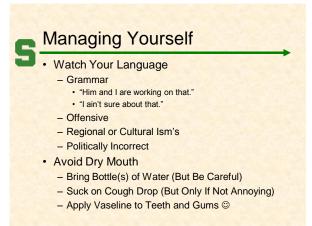
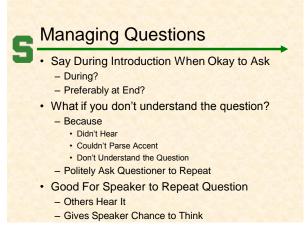
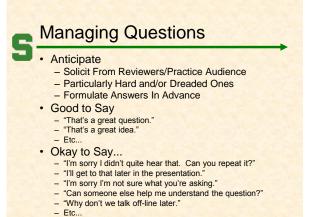




## Managing Yourself • Look Appropriate - Dress - Hygiene • Eliminate Nervous Habit "Temptations" - Empty Pockets • Change • Keys - Spit Out Gum - Etc... • Be Careful With Wireless Controller







## Managing Time Practice Timing Be Aware When and Where You Are Adjust Dynamically Don't Look Directly At Time Clock or Watch Put a Timer Somewhere Never Have to Ask "What time is it?" "How much time do I have left?"

