

7 Tips for Slowing Down

- ◆ Take A Tech Break From The Modern World
- ◆ Enjoy Your Morning Coffee
- ◆ Make Crossing Off Your To-Dos A Conscious Effort
- ◆ Clear The Schedule to Enjoy Life
- ◆ Set Boundaries For Your Mental and Physical Health
- ◆ Slow Down Your Thoughts
- ◆ Focus On One Task At a Time

Slowing Down

Michael Rajnik



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