## **Business Management**

Journal a typical day. Write down how you spend every hour.

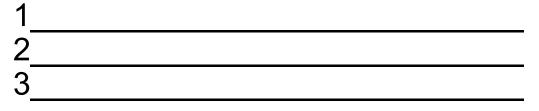
Review and Analyze:

3	Biggest Time Suckage Activities
1_	
2	
3	

3 Activities I Want to Keep or Make More Time For

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2	
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3 Income Generating Actions I can take each day



## **Stress Relief**

3 Things that Relieve Stress for Me:

1			
2			
3			

3 Right-Brained Stress Relief techniques

I can try:		
1		
2		
3		

Meditation

Listen to the free meditation mp3 on the TRBE Coaching Program site. Find a quiet place to sit and use headphones. Breathe deeply and when you get distracted, count your breath. Use circular breathing: in through the nose, out through the mouth.

Download a free Meditation app for on-the-go stress relief.

## Mandalas

Find a quiet place to sit with a printed mandala template and colored pencils. Turn on relaxing music if you wish and color the mandala in however you like.

## Resources

Free Meditation Mp3

http://therightbrainentrepreneur.com/ trbe-coaching-program/

Meditation apps

http://www.examiner.com/review/topfree-meditation-apps

http://www.huffingtonpost.com/ 2013/03/19/meditation-apps-innerpeace\_n\_2900544.html

• Mandalas

http://printmandala.com/

A great one for your Ipad:

https://itunes.apple.com/us/app/ mandala-coloring/id552376658?mt=8