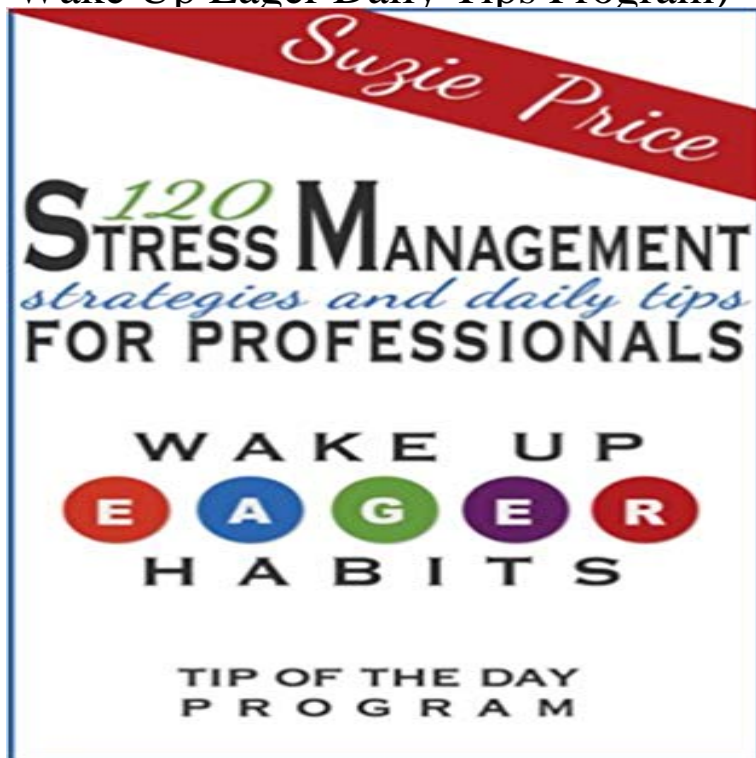


120 Stress Management Strategies and Daily Tips for Professionals (The Wake Up Eager Daily Tips Program)



This book will revitalize and energize you! If the demands of your day, between work and home, are constant and your daily schedule often feels out of control, this book will help you find more balance. If you've been so busy working that you've not kept your professional network strong, this book will help you rebuild it. If work has gotten in the way of your healthy eating and fitness goals and you've gained some weight, this book will help you get back into healthy habits. If your long hours have caused distance to grow with friends and family, this book will help you build back the closeness you want. If the personal side of your professional life could use some attention, but your time is very limited, this 120 Stress Management Strategies and Daily Tips book was written just for you. You get powerful and short daily tips, strategies, and quizzes and writing exercises, you can read once a day Monday through Friday - over 24 weeks. These short 15 minute segments add up to over 30 hours of training and coaching. Your improvement will be exponential due to the Exponential Growth Principle, which is: If you take small action steps every day, you create exponential (not linear) growth. Strengthen by leaps and bounds, by focusing for less than 1% of time every day, and, in 70 days, you'll be TWICE as good. In addition every strategy and tip available to you by email, an optional choice that you can activate, allowing get an email reminder of that day's focus, by email as you read along in the book. Here's what is covered: 40 Daily Action Tips and Coaching Conversations to Strengthen Your Mental Focus: Using your strengths how few people actually do this and why it's so important Managing your blind spots How to organize your day to have more ease and flow Secrets to goal-setting that will help you achieve what you want Understanding the most important superior performance skill 40

Daily Action Tips and Coaching Conversations for Feeling Better In Your Body: Important wellness statistics, and why feeling good in your body matters to professional success Keeping a food diary and learning how to eat MORE real food, and LESS processed food
Important stress and energy facts about breakfast, and easy breakfast options and ideas Why a lack of sleep is worse than being drunk at work Cardio and weight training resources and fun challenges
Daily encouragement 40 Daily Action Tips and Coaching Conversations for Building Your Personal and Professional Network and Connections. Incredible statistics about the importance of having a strong network, and close personal and professional connection with others
Actionable Networking Tips Sample Networking Introduction Template to help you create the perfect intro Friendship Drainer Quiz A complete how to for listening aggressively, one of the most important networking and connections skills The best way to improve family and friend connections What Readers Say about 120 Stress Management Strategies for Professionals: These Tips are actionable and very helpful. Im more organized and focused now. I plan every day in advance and I have monthly goals I am out of overwhelm and Im feeling SO MUCH better! S.K. Insurance Claims Supervisor I know Im being redundant, since Ive already emailed you several other times to tell you this - but I love your Tips. Ive shared many of them with my clients. This is such usable, actionable information. I appreciate all the work you have done to provide this... J.W. Executive Coach

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