



THE ART OF SELF MANAGEMENT



OR....HOW THIS RIBBON
CAN CHANGE YOUR LIFE!

BUT FIRST.....

**CAN YOU WIGGLE YOUR
FINGERS?**

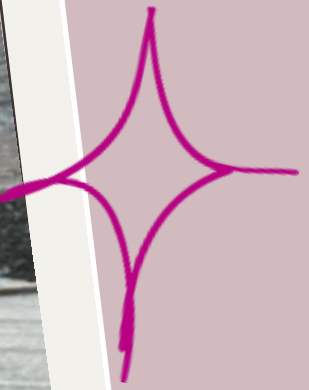
FLOW:

- **ESTABLISH CREDIBILITY**
- **RIBBON OF LIFE**
- **TOOLS FOR SELF MANAGEMENT:**
- **GOAL SETTING**
- **AMYGDALA HIJACK**
- **YELLOW CAR**
- **PLAYING FROM THE TOP**
- **$E+R=O$**





**ESTABLISH
CREDIBILITY**



FLOW:

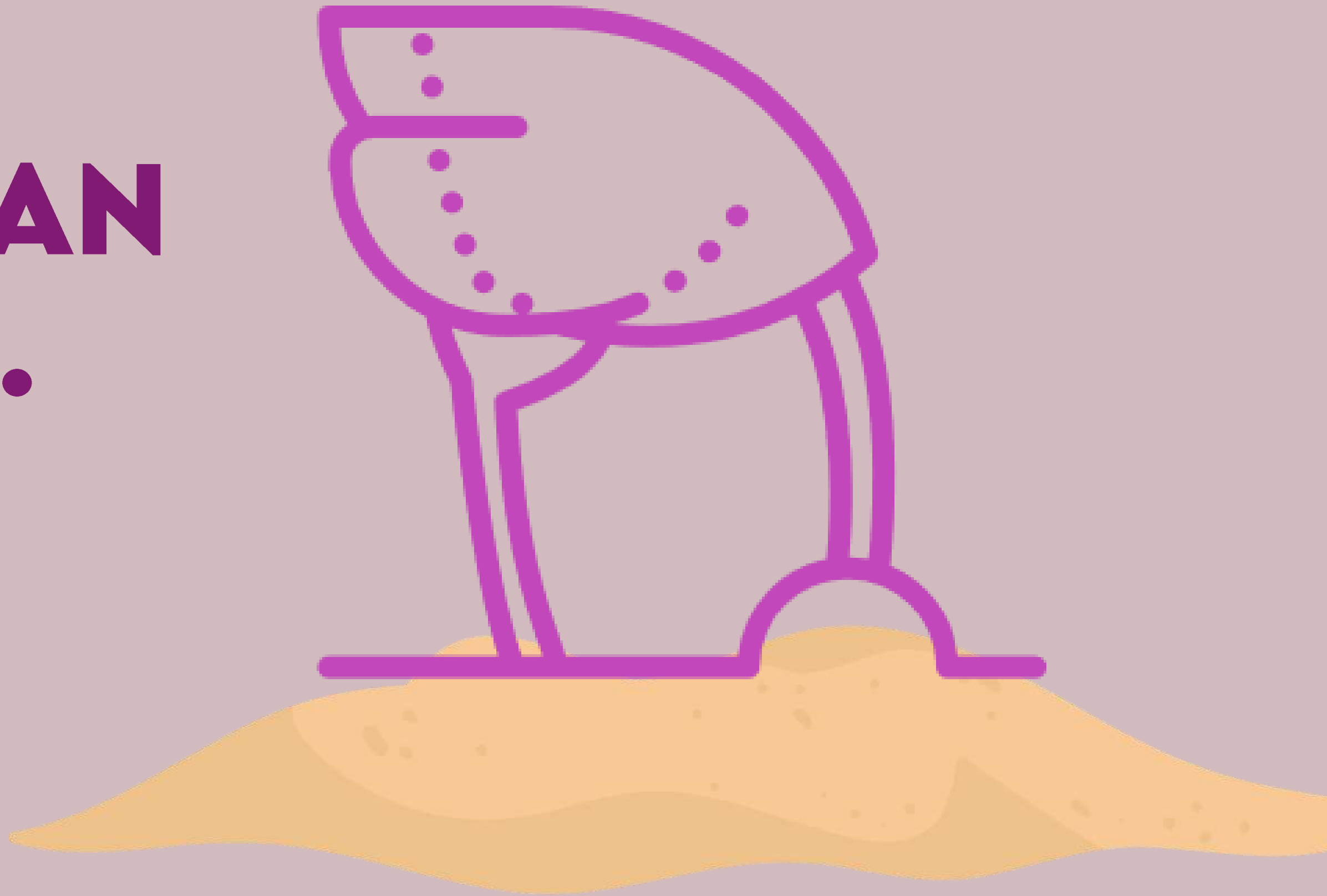
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**TIME IS OUR
GREATEST
CURRENCY**

**DON'T BE AN
OSTRICH...**






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-




**THE WAY
YOU SPEAK
TO YOURSELF
MATTERS.**





GOAL SETTING **THE 5 P'S**

- 1. PERSONAL**
 - 2. PRESENT**
 - 3. POSITIVE**
 - 4. POWERFUL**
 - 5. PRINTED**
- 



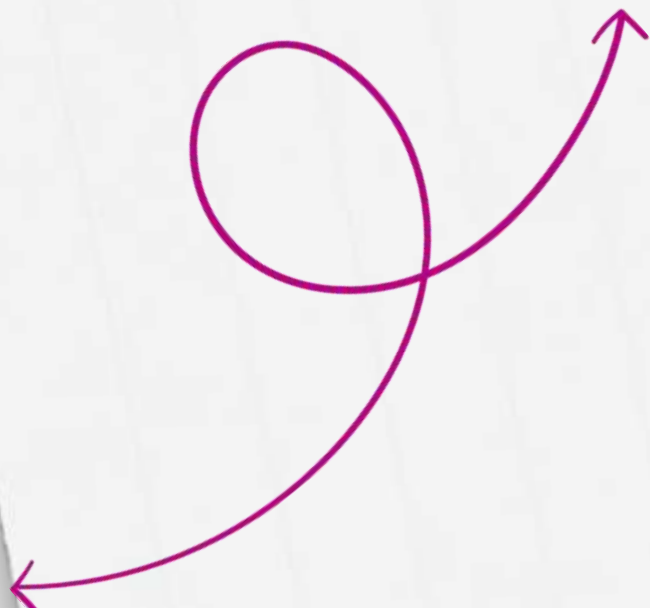
**DO OR DO NOT. THERE IS NO
TRY**

Yoda





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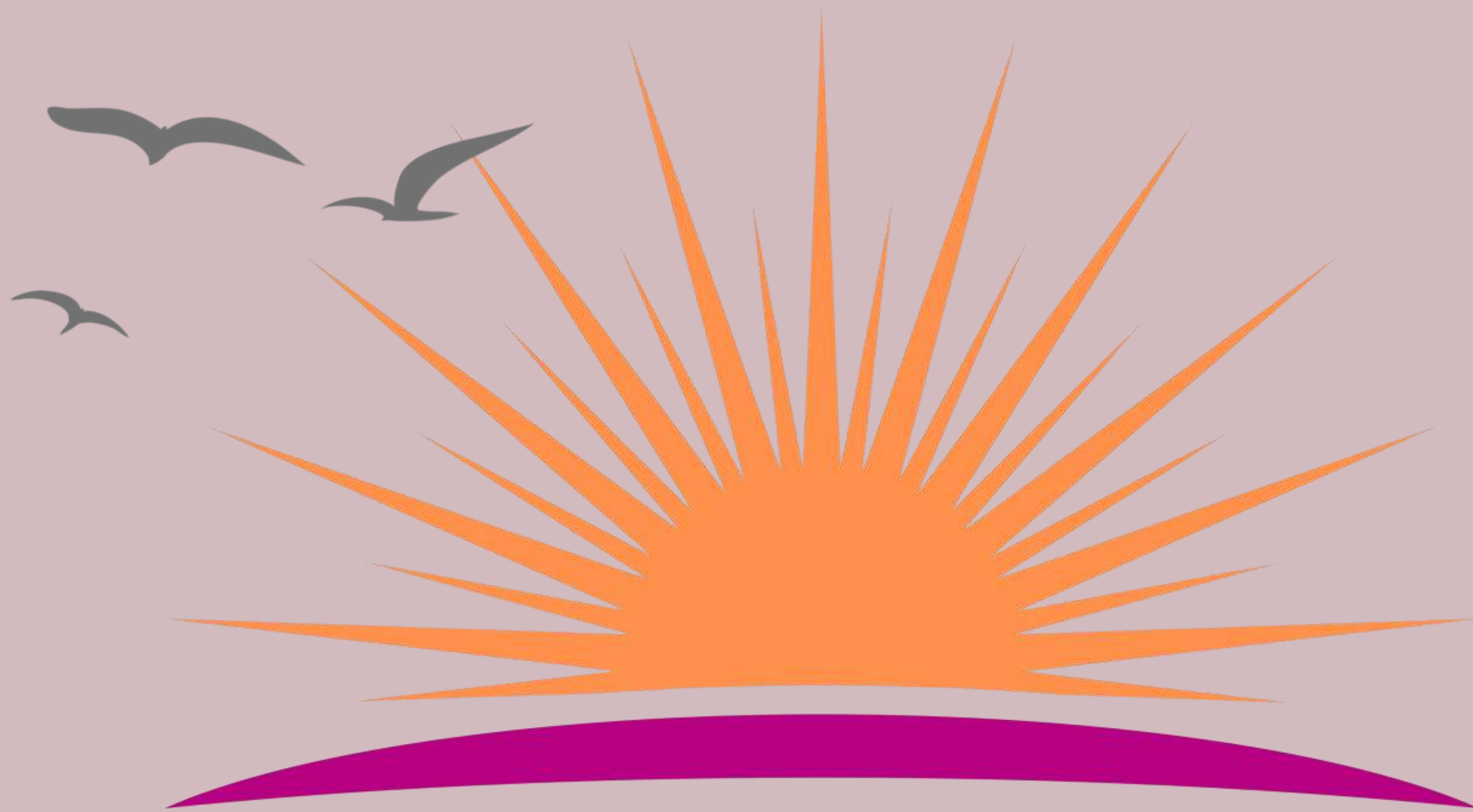




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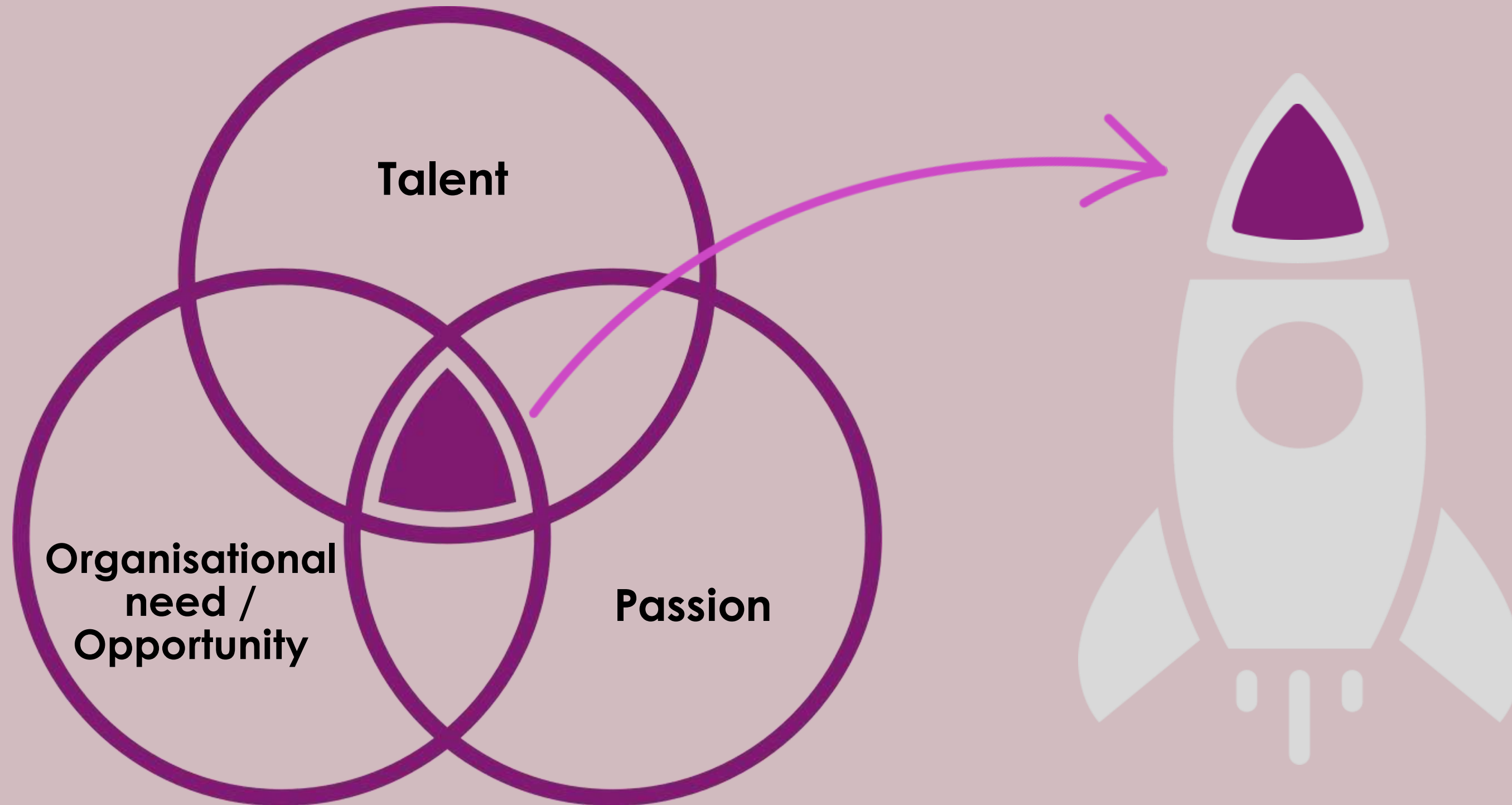
**PUT HAPPINESS ON THIS
SIDE OF THE HORIZON**



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PLAYING FROM THE TOP





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-



E + R = O

Event + Response = Outcome

**REMEMBER TO TEACH
THEM HOW TO WIGGLE
YOUR FINGERS!**



**THERE IS NO SUCH THING AS
TIME MANAGEMENT; THERE
IS ONLY SELF MANAGEMENT**

Rory Vaden





THANK
YOU!

www.ribbonoflife.co.uk

