

Being Intentional in Everything You Do

10 Point Checklist

Ephraim Olschewski

Want to gain as much knowledge as possible out of Marketing Speak? Read on below for a **10 point checklist** that gives the next, real steps you can take to elevate your marketing to the next level.



Marketing Speak

HOSTED BY **STEPHAN SPENCER**



"The next time you have an argument or some disagreement, really get what it is like for that person – from their view, the way they see it, really powerful listening will leave that person with an experience that they have been heard."

EPHRAIM OLSCHESKI

10 STEPS YOU CAN TAKE TODAY

Want to step up your marketing game?

Here are 10 steps that can move you closer to your goals – today.

- ☐ Become a better communicator by listening to what others are saying and try to understand their viewpoints.
- ☐ Use affirmations twice a day to create a positivity-bonus. Consider adding classical or uplifting music to your affirmation time.
- ☐ Don't judge others. Open yourself up to loving everyone; you never know who will bring you the gift of enlightenment.
- ☐ If you have family members with whom you don't speak or have issues, clear those problems and work on moving on, even if it's only with yourself.
- ☐ Consider what is powerful and not powerful in your life instead of looking for right and wrong.
- ☐ Love, honor, and respect your family members and loved ones to become your most complete self.
- ☐ Cut out aimless moments in your day like flipping through T.V. channels. Instead, become more aware of what you are doing, no matter the task.
- ☐ Be consistent with what others can expect from you. If you have a meeting, you want your colleagues or clients to know that you'll be in your office during your work time.
- ☐ Ask yourself, "What is the difference I'm really committed to making, and how do I bring intentionality to everything that I do in my entire life?"
- ☐ Remember to summarize and validate others if you are in a disagreement; this will show them you see both sides and help you become more open to other viewpoints.