

KATRINA SKINNER, MD, FAAP



the magic
OF TIDYING UP

simplify your life and practice to find more joy





disclosures
I HAVE NONE

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today's
OBJECTIVES

Participants will apply the principle's of the popular home organization guru, Marie Kondo, to...

Design a roadmap of their life and career goals, identifying the next best step for success.

Integrate key business principles and the superpower of delegation into their decisions to find more joy in daily life.

Discuss the risks of working in a silo and realize the importance of connecting with an accountability partner.



TIME

1/3

Superpower

90%

Limited resource

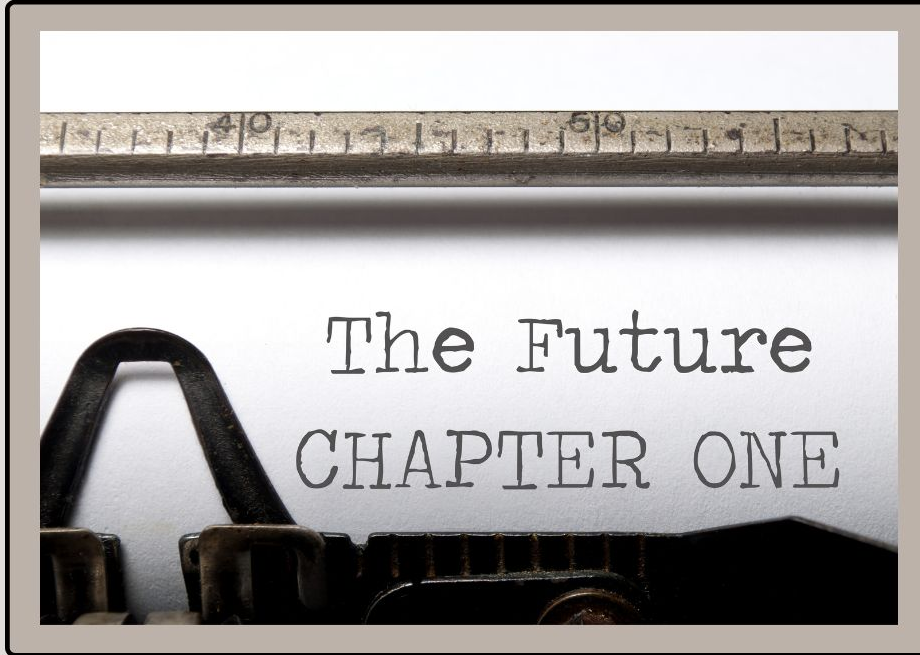
EASIER TO
IGNORE

PERFECTIONISM

SUNK COST



What is your favorite superpower?



MANTRA #1

Does this commitment reflect my vision of my future self?





MANTRA #2

Will this request for my time bring joy rather than be an annoyance to me?



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MANTRA #3

Does it fit in my schedule and does it have a place in my life?



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STOL

Short Takeoff and Landing



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marie

KONDO

“As for you, pour your time and passion into what brings you the most joy, your mission in life. I am convinced that putting your house in order will help you find the mission that speaks to your heart. Life truly begins after you have put your house in order.”

www.katrinaskinner.com





let's work
TOGETHER