14 THINGS SUCCESSFUL PEOPLE DO ON WEEKENDS









Vocation





Disconnect



Avoid chores





Network



Soicalize



Source: Forbes 2014



Meditate



Recharge



GOAL S.M.A.R.T.?

Goal:

Specific: What EXACTLY do you want to achieve?

Specific: What EXACTLY do you want to achieve? Measurable: How will you know when you've achieved it?

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Attainable: Is it something you have control over?

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Relevant: Why is this applicable to your life?

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Time-Based: When do you want to achieve your goal?

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that story.

by Anna Vital first thing successful people do in the morning ask "eat myself the frog" visualize talk to customers work real work, out no email Steve Jobs: "Every morning Tony Robbins, Craig I asked myself: Mark Twain, 'If today were Newmark: Barak Obama, David Karp, "Visualize the last day of "Tackle the how you "Customer my life, would I hardest problem " I do it "Don't check will make want to do what your day." just to service." on your plate." your email I am about to do today?" and do clear my head and real work." relieve me Funders and Founders

of stress."