

S.O.A.P.

Tips for Keeping Your Super
Power Strong and Propel You
Into Your Purpose.

Daily Routine Success Strategy



S Simple

Keep it Simple. We cannot get it all done and we will never get it all right. We are all a work in progress so don't take yourself so seriously.



O Optimize

Optimize your time and resources.
Be in the NOW. Be present in the
present. Avoid the FOMO.(fear of
missing out) You cannot be
everything to everyone everywhere
, every day. Be strategic.

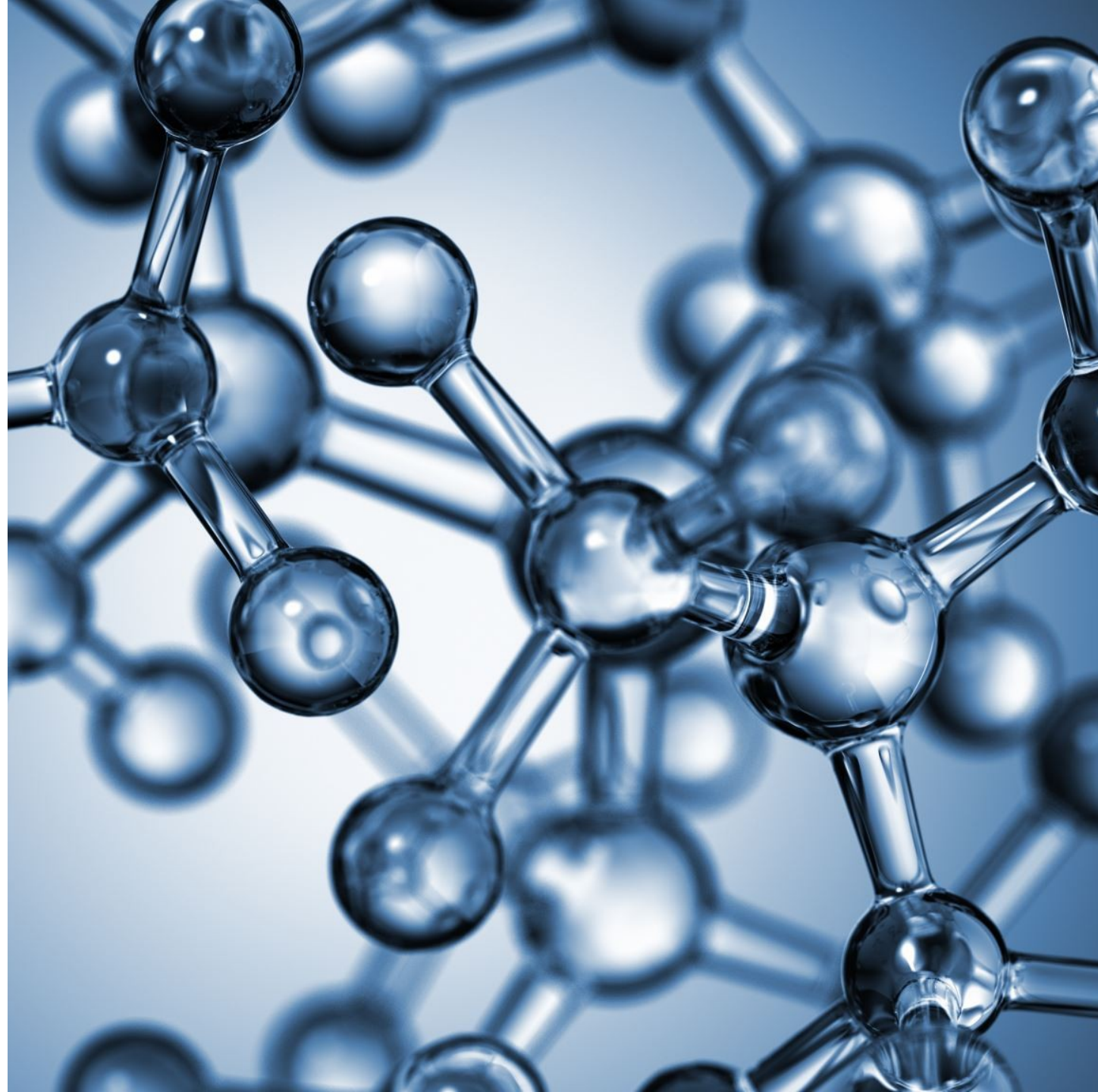


A Affirm

Affirm Others and Yourself

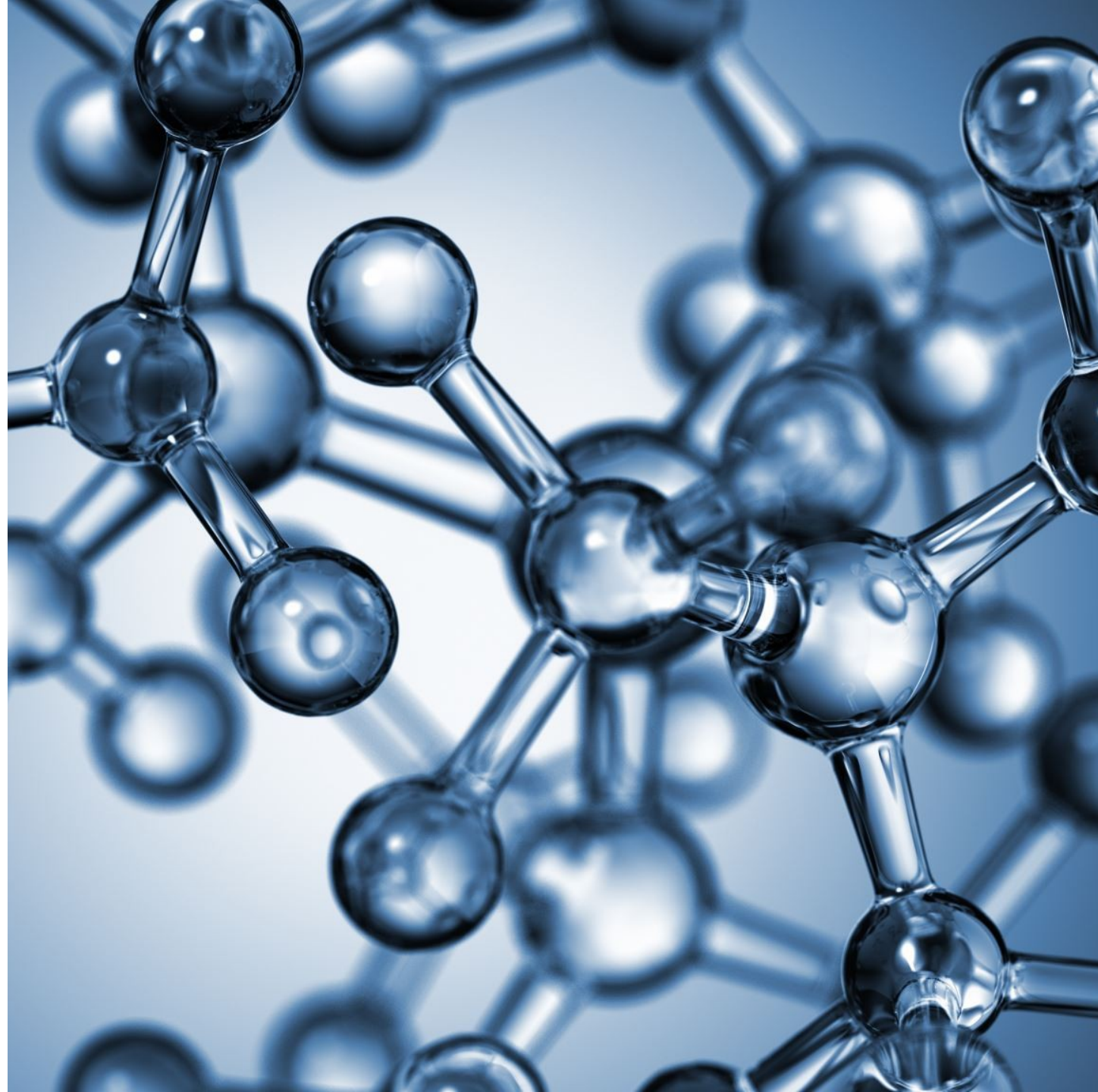
Studies show endorphins are released (the feel-good hormones) when you are kind, generous, grateful. Affirm those in your life, your office, your home, your school, your community and always take 15 minutes each day to give yourself positive affirmations.

All rights reserved. Copyright 2021. Theresa Agostinelli/Glen Mills Coaching and Consulting



P Pick Your Battles

Prioritize The Day
Some issues in your life are not worth the stress. Learn to shake off the things you cannot change and learn to minimize drama by focusing on what you can accomplish as opposed to what (or who) is a time gobbler with no real purpose.



Professor Theresa Agostinelli
Glen Mills Coaching and
Consulting

Email glenmillscc@gmail.com

Website

www.glenmillscc.com

For more success tips visit my website or to create your own personalized success program for you or your team or your organization, contact me.



Thank you for reaching out to me and I hope you have found some value in SOAP notes designed for your daily success routines.

All rights reserved. Copyright 2021. Theresa Agostinelli/Glen Mills Coaching and Consulting