



Doing MoreWith Less!

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Navigation Strategies

Do you primarily drive with your rearview mirrors?

Yale Study

- 1953
- The 3 % difference
- > 97% combined

We need to hoist anchor in order to sail

Develop Tolerance for Change

- Change arm watch is on
- Let someone else lead
- Change routine
- Change your seat
- Look for opportunities to do it differently

We need to look forward!

- How much of life is spent doing what is planned?
 - The flight plan
- Higher incident of accident with rear speakers on
- Auto pilot can be dangerous..... Puddles

“But I don’t have time!”

From Myth to Reality

1. Multi-tasking is a myth
2. Limited Focused Attention
3. Increasing our stress levels

Marriott Approach

- Write it, post pictures and revisit daily
- Short, intermediate, & long term
- Is this taking me closer or farther from my goal?



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Take a reality check

- Does your environment support life like a pristine pond or is it more like a stagnant swamp?

You create your future in the here & ***Now!***

- If you are planning for where you currently are . . . you are already behind!
- The skills you have today will be outdated in 5 years
- Budget time, resources for future goals