

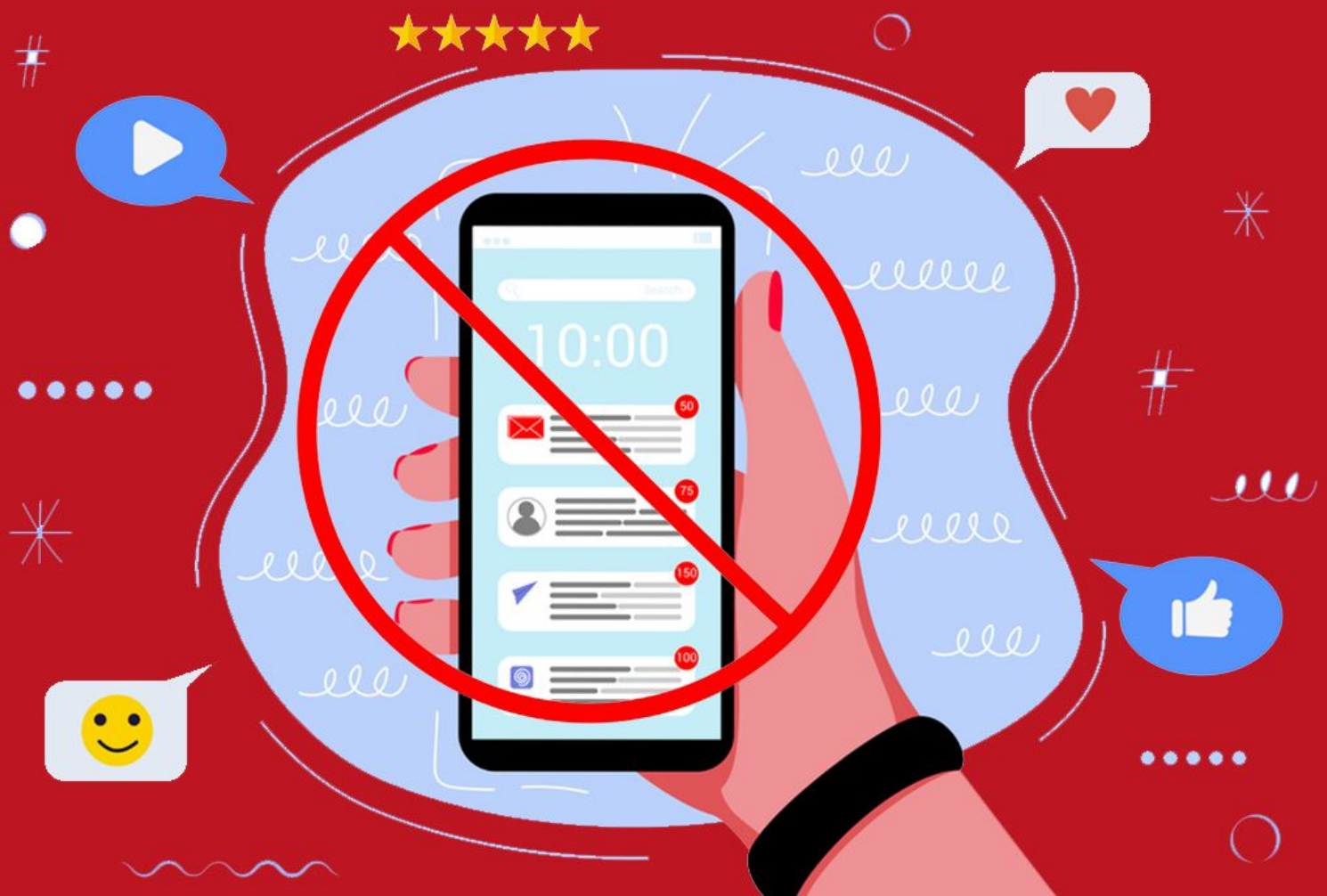
# DEDICATED WORK AREA

Decorate and maintain your work area to help you focus, relax and put you away from any stress!



It is important to turn off social or any other distractions and focus to achieve productivity!

# NO DISTRACTION



# MAKE NOTES!

Making notes keeps mind busy and allows you to track the work done



# TAKE BREAKS!

Take small breaks, do stretches or walk around to recharge your focus, memory recall and energy. Remember to keep yourself hydrated!



# FOLLOW YOUR PASSION!

Hobbies keep you alive. Remember to take pauses and  
enjoy what you love doing. Give time to yourself

