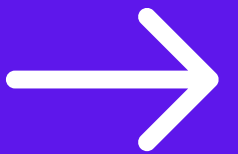


TIPS FOR IMPROVING PRODUCTIVITY



01

Determine what you want to achieve and how you will measure your progress.

02

Exercise, eat well,
and get enough
sleep to maintain
physical and
mental well-being.

03

Reward yourself for accomplishments and remind yourself of why your goals are important.

**SAVE THIS POST IF
YOU FIND IT USEFUL**

