

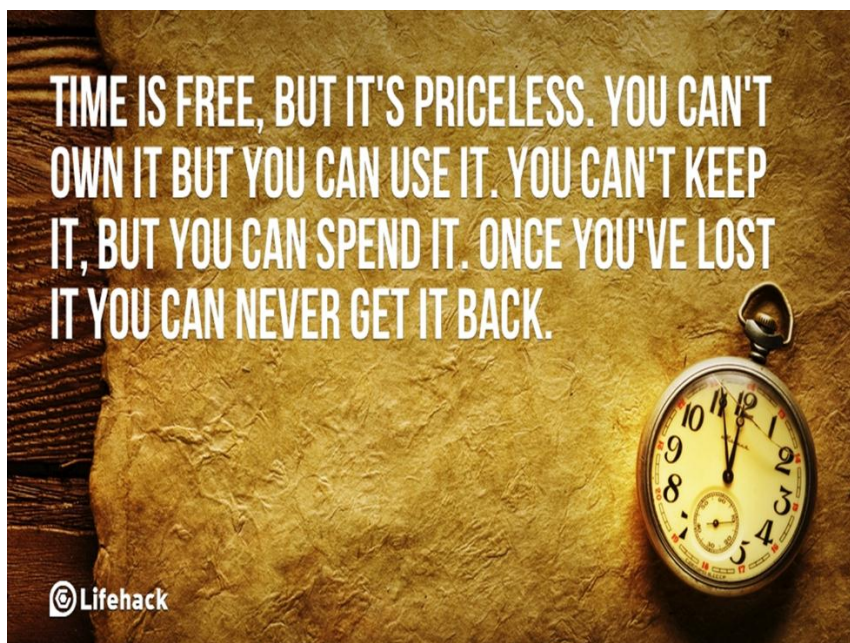
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## 2 DAYS WORKSHOP

# Mastery of **TIME** management

- real time is mental. It exists between your ears. You create it. Anything you create, you can manage. It's time to remove any self-sabotage or self-limitation you have around "not having enough time," or today not being "the right time" to start a task....
- There are only three ways to spend time:  
" thoughts, conversations and actions" .....

To be continued.



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