



NEETI DEWAN
THE EXECUTIVE YOGI

HIGH-LEVEL LEADERSHIP, LOW-LEVEL STRESS TAKEAWAYS 1.14.21

HAVE BALANCE IN YOUR LIFE

- The most productive people have found a better way to work.
- Balance in their lives
- Time to build solid personal relationships
- How to prioritize

BEFRIEND YOUR INTELLECT

- Let your mind work for you, rather than against you.
- We are meant to have generally pleasant and joyful lives
- Do not overthink and over analyze everything
- Learn to accept what “is” while working on “what will be”

WORK ON GETTING CLARITY

- Ask yourself – what do I really want?
- Make a commitment to what you care for
- That must be 1st clearly manifested in your mind

CREATE ANCHORS IN LIFE

- These anchors in life will hold you steady during life’s storms.
- What are your strengths? Recognize them.
- Who are the people you can depend on?
- What brings you joy?

BE FULLY IMMERSSED IN WHAT YOU ARE DOING

- Energy is often wasted since most of us do not keep our focus
- Be unwavering in your intention
- Be resilient and follow through

BE INCLUSIVE & PAY IT FORWARD

- No matter what our role, we are all leaders to those around us
- Whether we are leading in a positive or negative direction is up to us
- Create positive influences on those who are in our sphere of influence
- Include others in your business plan – who will benefit from your success

