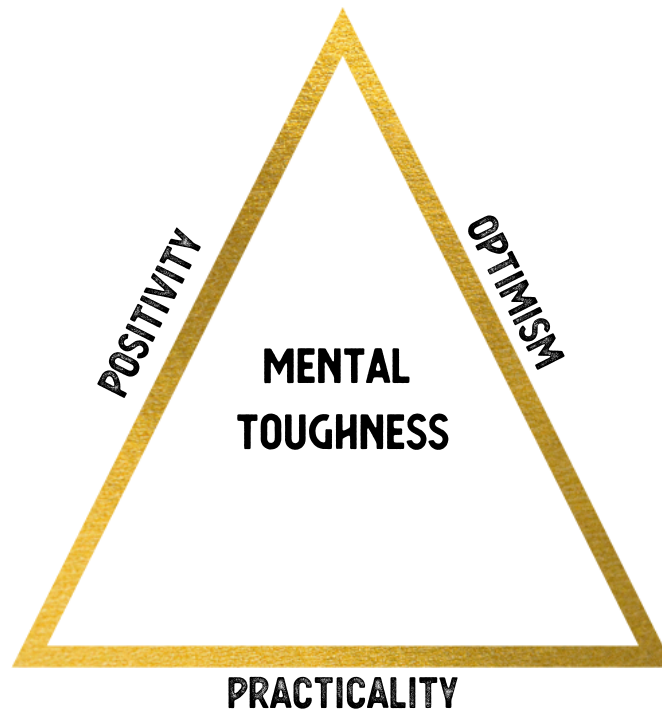


**MANAGE CHALLENGE BY MAKING BETTER DECISIONS WITH THE P.O.P. METHOD.
POSITIVITY, OPTIMISM, PRACTICALITY.
BUILD YOUR MENTAL TOUGHNESS SKILLS**



**MENTAL TOUGHNESS IS THE ABILITY TO BE FLEXIBLE AND ADAPTABLE IN TIMES OF CHALLENGE.
HAVE A CLEAR HEAD AND BE ABLE TO MAKE BETTER DECISIONS QUICKER THAN MOST IS AN ADVANTAGE.**

**THIS P.O.P. METHOD IS A FRAMEWORK THAT HAS WORKED BOTH PERSONALLY AND PROFESSIONALLY FOR YEARS
I'M SHARING IT WITH YOU BECAUSE BUSINESS OWNERS/LEADERS ARE MANAGING CHALLENGE AND MAKING
DECISIONS EVERYDAY. DECISION MAKING IS A SKILL YOU CAN BUILD.
QUALITY AND SPEED OF DECISIONS MAKE AN IMPACT ON YOUR BUSINESS**

**YOUR LEADERSHIP IS SHOWING UP EVERYDAY.
BE THE BEST LEADER YOU CAN BE FOR YOUR TEAM, CLIENTS/CUSTOMERS, FAMILY AND FRIENDS.**

[SIGN UP FOR A COURTESY 15-MINUTE P.O.P. METHOD CALL HERE](#)

**MANAGE CHALLENGES AND MAKE BETTER DECISIONS WITH THE P.O.P. METHOD
POSITIVITY, OPTIMISM, PRACTICALITY. BUILD YOUR MENTAL TOUGHNESS SKILLS.**



POSITIVITY: CREATING A PLAN AND GAIN CONTROL
LIST ACTIVITIES THAT WILL MOVE YOU TOWARDS YOUR GOAL?
STAY FOCUSED
SET DEADLINES

OPTIMISM: REFLECTION GAIN CLARITY
WHAT HAVE YOU BEEN THROUGH?
WHAT HAVE YOU LEARNED FROM IT?
WHAT MADE YOU STRONGER?

PRACTICALITY: REALITY CHECK - GAIN CONFIDENCE
ASSESS YOUR RESOURCES AVAILABLE
HOW MUCH WILL IT TAKE?
TIME - EITHER YOUR TIME OR SOMEONE ELSE'S?
MONEY - WHAT AMOUNT TO BUDGET?
PEOPLE- DELEGATE OR OUTSOURCE?
SKILLS- IS THE SKILL NEEDED ONE YOU HAVE OR WOULD BE OF VALUE TO BUILD?