



它是什么?


美好时光

Time & activities

管理我们的时间和我们角色的多种活动并不总是那么容易.....

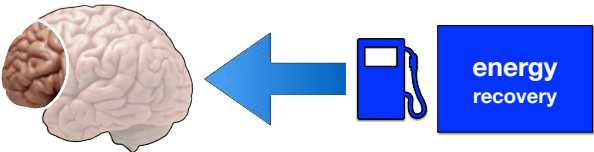
Mindset Behaviors

但只要正确的心态和行为，你就可以获得一些优势。


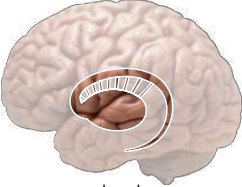


How does our **brain** work?

拥有简单的信息，可以让您了解我们的大脑如何工作，并为其提供支持。



请注意，我们没有无限的能量，但可以以最佳方式使用能量循环。

<p>Intentionally High energy</p>  <p>prefrontal cortex</p>	<p>Automatically Low energy</p>  <p>basal ganglia</p>
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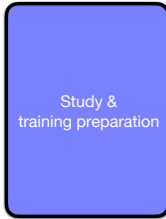
我们进行的某些活动必须是有意识的，而另一些活动则必须是自动的。

EMERGENCY

紧急情况并不总是真正的紧急情况，但必须在不削弱其他活动的情况下对其进行管理。

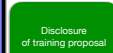
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30%



Study & training preparation

20%



Disclosure of training proposal

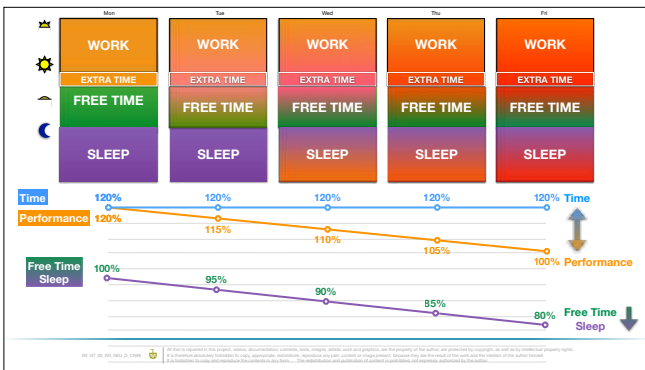
50%



Training execution

每个角色都有战略活动，必须加以保护和保存。

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但不照顾我们的时间也会产生后果，包括我们的个人生活。

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