

Conference review from Bethanne Kronick, SIMPLIFY!

I hope that the idea of *simplifying* is one that came home with you from the PSA Annual Meeting! What a terrific conference it was. I truly enjoyed meeting all of you and being a part of your gathering. You are a wonderful and fun group of people!

After being gone for a week, you may be feeling far from “*simplifying*” as you are probably playing “catch up.” Some key thoughts:

- What better time than now to schedule some regular “Focus Time” to help you get caught up with as few distractions as possible?
- With all the things (actions and ideas) rumbling around in your brain, start using Capture Cards to write them down on.
- Once you’ve prioritized what is most important, do your best to work on one thing at a time. You’ll get more accomplished this way! (Remember the “unitasking vs. multitasking exercise we did!”)
- Don’t forget to BREATHE!! :)

Most of you had new strategies and practices that you determined you’d like to implement. Pull out the “Tips To Get You Started” from your packet and review the top three action items you listed. Decide on the one that is the most important and begin putting it into action today!

I’d offered a special offer on tele-coaching if it was arranged by 2/26. I’ve extended the offer until March 31st if you are interested in some assistance implementing the strategies I shared with you. I am also available to meet with you in person if you would prefer.

Please know that I am available to help you in whatever way I can. Feel free to email (bethanne@simplifynw.com) or call (503.807.2278).

Simply,

Bethanne