



CHAPTER 2

IMPROVEMENT AND PACING
BUILDING & SUSTAINING HABITS THAT LEAD TO PRODUCTIVITY.

OBJECTIVE

What do you do to reset your pace?

Try these 3 ideas:

1. Manage your time.
2. Use technology better.
3. Relax and rejuvenate.

Read more on pages 34-35.

1. HOW FAR CAN YOU SEE INTO THE FUTURE?

Pages 29-34

2. WHAT CAN YOU DO TO RESET WHEN YOU'RE OFF COURSE?

Page 35

WHAT READERS SAY

"Your Best Just Got Better is the blueprint for finding true balance and meaning and achieving your best in life and business."

-Matthew Hately
Vice President, Macadamian

3. TAKE AN INVENTORY OF YOUR TIME AND EFFORT THROUGHOUT THE DAY.

Pages 36-47



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