

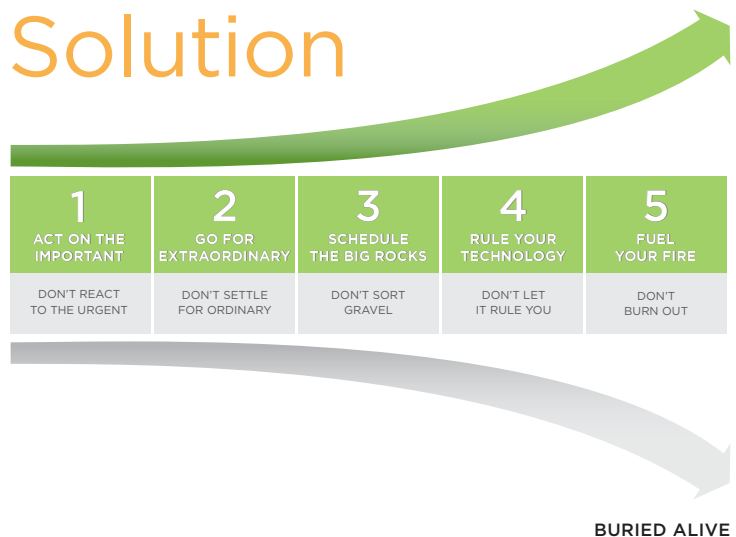
THE 5 CHOICES[®]

to extraordinary productivity

EXTRAORDINARY
PRODUCTIVITY

The 5 Choices Solution

The 5 Choices[®] to Extraordinary Productivity process measurably increases productivity of individuals, teams, and organizations. Participants make more selective, high-impact choices about where to invest their valuable time, attention, and energy.



- 1 ACT ON THE IMPORTANT**
 don't react to the urgent
 In today's world, people are drowning in email, overwhelmed with demands, and trying to do more with less. *5 Choices* participants filter the vitally important priorities from distractions so they can focus on making a real contribution.
- 2 GO FOR EXTRAORDINARY**
 don't settle for ordinary
 Everyone wants to make a difference, but competing priorities often prevent them from achieving extraordinary results. *5 Choices* participants redefine their roles in terms of extraordinary results to achieve high-priority goals.
- 3 SCHEDULE THE BIG ROCKS**
 don't sort gravel
 The crushing increase in workday pressures can make people feel helpless and out of control. *5 Choices* participants regain control of their work and lives through a cadence of planning and execution that produces extraordinary outcomes.
- 4 RULE YOUR TECHNOLOGY**
 don't let it rule you
 An electronic avalanche of email, texts, and social-media alerts seriously threaten productivity as never before. *5 Choices* participants leverage their technology and fend off distractions by optimizing platforms like Microsoft[®] Outlook[®] to boost productivity.
- 5 FUEL YOUR FIRE**
 don't burn out
 Today's exhausting, high-pressure work environment burns people out at an alarming rate. Applying the 5 Energy Drivers[™], participants benefit from the latest in brain science to consistently recharge their mental and physical energy.

