



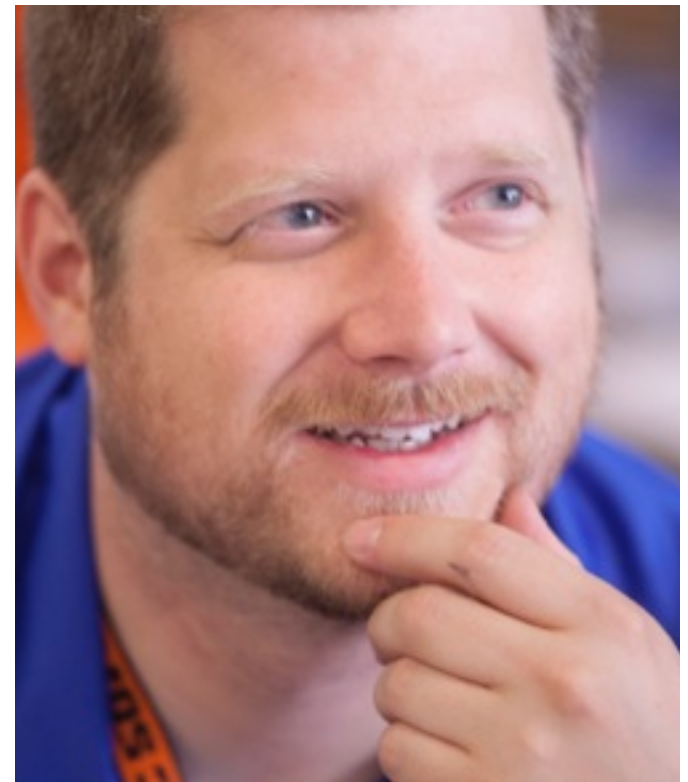
Stop Banging Your
Head Against The Wall

Who Is This Guy?

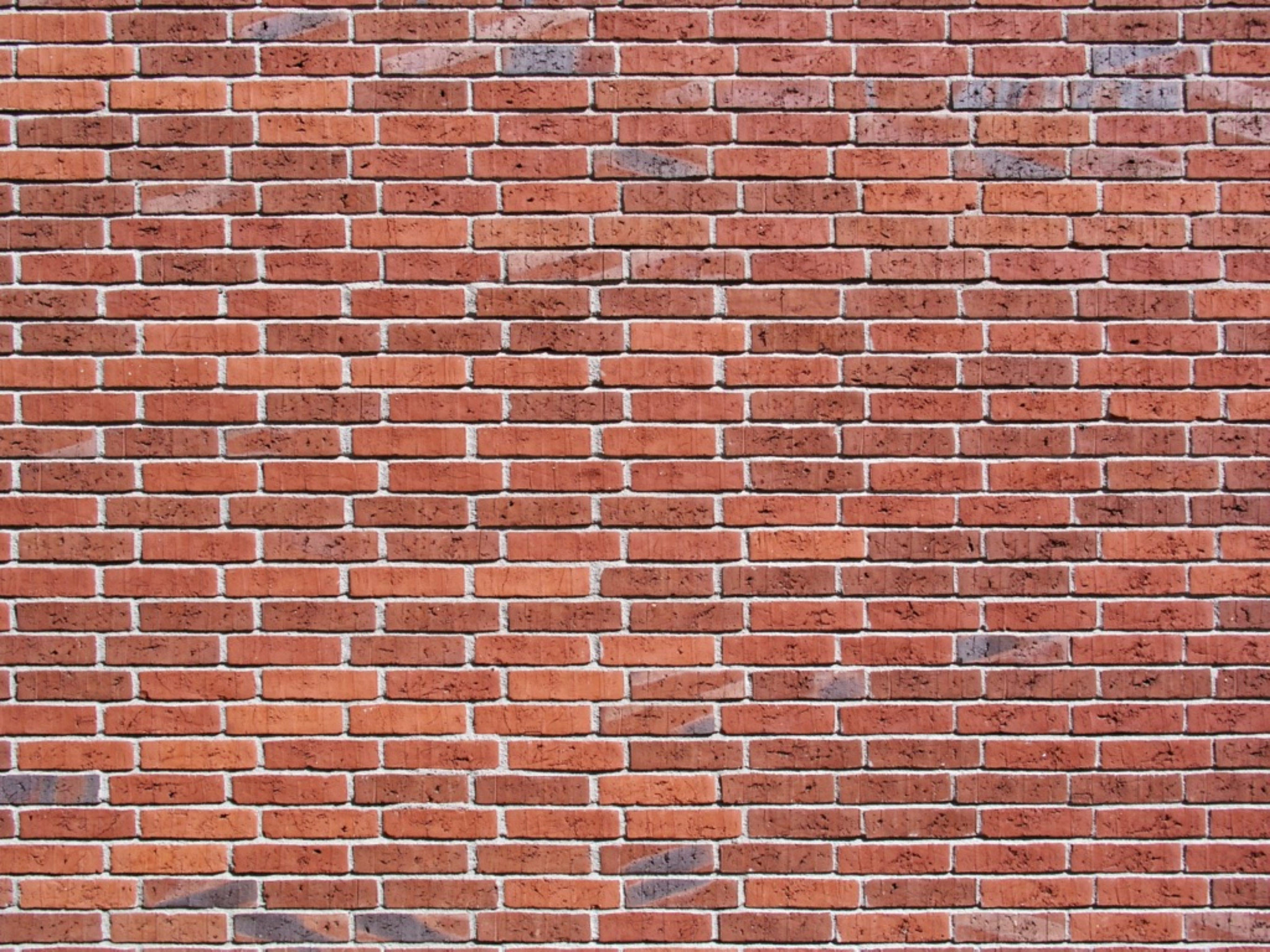
Paige Labs:
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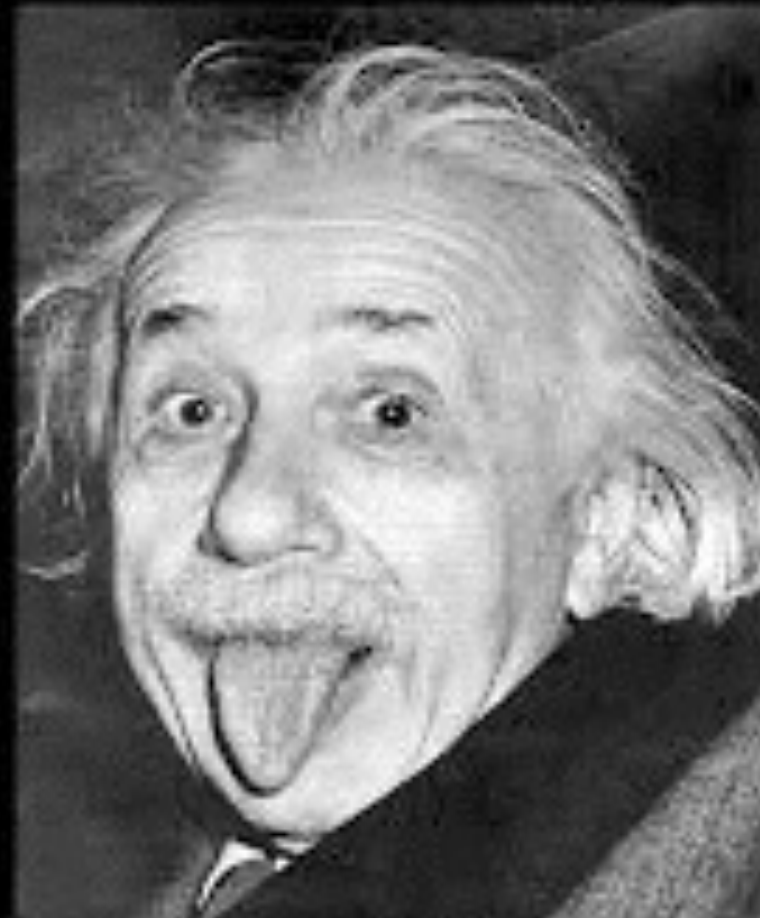








...doing the same thing
over and over again...



...and expecting ***different results!***





**SLOW
DOWN**

What's the **BIG** picture?





fineart
america



“Know Thyself”

–Plato



“A great man is a great sentence”

–Daniel Pink (Clare Booth Luce)



I Spend my life
building and developing
people

-Jonathan Mills

My Goals

1.

2.

3.



Create S.M.A.R.T. Goals





What is today about?

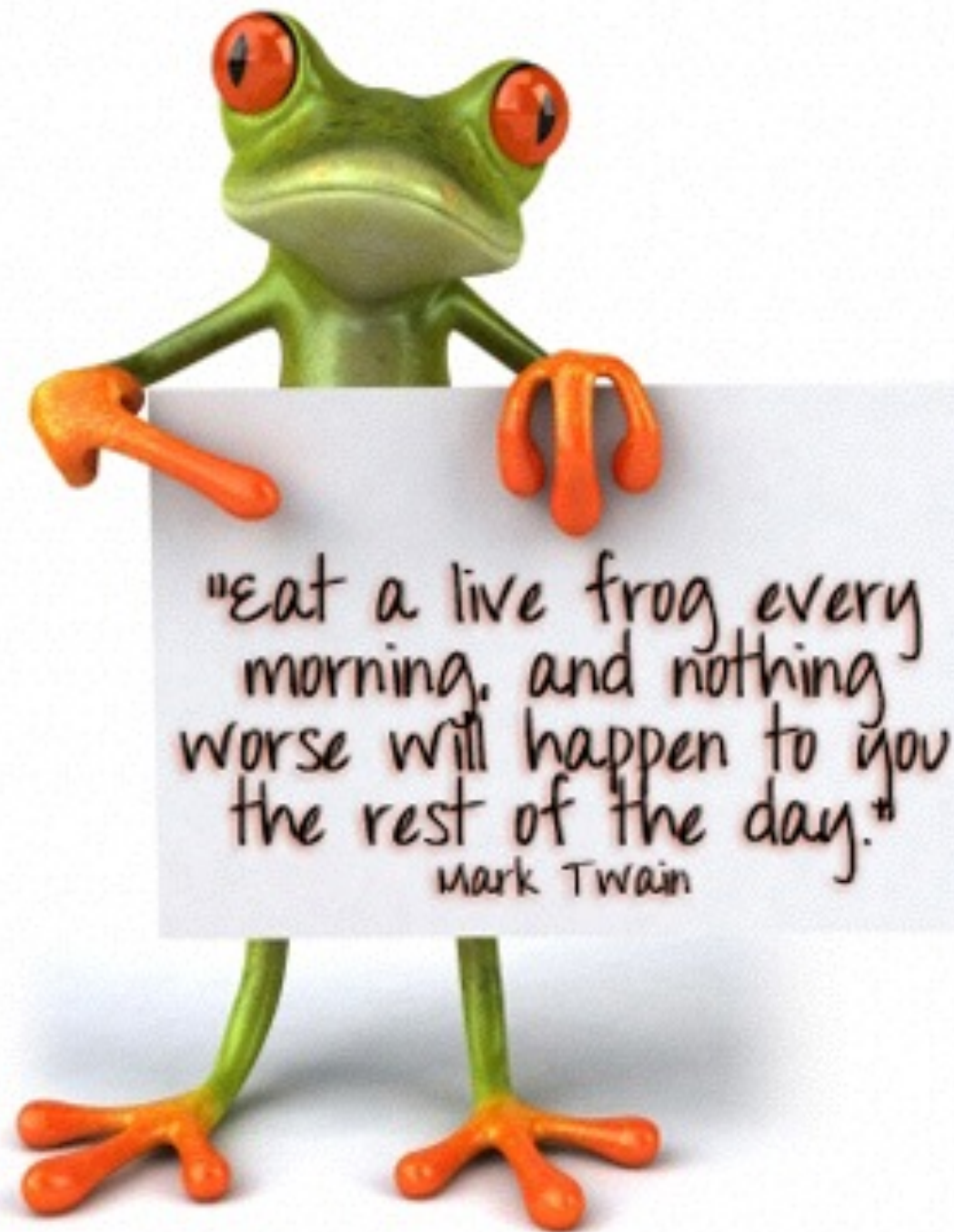
What Are My Most Important Tasks?

What can I eliminate?

What can wait till tomorrow?







"Eat a live frog every
morning, and nothing
worse will happen to you
the rest of the day."
Mark Twain



Eat Your Frog



“Know Thyself”

–Plato



Date:

7:00	
8:00	
9:00	
10:00	
11:00	
Noon	





What is this moment about?



focus n. (p

centre of



TO DO

up Next

Doing

Done

Start
Project
Ref

Get
Requirements
from
Client

Get
System
Working

Design
what
to
do

By
The
End

Get
some
feedback

Make
Schedule

Waiting
long

Learn
about

Waiting
start

Go
back

Check
Code

Follow
up
with
client

Call
meeting

Get it done,
and move on....



Saying NO...





What was today about?

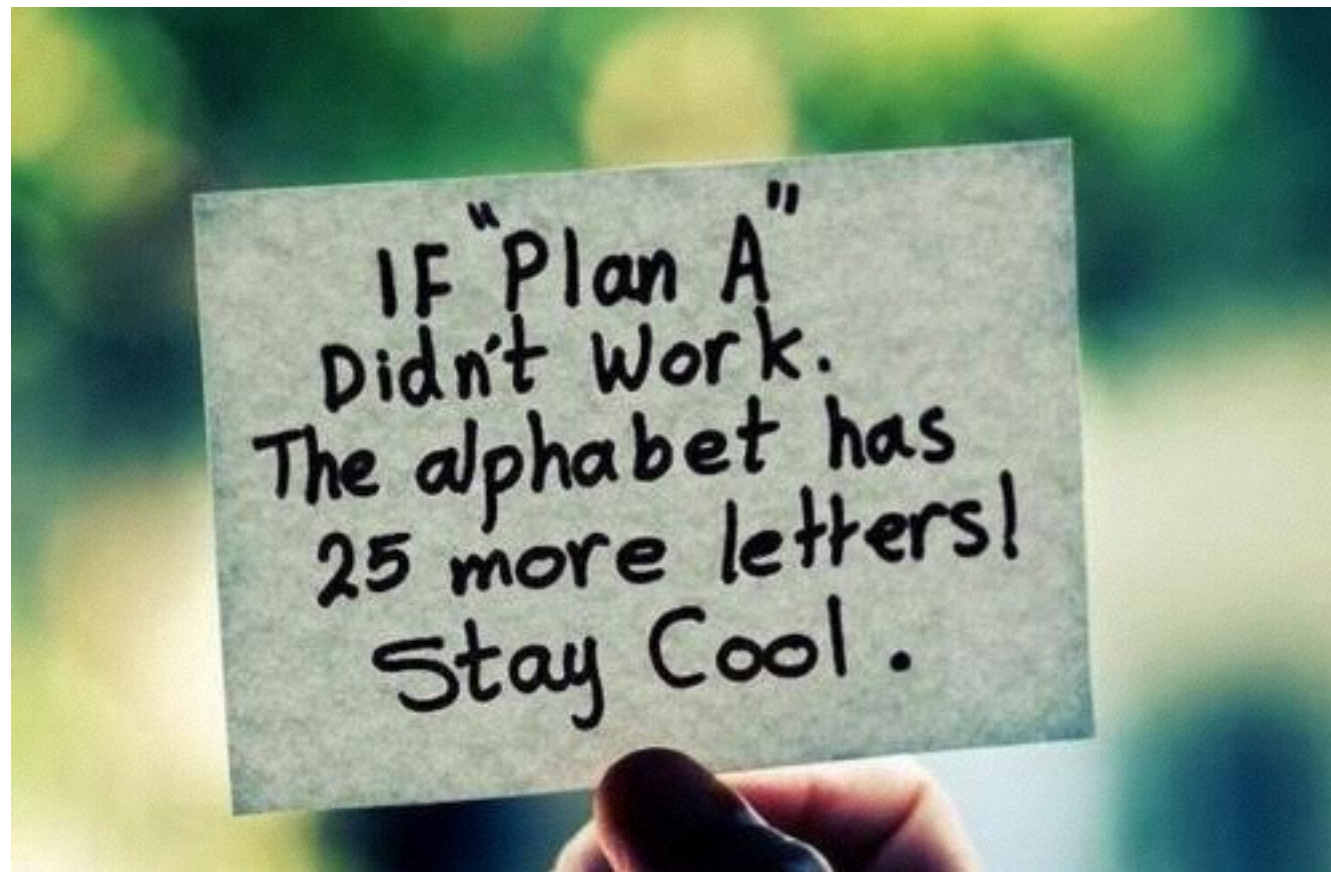
How did today go?

What did I learn about myself?

What do I need to change?



plans change



Who Is This Guy?

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