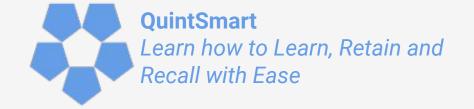# My top 5 this week

→ Elevate your personal brand from **beginner to pro**.

→ **Procrastination** isn't about time management.

→ Want to build a six-figure business? Master these **10 mental models** now.

→ You're a high-powered exec. But on **LinkedIn**? You're **silent**.

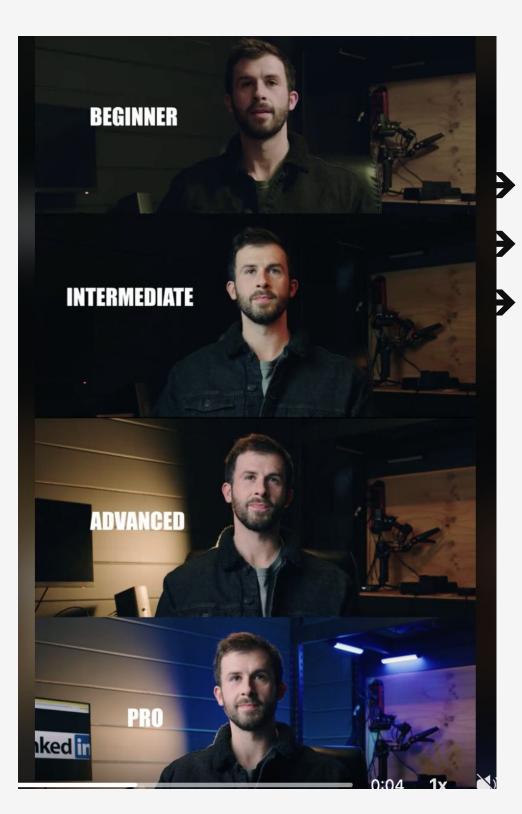→ The **3-second window** that determines your creative fate

QuintSmart
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→

Elevate your personal brand from beginner to pro.

- Main Light (Key Light)
- Background Light for Depth
- Hair/Rim Light (Separates You from Background)

QuintSmart
Learn how learn, retain and recall with ease

Procrastination isn't about time management.

Chirag Gupta • 1st
Tech Agency Co-Founder | Business Growth Strategist | Conten
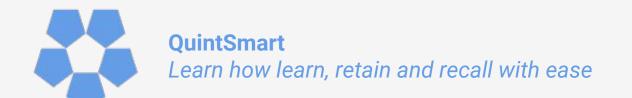**Request services**

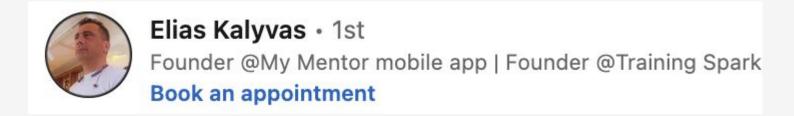## Stop managing time.

Start managing your

energy.

1️⃣ The Starting Paradox
↳ Starting is 40% of the battle. Just begin.

2️⃣ The Perfection Trap
↳ Perfectionism is a killer. Focus on done, not perfect.

3️⃣ The Energy Truth
↳ Willpower isn't endless. Your environment? That's your superpower.

The Game-Changers:
→ The 5-minute rule beats waiting for motivation
→ Your environment > Your willpower
→ Systems > Goals

Want to build a six-figure business? Master these 10 mental models now.

Elias Kalyvas • 1st
Founder @My Mentor mobile app | Founder @Training Spark
Book an appointment

1. **Compound Interest.**
2. Circle of Competence.
3. **Opportunity Cost.**
4. Second-Order Thinking.
5. Confirmation of Action.
6. **Feynman Technique.**
7. The Map Is Not the Territory.
8. Survivorship Bias.
9. Eisenhower Matrix.
10. **Ockham's Razor.**

Bold - my top 4

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Learn how learn, retain and recall with ease

→

You're a high-powered exec.
But on LinkedIn? You're silent.

Mayank Maurya · Following
🔵My All-Bound Strategy Gives You Both - Fame & Money (Clients)
Request services

4 Silent But Deadly
LINKEDIN MISTAKES
Executives Make (And **How to** **Fix** Them)

➜ Bland headlines
➜ Ignoring engagement
➜ No all-bound strategy
➜ Sticking to one content type

LinkedIn success **isn't about a single magic trick**

It's about

Consistency, engagement, & variety.

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Learn how learn, retain and recall with ease

The **3-second window** that determines your creative fate

Follow through with **INTENTION**

My **idea-catch-system:**

- I talk it out in VoicePal
- I jot it down with Spark-Remark-Relate (SRR)
- I add it to my Todoist
  "Topics to Write About" list

3"

catch

or

lose

Post statistics

➜ 1367 impressions

➜ 167 comments

➜ 111 likes