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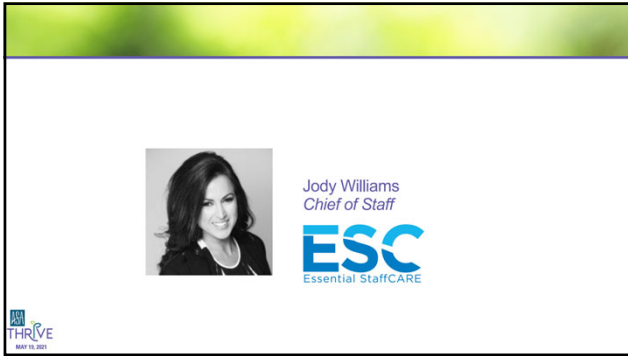
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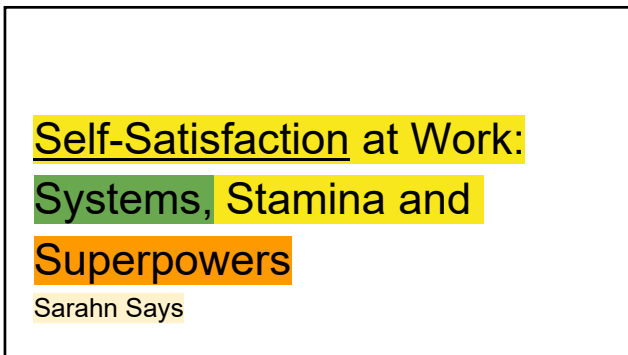
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**SELF-SATISFACTION (NOUN):**  
fulfillment in one's state of being  
and quality of thought and action.  
The state of being patient,  
purposed, and present with self.

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**SYSTEMS**

"How you do anything is how you do  
everything."

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**SETTING GOALS VS. CREATING  
SYSTEMS**

A PROCESS OF DEVELOPING OBJECTIVES IN WHICH A COMMITMENT IS MADE TO ACHIEVE A DESIRED OUTCOME.	AN ORDER OF THOUGHT AND BEHAVIOR IN WHICH PROCESSES WORK TOGETHER TO LEAD TO A DESIRED OUTCOME.
<small>DISCIPLINE IS BASED IN PASSION AND SUSTAINED VISION</small>	<small>DISCIPLINE IS BASED IN PRINCIPLES AND VALUES</small>

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Digital Notes vs. Written Notes

Time Blocking      Coffee First, Before Anything Else!

**HOW SYSTEMS SHOW UP AT WORK?**

Responding to Emails Immediately

BLEEDING VS. BOUNDARIES

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**SYSTEMS** AT WORK ARE IMPORTANT TO SELF-SATISFACTION BECAUSE THEY ARE ROOTED IN EFFICIENCY AND EFFECTIVENESS.

WHEN WE HAVE **SYSTEMS** THAT WORK FOR US, WE ARE PRODUCTIVE, AND WE ARE PRESENT TO HOW WE HAVE CREATED PATHWAYS TO OUR SUCCESS.

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**SELF-REFLECTION**

Identify a system you use at work or one you use at home that affects your work life.

Are you satisfied with how this system works for you?

In what ways could you further develop this system and how would you be more satisfied as a result?

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# STAMINA

"It's a marathon, not a sprint."

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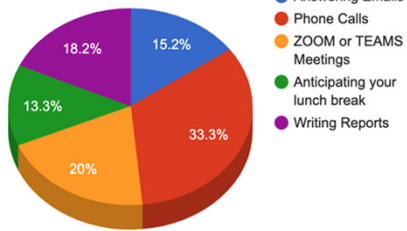
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## STAMINA AT WORK



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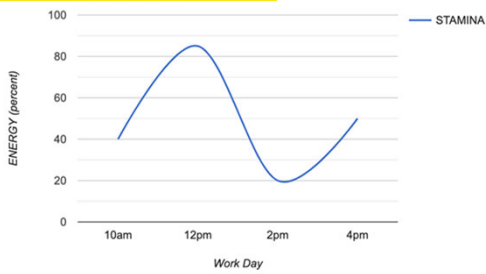
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## STAMINA AT WORK



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**STAMINA STRATEGIES**

- Let in sunlight
- Work standing up
- Stay hydrated
- Get some fresh air
- Deep breath break
- Listen to non-distracting music

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**STAMINA** AT WORK IS NOT JUST ABOUT WHAT KEEPS YOU ENERGIZED WHILE WORKING. IT IS ALSO ABOUT, WHAT KEEPS YOU ENERGIZED FOR THE WORK.

WHEN YOU KNOW WHAT REVIVES YOU, YOU KNOW WHAT DRIVES YOU.

THIS IS HOW YOU THRIVE.

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**SELF-REFLECTION**

What is something that excites you about the work you do? What do you love about it?

How can you use that energy to encourage and uplift yourself and those your work with?

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# SUPERPOWERS

"No one is you and that is your superpower."

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Great Listener                      Multi-Tasker  
    Organized                      Detail-Oriented  
 Empathy                                      Persistent

**HOW SUPERPOWERS SHOW UP AT WORK?**

Supporting the Strengths of  
 Others

Always Ahead of the                      Supreme Optimist  
 Curve

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WHEN YOU USE YOUR **SUPERPOWERS** EFFORTLESSLY, YOU GIVE TO THE WORK AND TO THE WORLD.

WHEN YOU USE OUR **SUPERPOWERS** INTENTIONALLY, YOU RECEIVE. YOU WILL ALWAYS BE SELF-SATISFIED WITH YOUR CONTRIBUTION BECAUSE YOU KNOW YOU ARE DOING WHAT YOU WERE BORN TO DO.

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**SELF-REFLECTION**

**What trait or characteristic makes you stand out no matter where you are or what you're doing?**

**What strength has consistently showed up in almost all areas of your life that makes you productive and proud?**

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**SHARING**

Choose 1 to share in your breakout groups

1. What **system** is bringing you success at work? What values and principles are associated with this **system**?
1. Where do you find **stamina** in this work? What about this work keeps you energized and motivated to continue?
1. What is your **superpower**? How does it bring you self-satisfaction?

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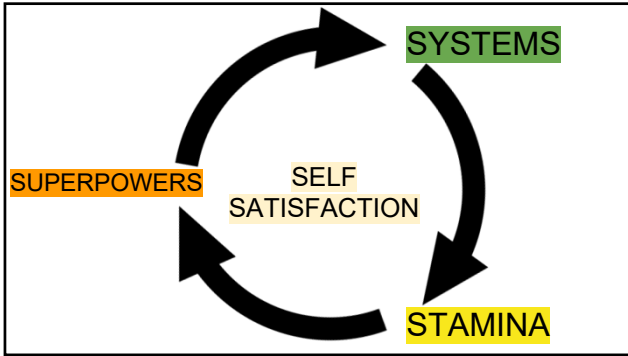
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2021 Calendar: Grit, Gratitude, and Goal-Setting

It's NOT Too Late— Start Today!

12 months of colorful affirmations for the year ahead, and 365 simple activities guiding you to increase grit, gratitude, and goal-setting in your life.

Every day this year, challenge yourself to make one small action toward becoming a better you!

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