focus power-ups!

Manage Distractions, Set Guardrails, and Be Present


Please review the deli so I can send to the client.
Work Well. Play More!

our itinerary

Distractions

Focus

Presence


focus power-ups
POWER TIPS
Manage distractions, set guardrails, and be present.
raderco.
RADERCO | www.helloraderco.com


WELCOME TO
your guide
at a glance
focus power-ups
POWER TIPS
Manage distractions, set guardrails, and be present.
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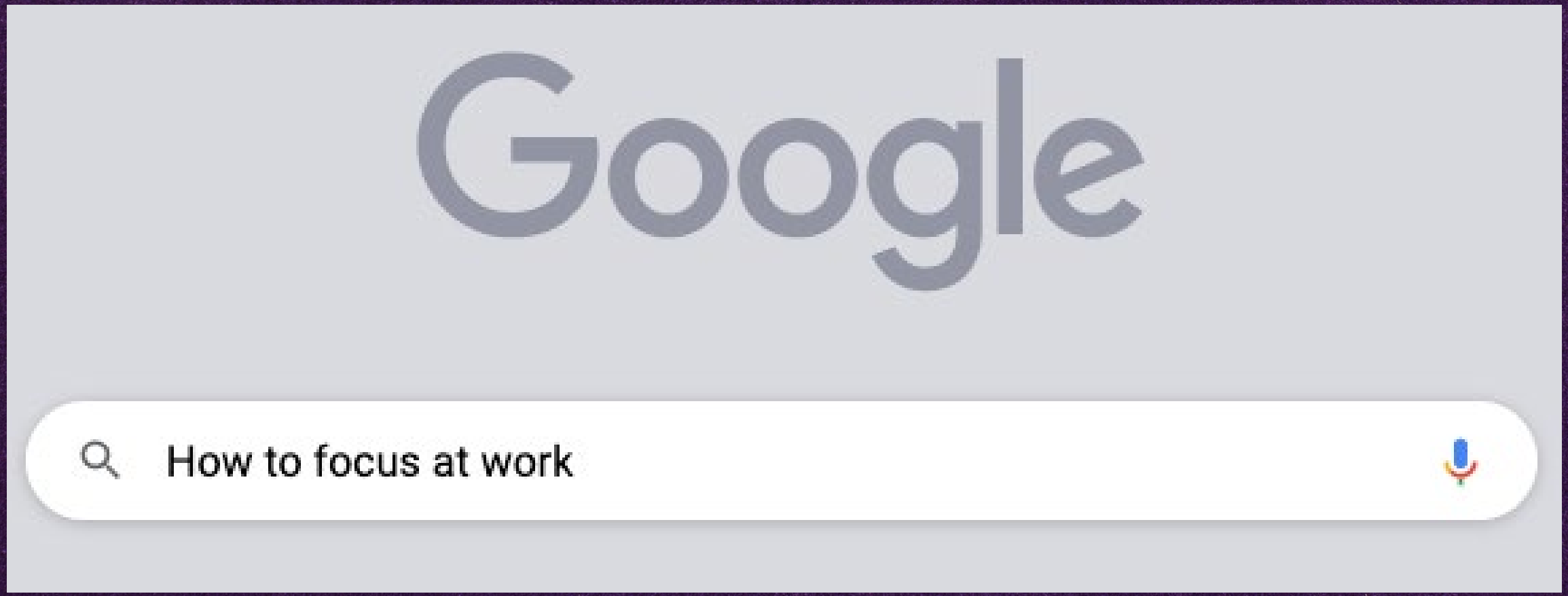

Google
How to focus at work


15:47
now
SNAPCHAT
Nantwich(fish) Peeps
from Dominic Rogers
Messages
Fantastical
Photos
Camera
Settings
Swarm
Messenger
Google Maps
Instagram
Telegram
Assistant
Facebook Page
YouTube
Music
Facebook
Wallet
VNC Viewer
1Password
Activity
Mail Office


Km 2.8
VIP
MEGA
TAXI

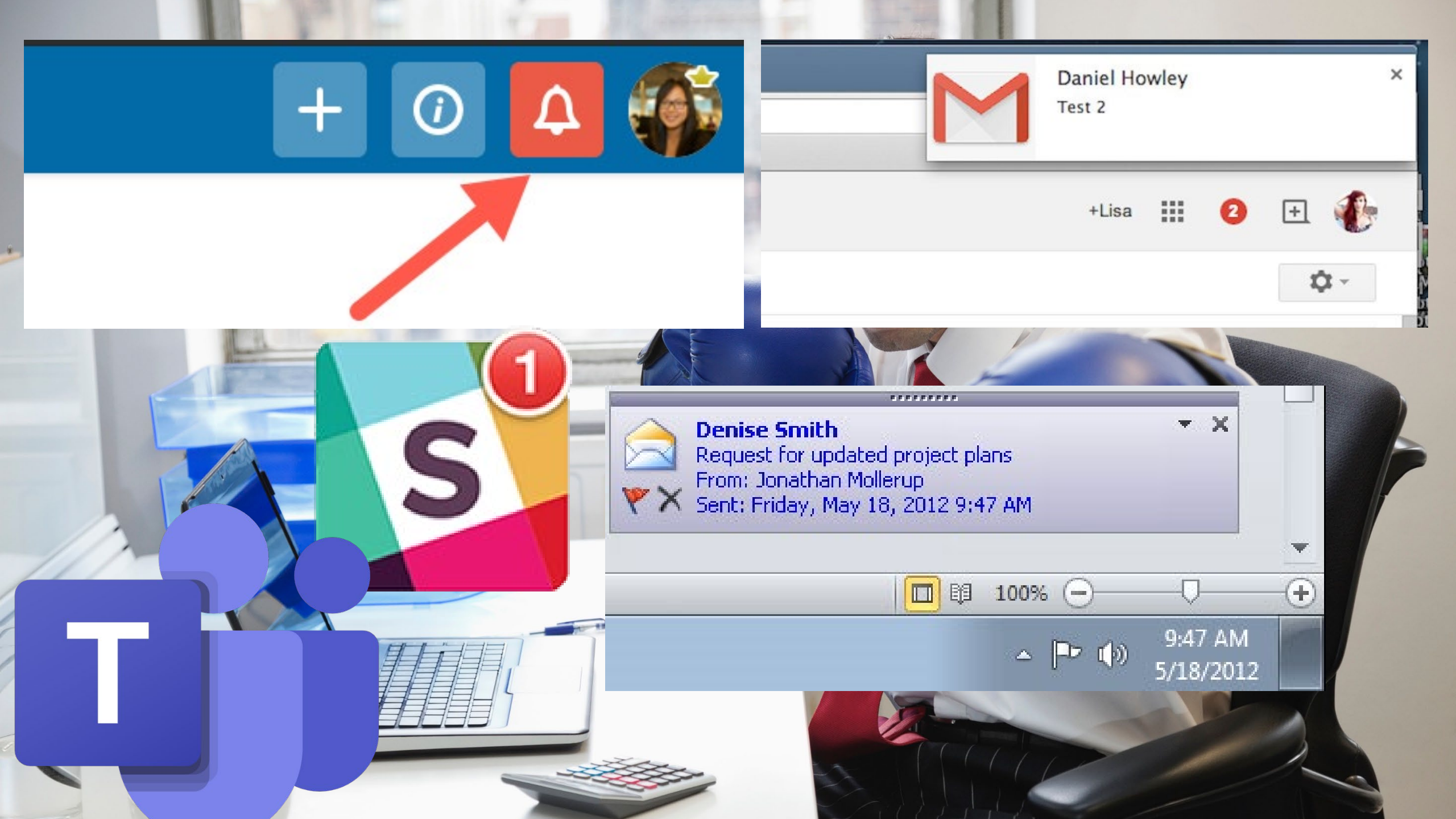
decision fatigue

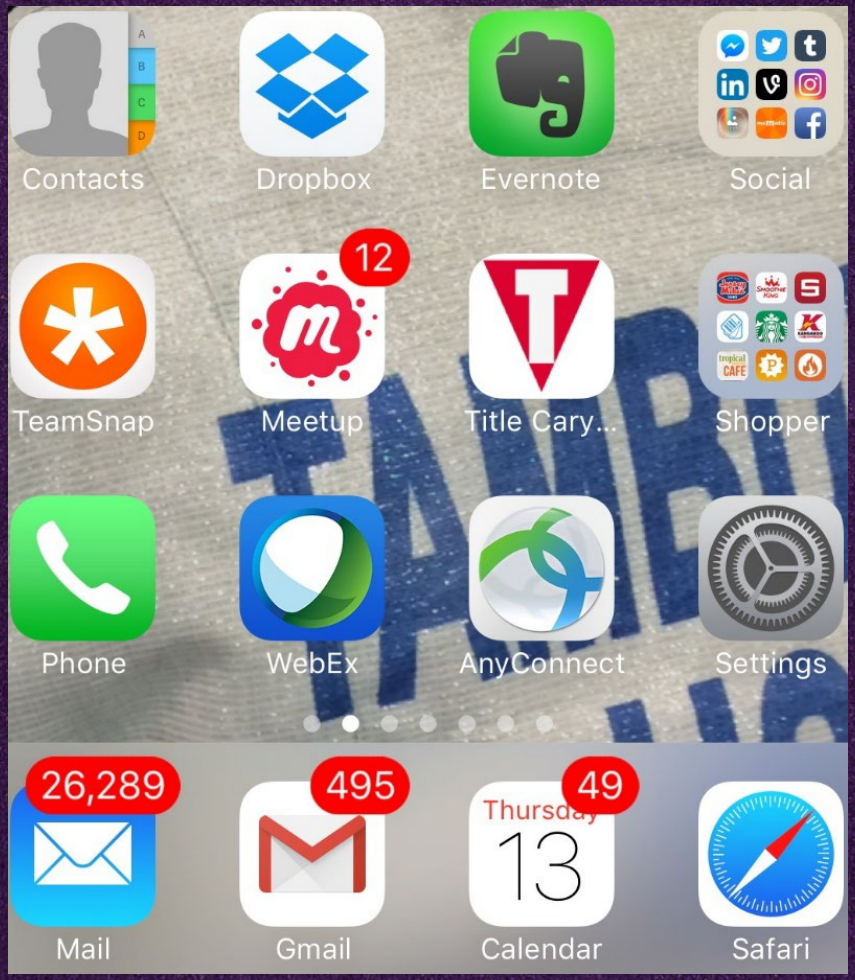
= the deterioration of our ability to make decisions.

= decision avoidance

= procrastination

= reduced willpower


Daniel Howley
Test 2
+Lisa
2
Denise Smith
Request for updated project plans
From: Jonathan Mollerup
Sent: Friday, May 18, 2012 9:47 AM
100%
9:47 AM
5/18/2012

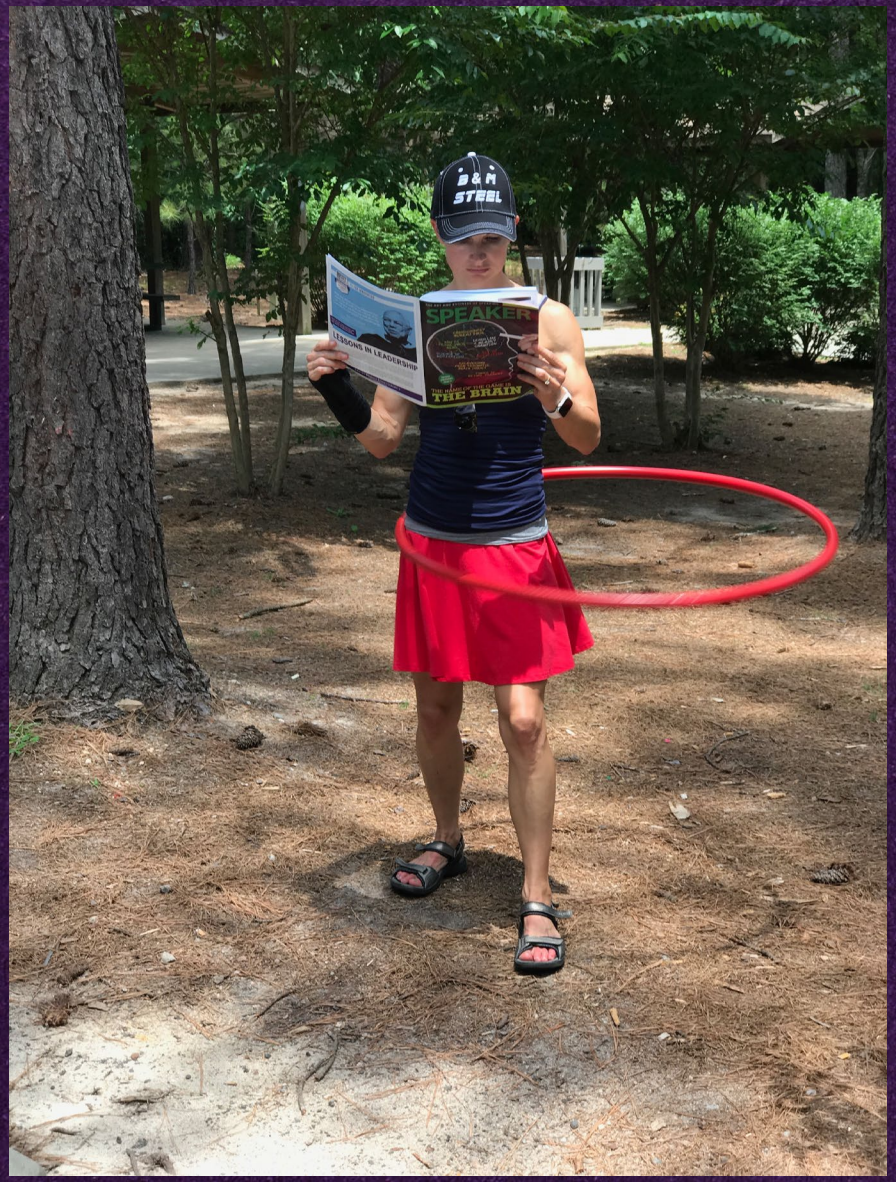

Contacts
Dropbox
Evernote
Social
TeamSnap
12
Meetup
Title Cary...
Shopper
Phone
WebEx
AnyConnect
Settings
26,289
Mail
495
Gmail
49
Thursday
13
Calendar
Safari

our itinerary

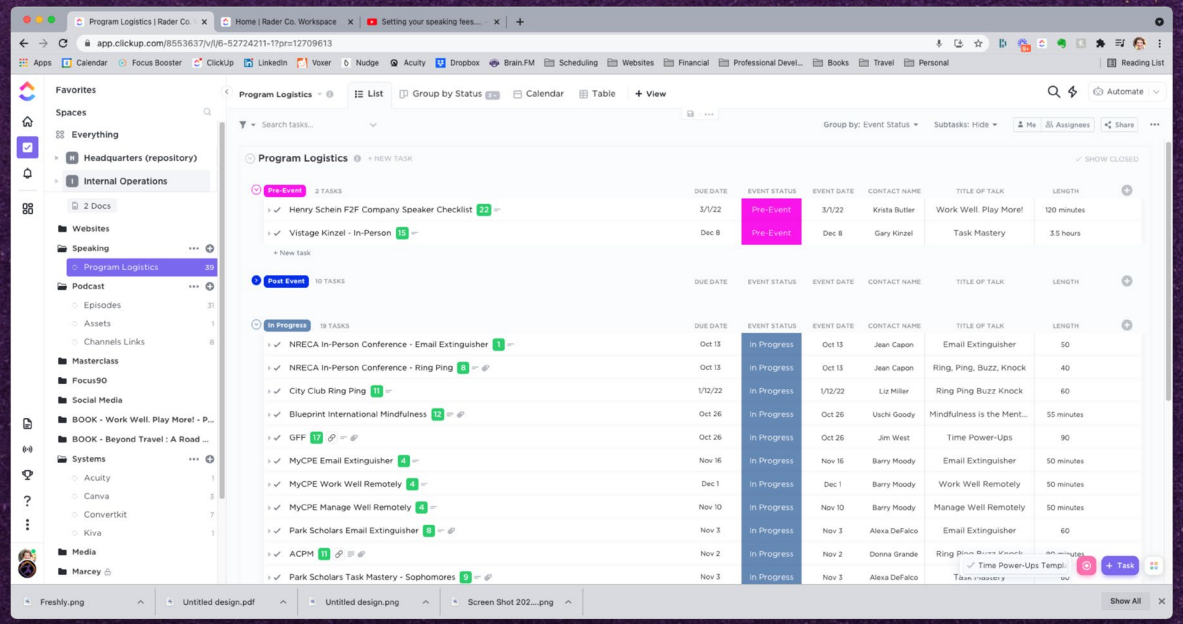
Distractions

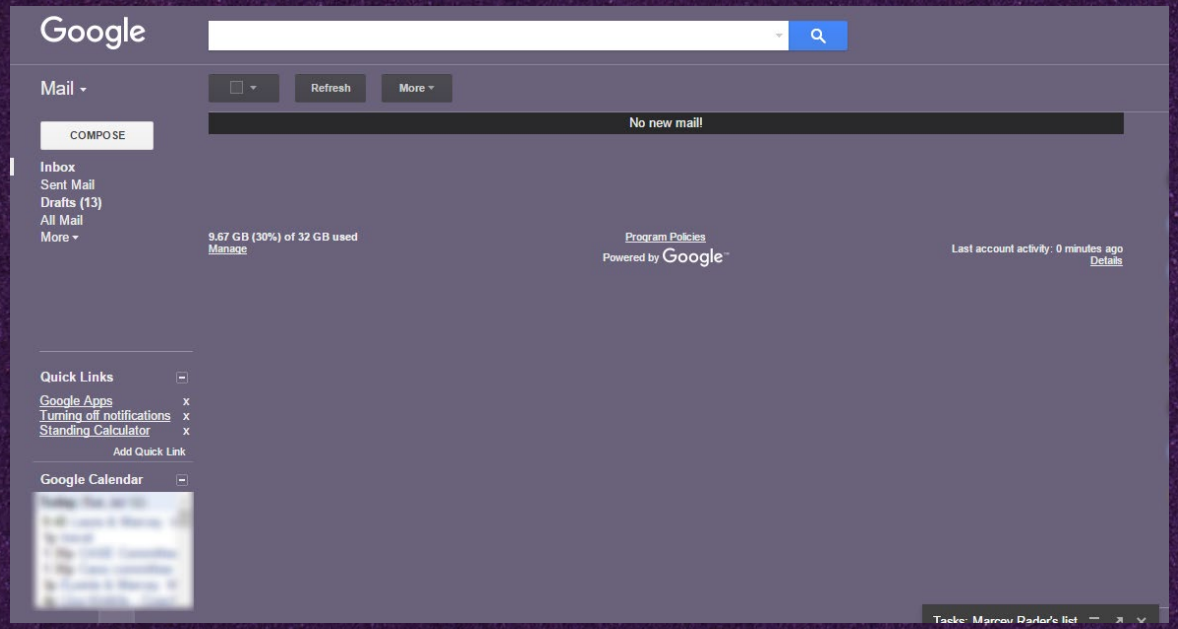
Focus

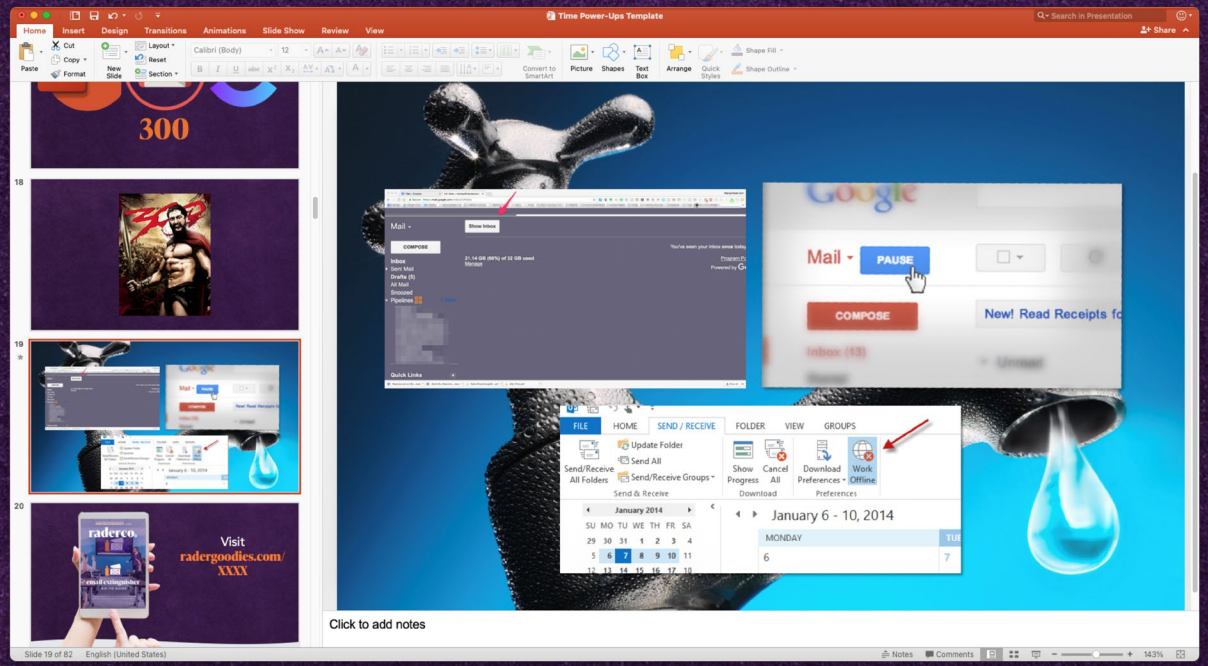
Presence

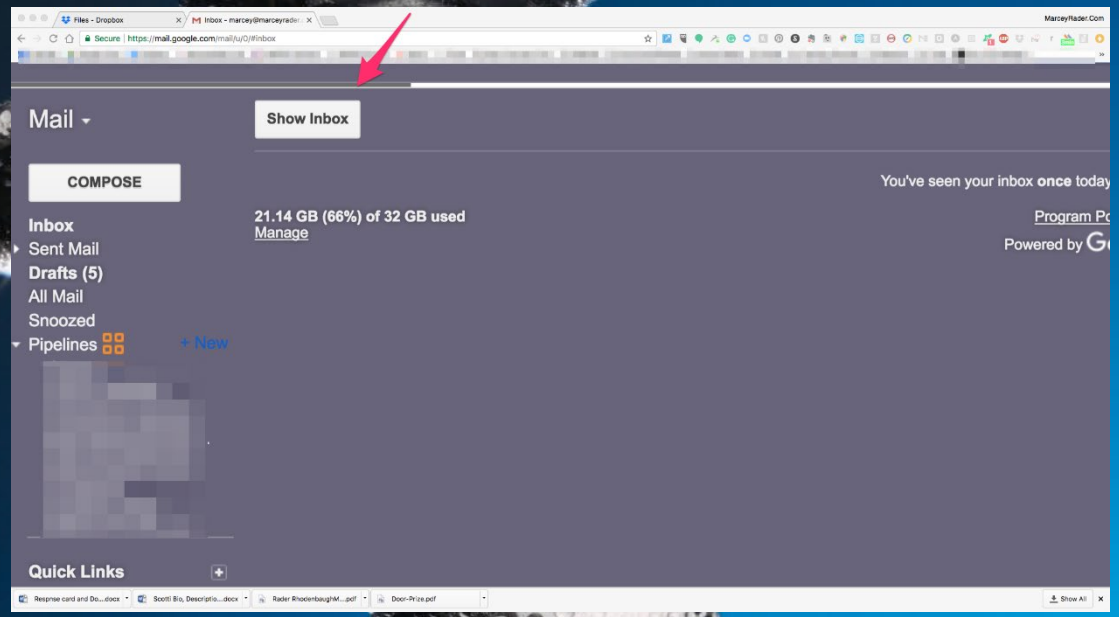

D&M
STEEL
SPEAKER
LESSONS IN LEADERSHIP
THE BRAIN

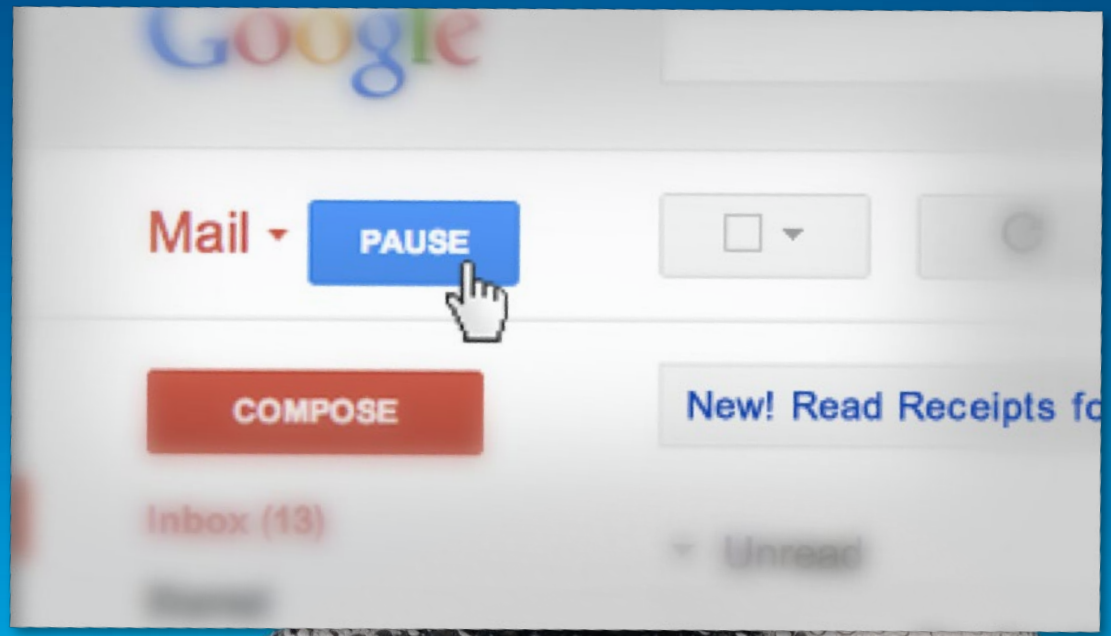

Superman

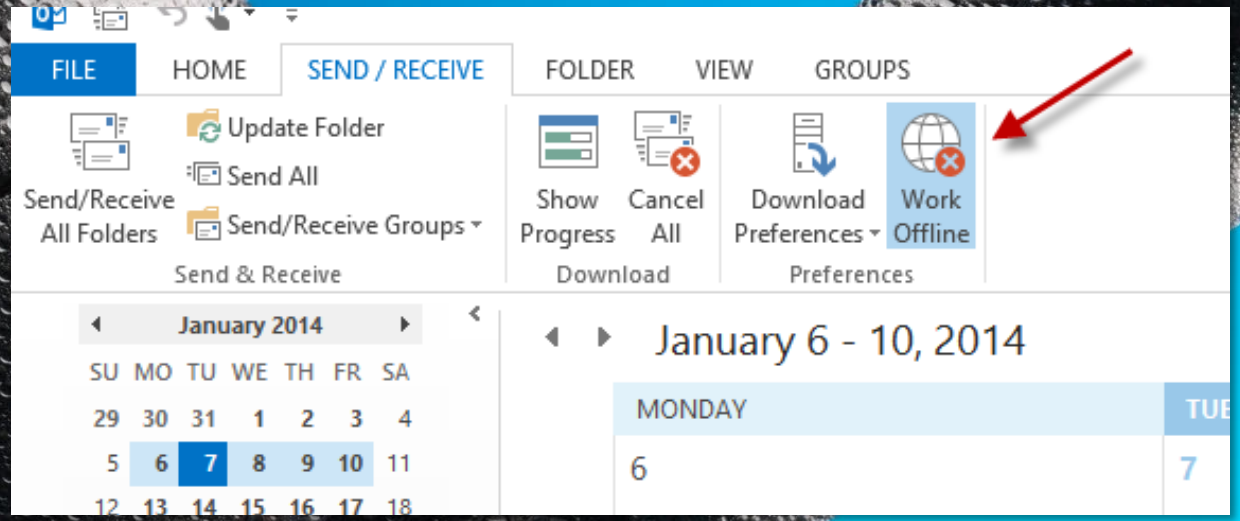

Program Logistics | Rader Co.
Home | Rader Co. Workspace
Setting your speaking fees....
app.clickup.com/8553637/v/l/6-52724211-1?pr=12709613
Favorites
Spaces
Everything
Headquarters (repository)
Internal Operations
2 Docs
Websites
Speaking
Program Logistics
Podcast
Episodes
Assets
Channels Links
Masterclass
Focus90
Social Media
BOOK - Work Well. Play More! - P...
BOOK - Beyond Travel : A Road ...
Systems
Acuity
Canva
Convertkit
Kiva
Media
Marcey
Program Logistics
List
Group by Status
Calendar
Table
+ View
Automate
Program Logistics
Pre-Event
Henry Schein F2F Company Speaker Checklist
Vistage Kinzel - In-Person
Post Event
In Progress
NRECA In-Person Conference - Email Extinguisher
NRECA In-Person Conference - Ring Ping
City Club Ring Ping
Blueprint International Mindfulness
GFF
MyCPE Email Extinguisher
MyCPE Work Well Remotely
MyCPE Manage Well Remotely
Park Scholars Email Extinguisher
ACPM
Park Scholars Task Mastery - Sophomores
Freshly.png
Untitled design.pdf
Untitled design.png
Screen Shot 202....png
Show All

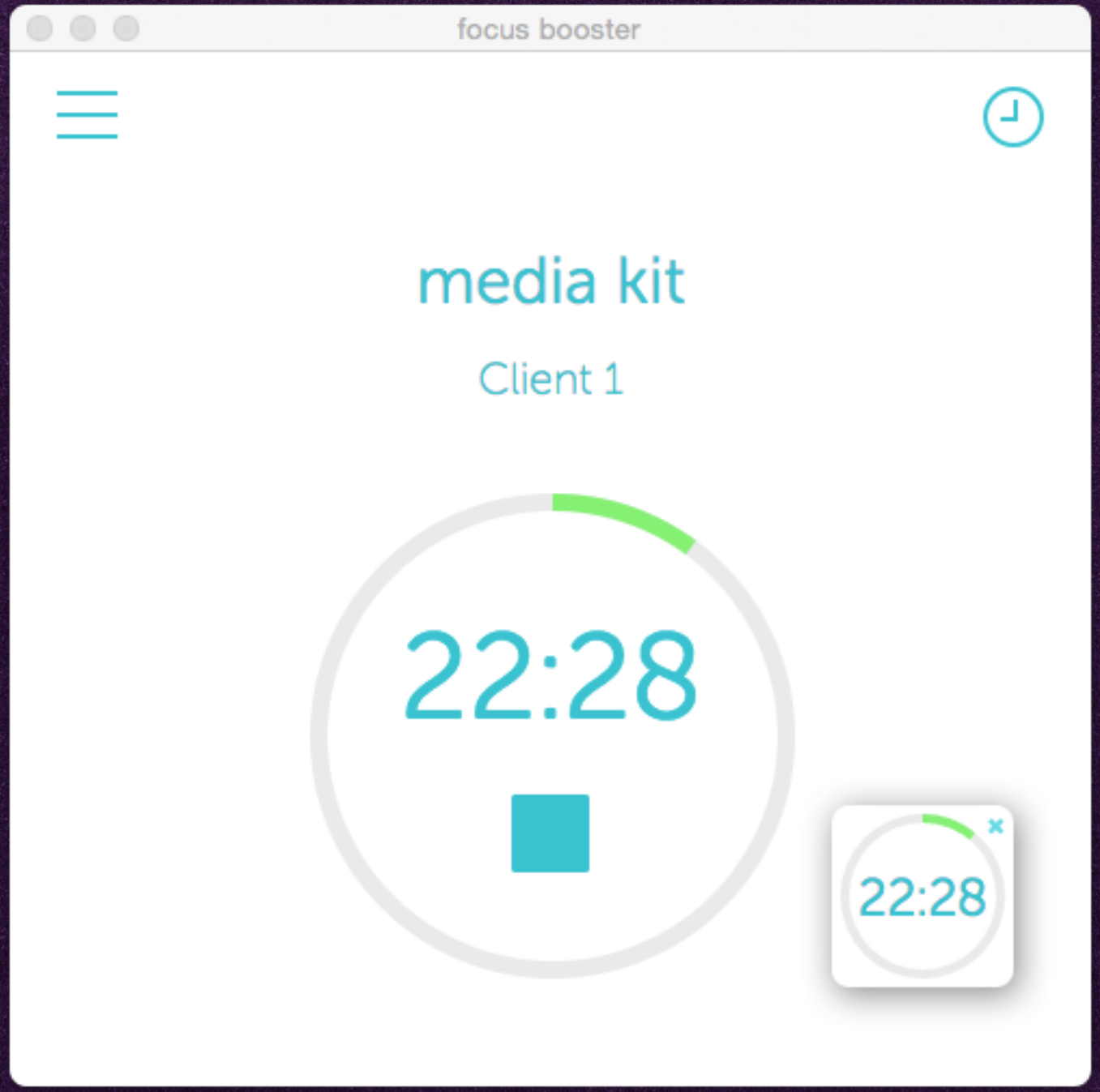

Google
Mail
COMPOSE
Inbox
Sent Mail
Drafts (13)
All Mail
More
Refresh
More
No new mail!
9.67 GB (30%) of 32 GB used
Manage
Program Policies
Powered by Google
Last account activity: 0 minutes ago
Details
Quick Links
Google Apps
Turning off notifications
Standing Calculator
Add Quick Link
Google Calendar


Time Power-Ups Template
Home
Insert
Design
Transitions
Animations
Slide Show
Review
View
300
Visit
radergoodies.com/
XXXX
Mail
PAUSE
COMPOSE
New! Read Receipts
FILE
HOME
SEND / RECEIVE
FOLDER
VIEW
GROUPS
January 6 - 10, 2014
Click to add notes


Mail
Show Inbox
COMPOSE
You've seen your inbox once today
21.14 GB (66%) of 32 GB used
Manage
Program Po
Powered by G
Inbox
Sent Mail
Drafts (5)
All Mail
Snoozed
Pipelines
+ New
Quick Links

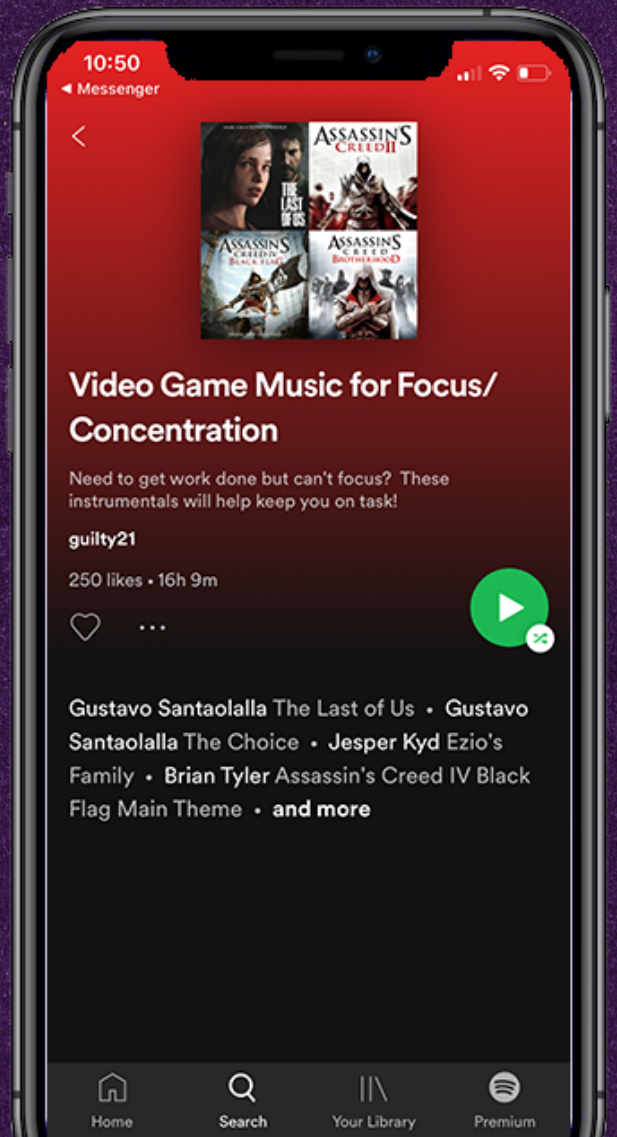

Google
Mail
PAUSE
COMPOSE
New! Read Receipts fo
Inbox (13)
Unread


FILE
HOME
SEND / RECEIVE
FOLDER
VIEW
GROUPS
Send/Receive All Folders
Update Folder
Send All
Send/Receive Groups
Send & Receive
Show Progress
Cancel All
Download
Download Preferences
Work Offline
Preferences
January 2014
SU MO TU WE TH FR SA
29 30 31 1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
January 6 - 10, 2014
MONDAY
TUE
6
7


focus booster
media kit
Client 1
22:28
22:28

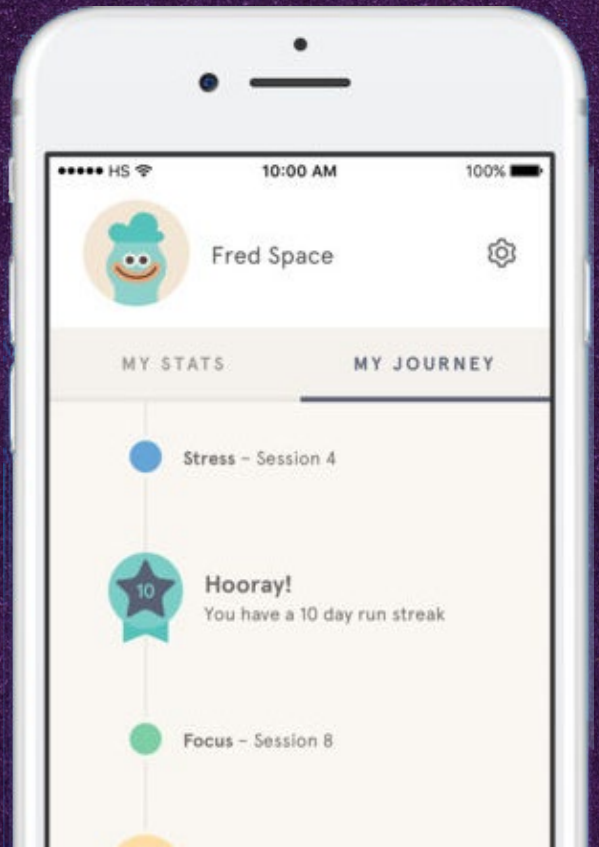
Brain.fm

Video Game



Calm

Headspace



our itinerary

Distractions

Focus

Presence


B
A
L
A
N
C
E
A
K
M
T

nomophobia


DO NOT EAT
Nutrition Facts
Serving Size 1 bag (48g)
Servings Per Container 1
Amount Per Serving
Calories 140 Calories from
Total Fat 1.5g
Saturated
Trans
Fat 0g
Fat 0g
Fat 15
Daily Value*
Cholesterol 45mg
2%
Sodium 720mg
0%
Total Carbohydrate 14g
15%
Dietary Fiber 0g
Sugars 12g
30%
Protein 17g
5%
Vitamin A 0%
Calcium 0%
*Percent Daily
calorie diet
BRANDLESS
at Brandless™ we put
people first, which means val
and values stick together. Bett
stuff, fewer dollars, no nonse
Join us at brandless

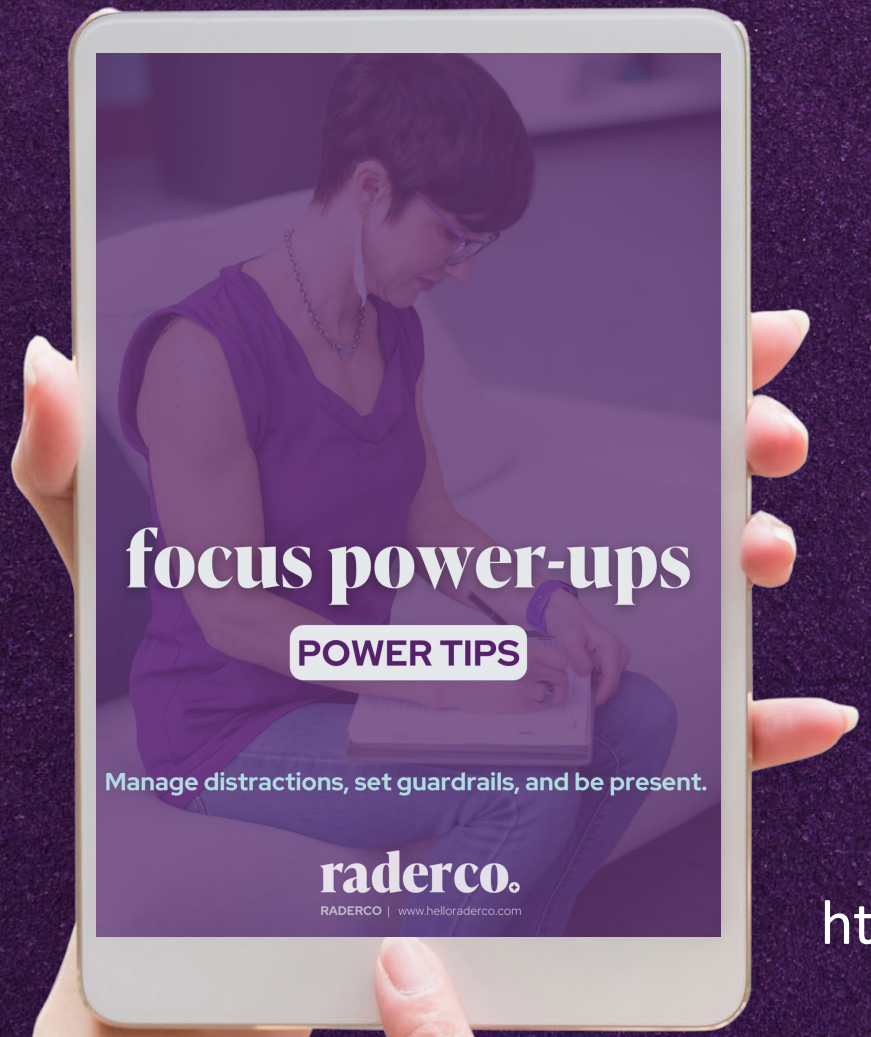
What activity do you commit to 100% presence?

raderco recap

Distractions

Focus

Presence



raderco.

SCAN ME

https://radergoodies.com/ncacpa-women