

Tip Sheet



Six Ways To Keep You And Your Team Winning

Stay In Present Time! Set aside all thoughts about the past or future when you are with the team. It increases your focus & clarity. Be where you are.

Slow Down To Get Ahead! One short practice between each night's sleep works well when learning a new skill. Sleep helps you learn new skills fast. Practicing every day is more important than how long you practice.

Sleep Deeply Not More! Irritability is a sign of poor quality sleep. Remove the distracting elements in your life with Zleep E Z CD (*pronounced sleep easy*) & you improve sleep. Use it to keep your hometown advantage.

Hang Out With The Winners! Stay away from negative people. They bring a whole team down & cause your performance & season to slip.

Try Having An Unexpressed Opinion! Troublemakers can't finish what you don't start. This way you prevent hassles that were once normal for you. A calm mind increases (*happy*) hormones that improve performance.

Think About What You Like In The People Around You. Then when you have to say something difficult to them first tell them what quality you admire in them (be honest). It helps them be open to what is on your mind.



Donnalee Kelly, CEO CI Corporate Instincts Inc. & co designer of 'Your Personal CI Edge On Life,' a great tool to prepare for & recover from a hectic season at home or work! For article or interview contact www.zleepez.com. Download free tip sheets. (Team)

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