

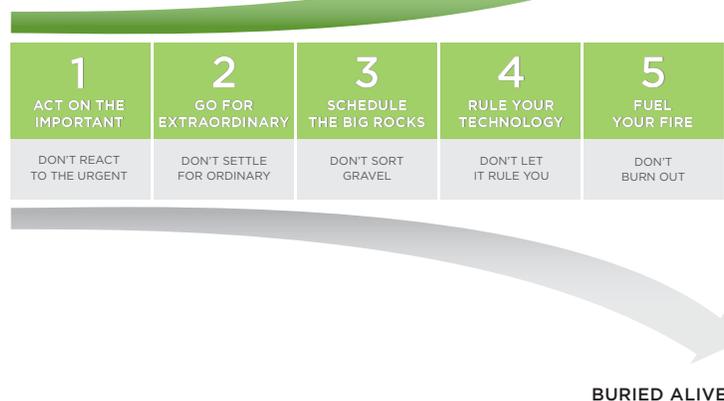
THE 5 CHOICES[®]

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.

