



TIMELESS WISDOM AT WORK

## SLOW DOWN

Hurry is the enemy of efficiency. Like all seven practices slowing down is a doorway which the client enters using three primary principles, provocative inquiry, right action, and simple, tested exercises. To engage timeless wisdom we must first slow down. Whether working with an individual coaching client or team coaching, slowing down the busy, thus inefficient mind is the first task of timeless wisdom coaching. In addition, the circle around the seven-pointed symbol represents repetition, which is the mother of skill. Many people spend more time each day brushing their teeth than learning how to manage their attention, thus be able to use their beautiful mind effectively. We think that is foolish, but do appreciate clean teeth.

### Inquiry

How would you know if you slowed down?

### Right Action

Take a walk outside each day for a week.

