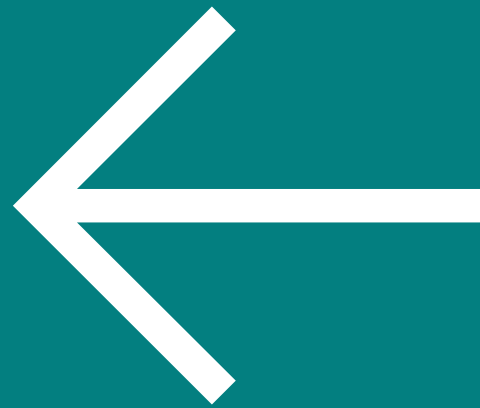


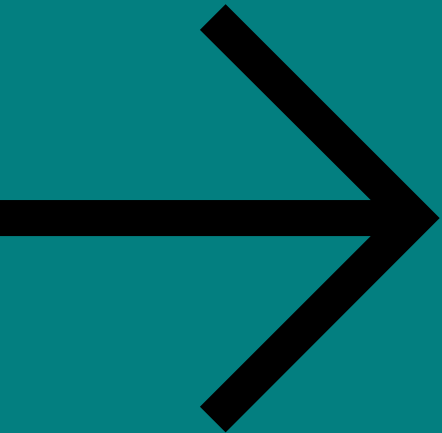
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We Make Matches



**10 LIES YOU'VE
BEEN HEARING
ABOUT TIME
WASTING.**





I'M TIRED OF HEARING PEOPLE'S NEGATIVE OPINIONS ON HOW TO BE PRODUCTIVE AND NOT WASTE TIME...

I read an article, in fact, it was a Mental Health publication. They listed 10 things that are what "time wasters" do. I'm going to list their lies and explain why I do not think this is time wasting whatsoever. We are all human and this cookie cutter image of a perfect person/business owner/Executive/etc is a little frustrating.

ARE YOU READY
FOR THE LIES V MY
OPINION ON THE
TRUTH? LET'S TALK
ABOUT IT



Hi! I'm Emily. Founder and CEO of The Talent Boom, a global creative and digital headhunting firm.

LIE
#1

Worrying
is for Timewasters

FALSE

Not a time waster.
It's a natural
emotion because
you are human. If
you can use it to
your advantage, it
can help you build
success!

True

LIE
#2

Complaining
is for Timewasters

FALSE

Not a time waster.
If you complain
about something
that you feel
strongly is wrong,
you are building
your confidence &
setting yourself up
for daily life debates



LIE
#3

Watching TV
is for Timewasters

FALSE

Not a time waster.
Whether you are
watching the news,
binging a series or a
masterclass – you have
the right to take a step
back & relax to take
steps forward. Plus, it
could be a golden
opportunity to grab
some inspiration!

True

LIE
#4

Overthinking
is for Timewasters

FALSE

Not a time waster.
If you use it to your
advantage, you can
audit yourself and
think back to
mistakes you made
to ensure you zone
in on your
techniques.

True

LIE
#5

Procrastination
is for Timewasters

FALSE

Not a time waster.
Sometimes we all
need to take a
breather and put
some tasks aside,
prioritize the
important ones and
cut yourself a break
so you don't feel so
overwhelmed!

True

LIE
#6

The Fear
of Failure

is for Timewasters

FALSE

Not a time waster.
If you have the
emotion to fear
failure, thats ok. We
are HUMAN!

Just remember to
embrace it & carry on,
because most people
only built success in
life through failure.

True

LIE
#7

Trying to
be perfect
is for Timewasters

FALSE

Not a time waster.
While we know
there's no such thing
as perfect, you are
unique! So, in reality,
you actually are
perfect. Because
there is only one of
you!

True

LIE
#8

Waiting to
be inspired
is for Timewasters

FALSE

Not a time waster.

Some of the most talented people in the world may have spent their whole career on something they just realized they are no longer passionate about. It takes life experiences and journeys to feel inspired about something they may have had no idea about.

True

LIE
#9

Caring what
people think
is for Timewasters

FALSE

Not a time waster.
Caring what people
think generally means
you are passionate and
give a sh*t. You want
to be a thought leader
or an innovator. If you
don't care what people
think, how can you be
a reputable person in
your chosen field?

True

LIE
#10

Repeating the
same mistake
is for Timewasters

FALSE

Not a time waster.
This is life. We're
not machines. While
we strive to never
make the same
mistake again, if it
happens, so be it.
We keep learning
and keep moving
forward!

True

**SO THERE YOU HAVE IT.
IF YOU GRAB AN OPPORTUNITY
TO TURN A "NEGATIVE" INTO A
"POSITIVE", YOU'RE ALREADY
WINNING.**

I am very keen to get your
thoughts.
Drop me a mail at
emily@thetalentboom.com.



www.thetalentboom.com

