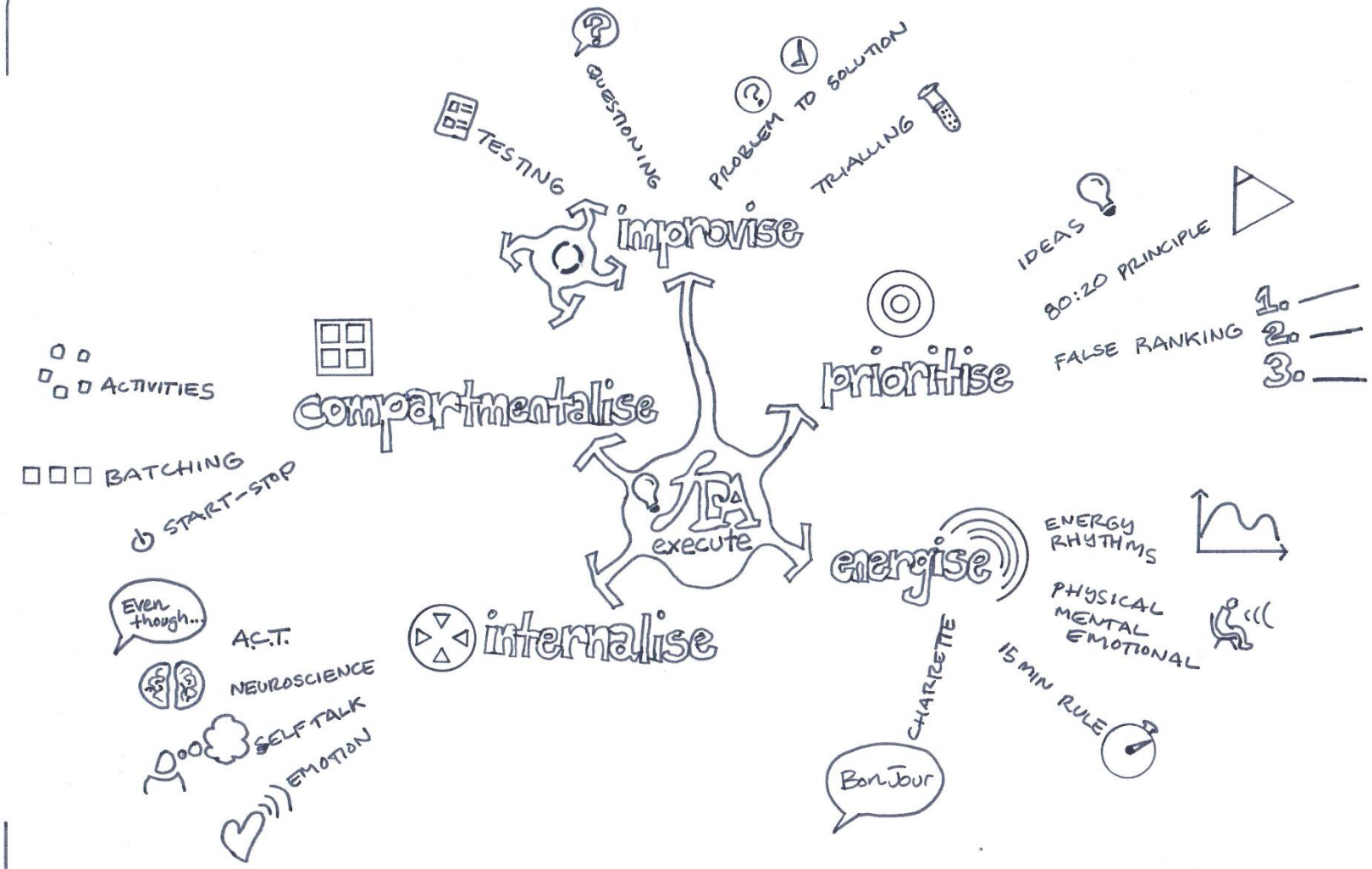
execute
improvise
QUESTIONING
PROBLEM TO SOLUTION
TRIALLING
TESTING
prioritise
IDEAS
80:20 PRINCIPLE
FALSE RANKING
1.
2.
3.
compartmentalise
ACTIVITIES
BATCHING
START-STOP
energise
ENERGY RHYTHMS
PHYSICAL
MENTAL
EMOTIONAL
15 MIN RULE
CHARRETTE
Bon Jour
internalise
Even though...
A.C.T.
NEUROSCIENCE
SELF TALK
EMOTION