

A black and white photograph of a person's arm and hand gripping a barbell. The person is wearing a dark, long-sleeved shirt. The barbell is in the foreground, and a weight plate is visible in the background. The lighting is dramatic, highlighting the textures of the clothing and the metallic surfaces of the barbell and weight plate.

FINDING YOUR POWER

EXERCISING STRENGTH BEYOND YOU

HOW TO train your mind daily

- Go outside & get some daylight!
- Practice breathwork
- Have a healthy bedtime routine
- Avoid social media first thing in the morning & turn hours before bed
- Journal, brain dump or write down your feelings
- Listen to an uplifting podcast or audio book

Habit Stacking

Before

OLD HABIT: Shower for 15 min, get ready, then start to work

After

Use your old habits to build new ones by stacking them together!

Old habit → New Habit → Old Routine

NEW HABIT: Shower for 10 min then once you get ready, meditate for 5 minutes, then start to work.

MEDITATION AT WORK MAKES YOU HAPPIER

Meditation At Work Makes Happier

HABITS, ROUTINES, RITUALS: UNDERSTANDING BEHAVIORS...

HOW TO BE HEALTHY

- Exercise Daily
- Think positive
- Get enough sleep
- Keep emotional balance
- Eat more fruits and vegetables
- Drink more water
- Do meditation

5 SIMPLE HABITS for better sleep

- Turn off your phone 1 hour before bed
- Drink chamomile tea
- Read a book
- Use a white noise machine
- Use a weighted blanket

6 ways to relax before bedtime

- Take a warm bath
- Use lavender essential oil
- Read a book
- Listen to soft music
- Practice deep breathing
- Use a weighted blanket

HOW TO HAVE MORE TIME

- SELL YOUR BRAIN, NOT YOUR TIME
- BE WITH PEOPLE WHO VALUE TIME
- DON'T BE BUSY FOR THE SAKE OF BUSY
- STOP WATCHING TIME WHEN YOU REST
- THINK AHEAD OF YOUR TIME
- ASSUME THINGS WILL TAKE LONGER THAN PLANNED

Time Management Tips: How To Manage Your Time In A...

How to Focus

- Keep food at your desk
- Turn off the phone
- Get a good chair
- 95% of people say they struggle to focus
- Glasses helps your brain focus
- Most phone calls are not urgent
- Think is a common sense, don't let it change that
- Time yourself
- Shut off everything
- Clear your desk
- Put on headphones
- Make a list
- And you have much you do in 15 min reward yourself
- Frame a picture of your goal
- Bring your pet with you
- Make it short
- If you get stressed, smell it
- Cool back at every morning before work
- They help you focus
- Get more information at londonandlondon.com

Pin by Marri Adithya Reddy on Inspiration for a Healthy Life |...

HOW TO START YOUR DAY

- Give yourself at least 15 minutes of quiet time
- Swap out the coffee and creamer
- Sit up correctly

HOW TO NOT BE HARD ON YOURSELF

- Your mistakes are part of your learning
- Don't compare yourself to others because you are not them
- There is no right way to do anything
- Stand up for what you believe, even if it's unpopular
- Learn from people who criticize you
- Accept your weaknesses as your "features"
- Look at your past as an adventurous biography
- Don't underestimate your talent until you apply it 100 times
- Every single problem you have is not unique
- Intelligence is relative, self-esteem is not
- Express your anger in a creative way
- Surround yourself with people who want you to succeed

a quickie: how NOT to be hard on yourself – with & within by ...

HEALTHY LIFESTYLE

- Daily physical activity
- Thinking positively
- Getting 8 hours of sleep
- Do the things you enjoy
- Eating more fruits and vegetables
- Drinking more water
- Relax and make time for yourself

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Making just a few changes in your #lifestyle can help you...

Related searches

- Time Management Organization
- Bad Time Management

Time Management Training

TIME MANAGEMENT TRAINING - 1 DAY

20 TIPS FOR BETTER TIME MANAGEMENT

- STOP MULTI-TASKING
- SET DEADLINES
- PRIORITISE TASKS
- REMOVE DISTRACTIONS
- KEEP YOUR MIND FRESH
- WORK WHEN MOST PRODUCTIVE
- SET REMINDERS
- TURN OFF EMAIL ALERTS
- BATCH YOUR TASKS
- BRAIN DUMP YOUR THOUGHTS
- DECLINE ADDITIONAL COMMITMENTS
- TIDY YOUR WORKSPACE
- GET MORE ORGANISED
- GET IN A ROUTINE
- MANAGE YOUR STRESS
- DELEGATE TASKS
- BREAK BIG PROJECTS INTO STEPS
- ONLY TAKE ON WHAT YOU CAN FINISH
- GET INSPIRED
- ONLY FOCUS ON WHAT MATTERS

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MINDFUL MORNING ROUTINE

- Disconnect

8 Simple Ways to STUDY MORE EFFECTIVELY

- NO PHONE
- PLAN
- PRIORITISE
- WAKE UP EARLIER
- HARDEST TASK FIRST
- 40 MIN SESSIONS
- LOOK AFTER YOURSELF
- REWARD YOURSELF

a poster with the words 8 simple ways to study more

10 tips to get more done and manage your time better when you work from home

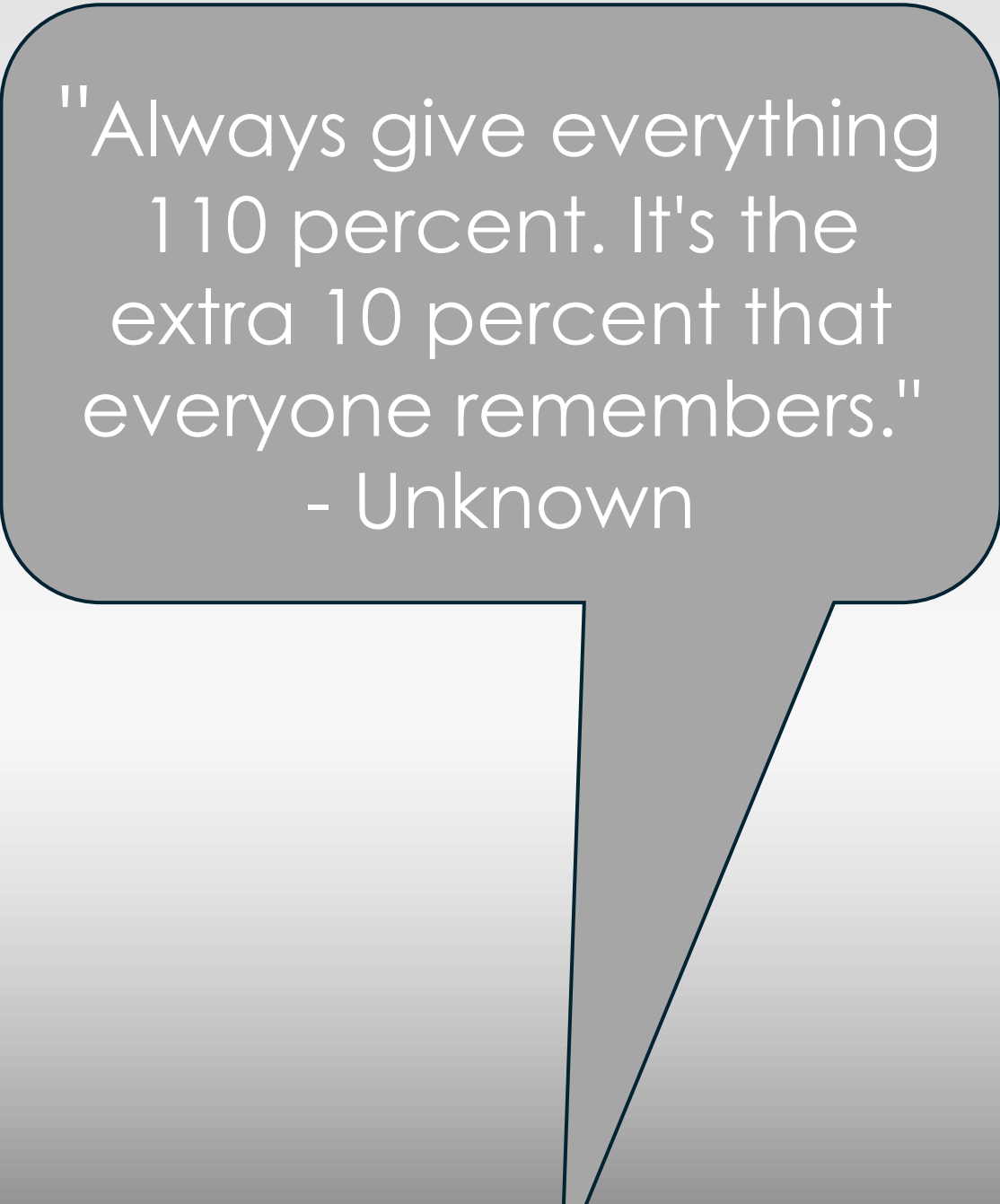
vidyasury.com

10 effective tips to improve



**Intensity: Give 100%.
110% is impossible. Only
idiots recommend that.**

- Swanson Pyramid of Greatness



"Always give everything
110 percent. It's the
extra 10 percent that
everyone remembers."
- Unknown

"Always give everything
110 percent. It's the
extra 10 percent that
everyone remembers."
- Unknown

Baseball is 90% mental.
The other half is physical.

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**WHATEVER YOU DO
ALWAYS GIVE
100%...Unless you're
donating blood.**

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You know how you get
28 hours out of a 24-
hour day? Get up 4
hours before you go to
bed.

Baseball is 90%
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**WHATEVER YOU DO
ALWAYS GIVE
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Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2 How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality. 3 For to their power, I bear record, yea, and beyond their power they were willing of themselves; 4 Praying us with much intreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. 5 And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God.

II COR 8:1-5

Moreover, brethren, we do you to wit of the GRACE OF GOD bestowed on the churches of Macedonia; 2 How that in a GREAT TRIAL OF AFFLICTION the abundance of their joy and their deep poverty abounded unto the riches of their liberality. 3 For to their power, I bear record, yea, and beyond their power they were willing of themselves; 4 Praying us with much intreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. 5 And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God.

II COR 8:1-5

AFFLICTION POSITIONS US

- Paul was persecuted and afflicted in Antioch, Iconium and Lystra...returned to find Timothy
 - Acts 14:19 - And there came thither certain Jews from Antioch and Iconium, who persuaded the people, and, **h a v i n g s t o n e d P a u l**, drew him out of the city, supposing he had been dead.
 - Act 16:1 - Then came he to Derbe and Lystra: and, behold, a certain disciple was there, named Timotheus...

T O U G H T I M E S B L E S S U S

AFFLICTION WORKS IN US

- Rom 5:3-4 - And not only so, but we glory in tribulations also: knowing that tribulation **wo r ke t h** patience; 4 And patience, experience; and experience, hope:
- II Cor 4:17 - For our light affliction, which is but for a moment, **wo r ke t h** for us a far more exceeding and eternal weight of glory;

T O U G H T I M E S G R O W U S

AFFLICTION WORKS IN US

- Psa 119:71 - It is good for me that I have been afflicted; **that I might learn thy statutes.**
- Exo 1:11-12 - Therefore they did set over them taskmasters to afflict them with their burdens... 12 **But the more they afflicted them, the more they multiplied and grew...**

T O U G H T I M E S G R O W U S

A black and white photograph of several stacks of coins, likely quarters, arranged in a row. The stacks are of varying heights and are slightly out of focus, creating a sense of depth. The lighting is soft, highlighting the texture of the coins.

When times get tough ...

lean into the GRACE of GOD.

Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2 How that in a great trial of affliction the abundance of THEIR JOY and THEIR DEEP POVERTY abounded unto the RICHES OF LIBERALITY. 3 For to THEIR POWER, I bear record, yea, and beyond their power they were WILLING OF THEMSELVES; 4 Praying us with much intreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. 5 And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God.

II COR 8:1-5

REMEMBER THAT YOU ARE BUT FLESH

- Zec 4:6 - Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts.
- Rom 8:8 - So then they that are in the flesh cannot please God

**OUR OWN EFFORTS ARE
LIMITED**

BUT STILL DO WHAT YOU CAN

- Mar 12:44 - For all they did cast in of their abundance; but she of her want did cast in all that she had, even all her living.
- Mark 14:8 - She hath done what she could...
- II Cor 8:12 - Now therefore perform the doing of it; that as there was a readiness to will, so there may be a performance also out of that which ye have.

OUR OWN EFFORTS ARE INDICATIVE

THE LORD SHOWS UP BECAUSE YOU ARE LIMITED

- II Cor 4:7 - But we have this treasure in earthen vessels, **t h a t t h e excellency of the power m a y b e o f G o d, a n d n o t o f u s.**
- Col 1:27 - To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is **Ch r i s t i n y o u**, the hope of glory:
- II Cor 3:5-6 - Not that we are sufficient of ourselves to think any thing as of ourselves; but **o u r s u f f i c i e n c y i s o f G o d**; 6 Who also hath made us able ministers of the new testament...

**OUR OWN EFFORTS MUST BE
SURRENDERED**



Yo ur o wn e f f o r t s c a n
o n l y g o s o f a r... i t ' s M E A N T

Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2 How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality. 3 For to their power, I bear record, yea, and BEYOND THEIR POWER they were willing of themselves; 4 Praying us with much intreaty that we would receive THE GIFT, and take upon us the fellowship of THE MINISTERING TO THE SAINTS. 5 And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God.

II COR 8:1-5

GOD WORKS ON ANOTHER LEVEL

- Delivers from death: II Cor 1:8-9 - For we would not, brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that **we despaired even of life**: 9 But we had the **sentence of death** in ourselves, that we should not **trust** in ourselves, but in **God** which raiseth the dead:

**UNDERSTAND
THE POWER BEYOND YOU**

GOD WORKS ON ANOTHER LEVEL

- Creates life: Heb 11:11 - Through faith also Sara herself **r e c e i v e d s t r e n g t h t o c o n c e i v e s e e d**, and was delivered of a child when she was past age, because she judged him faithful who had promised.
- Renews the spirit: II Cor 4:16 For which cause we faint not; but though our outward man perish, yet the **i n w a r d m a n** is **r e n e w e d** day by day.

**UNDERSTAND
THE POWER BEYOND YOU**

GOD DOES THE WORK WE CAN'T

- Eph 3:20 - ...him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,
- Rom 4:18-21 - strong in faith...that what he promised, he was able also to perform .
- Matt 11:30 For my yoke is easy , and my burden is light.

YEILD TO
THE POWER BEYOND YOU

Embracing the power beyond you,
will lead to **FRUIT** .



Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2 How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality. 3 For to their power, I bear record, yea, and beyond their power they were willing of themselves; 4 Praying us with much intreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. 5 And this they did, not as we hoped, but FIRST GAVE THEIR OWN SELVES TO THE LORD, and unto us by THE WILL OF GOD.

II COR 8:1-5

YOU GOTTA DIE


- John 12:24 - Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit.
- Rom 12:1 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

FIRST THINGS FIRST

YOU GOTTA DISCERN

- More EFFORT or more JESUS?
- John 3:30 - He must increase, but I must decrease.
- Luke 10:39-40 - And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me.

FIRST THINGS FIRST



Start by
GIVING
YOURSELF
to the LORD

Therefore, as ye abound in every thing, in faith,
and utterance, and knowledge, and in all
diligence, and in your love to us, **s e e t h a t**
y e a b o u n d i n t h i s g r a c e also.

II Cor 8:7

