

# **This could be the most productive thing you can do!**

Is it time to relax? Sometimes it just feels so good to relax and just be. This edition of your Weekly Winning Resource is all about the word relax. At I've Decided, our purpose is to make sure you achieve your goals and dreams whatever they may be. We know that if you're going to do your best work, you must take time to relax. When is the last time you scheduled time to be unscheduled? If that sounds like foreign language, than you are over due for some relaxation. This week, we want to encourage you to forget your worries and have faith that things will work out just the way they're supposed to be. You can't control everything. Decide to let go a little and let life happen. Remember, relaxed people are the most productive people, so this week take some time for yourself.

## **Your Weekly Winning Word:**

### **Relax:**

To rest and allow yourself to become calm.

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## **Your Weekly Winning Article:**

In lieu of the article, we're doing something a little different. This past Wednesday, on our I've Decided to Smash My Stress Success Group, Sabra Maurcie LCPC, shared with us the importance of meditation. She led us through some great meditation practice and it was so relaxing! Here is the recording from that Zoom meeting...Check it out! [Click Here To Read](#)

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## Your Weekly Winning Challenge:

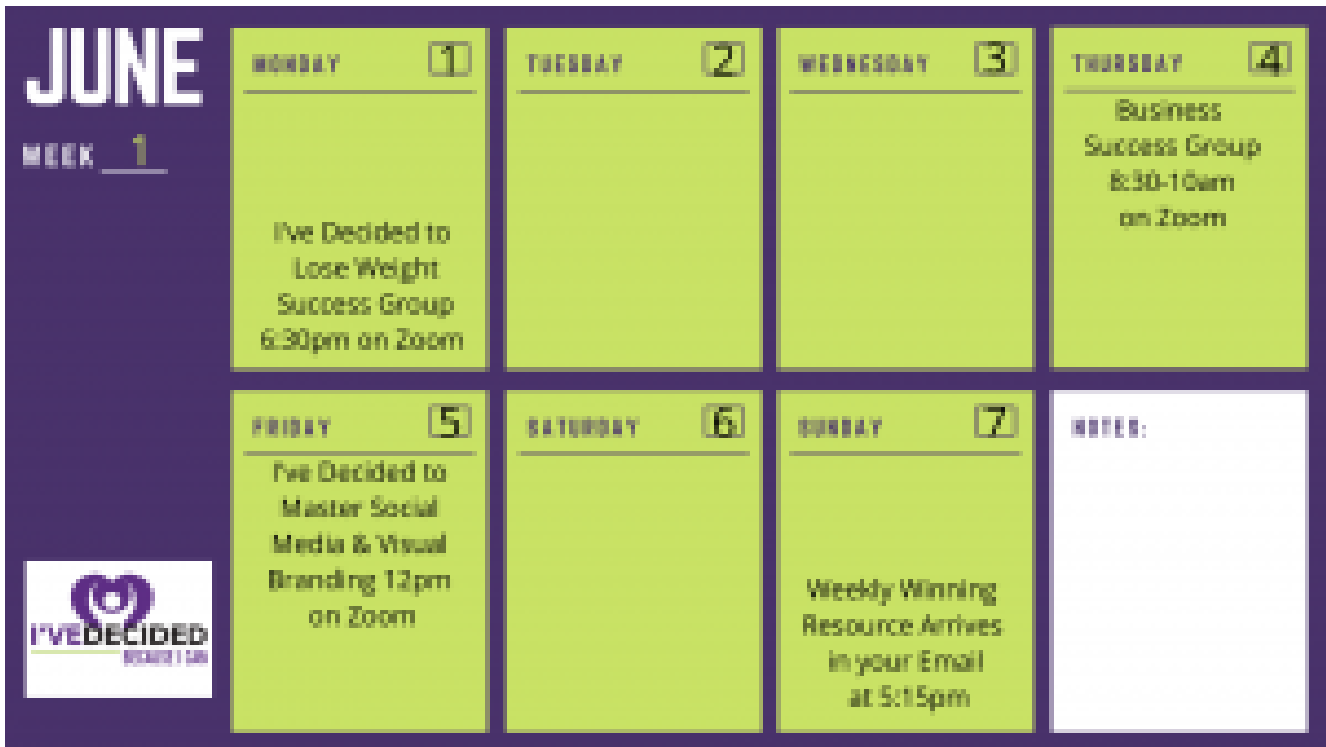
Block off an hour in your calendar sometime this week to watch the recording above of the I've Decided to Smash My Stress Success Group and practice the relaxation techniques that Sabra shared with us. Spending one hour relaxing and clearing your mind could add hours of productivity to your week!

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## Your Weekly Winning Quote:

**Sometimes the most productive thing you can do is relax. ~Mark Black**

**WE NEED YOUR HELP...**Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

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Welcome to The Source! Is it time for you to redirect? In this episode... Kurt P. White & Dr. Marianne Hoyle discuss in how to do that.

**Our mission is your success!**

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