

Mental Reset

Turbo-charge your work sessions.

A lot of you are sitting down to work and getting nothing done

You stare at a blank google doc until you get stressed out at your failure to produce and just go back on your phone.

Your lack of creativity, energy, emotional control aren't 3 separate problems.

Most of the time they are all just symptoms of a deeper problem with how you approach your work.

On today's POWER UP call I'm going to show you the most skipped part of your work session and how to use it to get more done today than you got done all of last week.

My rewrite

Hack to maximize your working minutes

You've decided. You sit down to work but too much is in your head.

All the thoughts take away your ability to focus.

Stuck in a rut, you resort to scrolling on your phone or playing a video game. Watch a movie. ANYTHING but work.

Then you hate yourself.

While all you had to do was detach.

But how?

How do you maximize your focus and actually cross your tasks off the bloody list?

Jump on today's POWER UP call to find out.

MORNING POWER UP #537
MENTAL RESET

