

# Tip Sheet



## Six Ways To Stay Alert On The Job

**Keep Your Thoughts In Present Time!** Set a short period of time off-duty to think about the past or to worry about or plan for the future.

**Silence Troublemakers By Having An Unexpressed Opinion!** They can't finish what you don't start. This way your mind remains quiet and it prevents hassles that were once normal for you.

**Sleep Deeply Not More!** Remove the distracting elements in your life while you sleep with Zleep E Z CD. (Pronounced sleep easy) [www.zleepez.com](http://www.zleepez.com)

**Slow down To Get Ahead!** Rushing to make things happen is focusing on what you do not have and brings more of the same into your life. Don't push too hard and watch things turn around effortlessly. Let the wild drivers pass.

**Don't Help Unless Asked!** –In your private life –if you can't resist the urge to help, ask if they would like you to help –and if the answer is no –DON'T.

**Not Everyone Does Things On Purpose!** Many are multitasking & not focused on driving. Marijuana drivers take hours to get up to speed. (Proven)

**Protein Snacks Keep You Alert!**

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