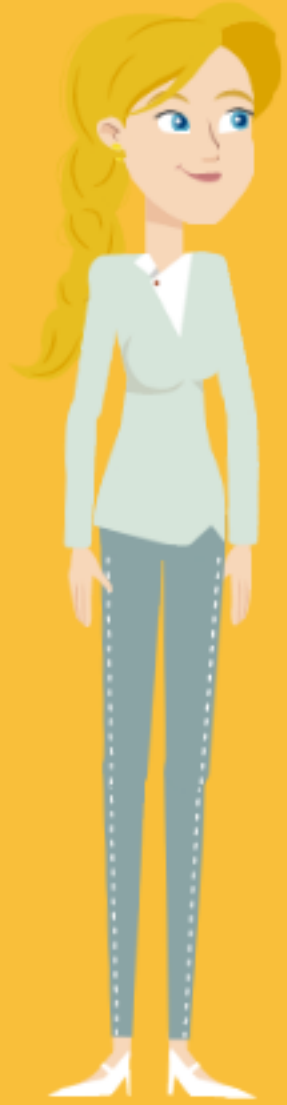


# Tip 13 – Act like your Most Ideal Self





- **We know what our most ideal versions of ourselves would behave like**



- **Ask yourself what your most ideal self would do, and then do that**



- **Get to work immediately and staying focused until you're done**
- **This may seem impossible to you, but that's only because you haven't believed you can do it yet**



- **You will be extremely productive and leave work feeling great about the hours you spent there**

# Having More Free Time to Spend with Family or Friends



- **When you leave work knowing that you gave it your all, you can leave with a clear conscious**



- **You can come home or go to visit your friends free to focus entirely on them**

# Worrying Less about How you could have Performed Better



- When we don't live up to who we know, it causes us a lot of underlying tension and anxiety





- **Being the most ideal version of your self means that you will be free from this anxiety**

# Shorter Work Hours



- Utilizing all of your hours for what they are meant to be used for will mean that you get done in a shorter amount of time

# In Summary

## ● Tip 13 – Act like your Most Ideal Self

1. Having More Free Time to Spend with Family or Friends
2. Worrying Less about How you could have Performed Better
3. Shorter Work Hours