

10 Can't Stop Listening Show Topics

1. 5 things you need to know before asking for a promotion

Millions of professionals are getting promoted... why not you? Find out what you need to do to position yourself for the promotion you deserve.

2. Are you stoned or just checking e-mail?

Studies have shown that e-mail can actually do more to damage your productivity than smoking marijuana. Share the study and tips for e-mail success.

3. Finally! Defeat procrastination, no waiting required!

For all those expert procrastinators in the world (that's about 99.999% of the population), discover an easy formula for taming your tendency.

4. What do pickles and productivity have in common?

The Pickle Jar Theory of Productivity - a tried & true foundation for realizing personal breakthrough goals. Everyone relates to this imaginative approach to achieving greatness.

5. Do the Double-Rung Rap up the ladder of success.

*Up the corporate ladder, it's along way to go
Been workin' long and late, but the goin's awfully slow...*

This RAP holds some of the secrets to getting the promotion you deserve.

6. Break On Through to the Other Side

Our lives are filled with little goals that move us forward: lose 5 pounds; finish the project, clean out the closet, etc. But do these goals make a BIG difference in your life? Identify a *breakthrough goal* that can change everything like never before.

7. Minimize that Micro-manager

Is your boss' micromanaging driving you crazy? Give him a dose of his own medicine and watch him pull back. You get what you want, and come out smelling like a rose!

8. Dream it. Do it. Live it.

How do some people make dreams come true? How did a poor kid from a small Austrian town become a mega-movie star and governor of California? How did a homeless girl with drug addict parents get into Harvard? If they can do it, you certainly can.

9. Doing things right might get you fired.

Don't do things right . . . do the right things. Working 60-hours a week on things no one cares about makes you unimportant, no matter how dedicated you are.

10. The simple Rule of One can change your life.

A house is built one brick at a time. Football games are won one play at a time. Goals are achieved one action at a time. Take this rule to the bank.

