



Sharpen Our Skills

5 Rule of Thumbs for Managing
Yourself & Others

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STS Athletic Complex & The LIFT @ STS

These are the 5 Rules of Thumb I have created for myself to grow myself and my business, hold myself accountable, and manage myself and others around me.

1. 5% more each day

2. Set small attainable goals.

3. Everything in moderation

4. Focus only on what I can control.

5. Set intentions and expectations and make sure others around me understand them.
