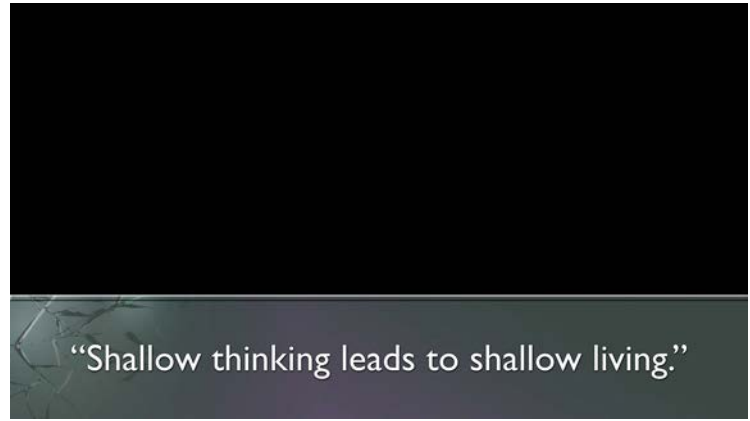
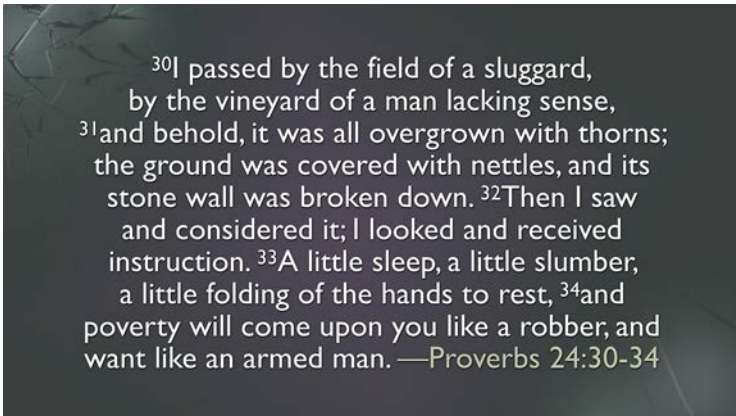




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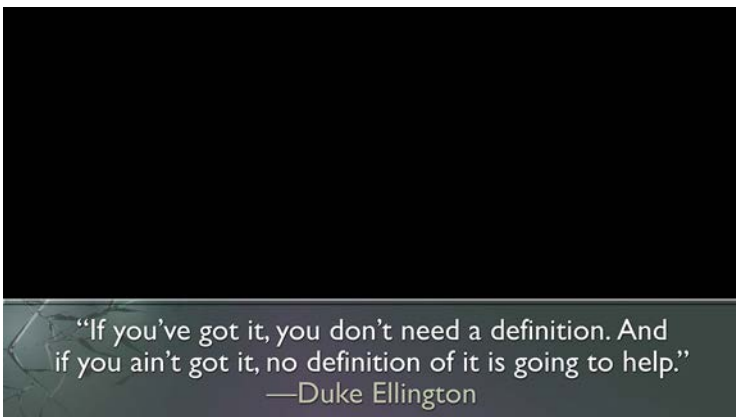
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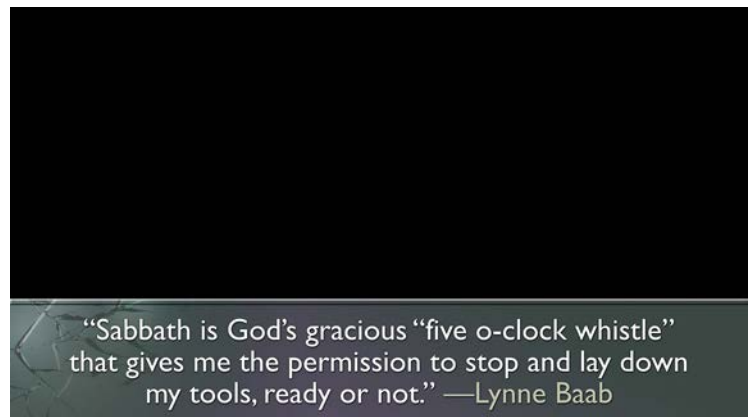
-003.tiff



-004.tiff



-005.tiff



-006.tiff

NOISE CANCELING HABITS

1. You need time to reflect.

-007.tiff

“Culture conditions us to be comfortable with noise and crowds, not with silence and solitude, to feel more at home in a mall than a park.”

—Donald Whitney

-008.tiff

“Not all men are called to be hermits, but all men need enough silence and solitude in their lives to enable the deep inner voice of their own true self to be heard at least occasionally. When that inner voice is not heard, when man cannot attain to the spiritual peace that comes from being perfectly at one with his true self, his life is always miserable and exhausting. For he cannot go on happily for long unless he is in contact with the springs of spiritual life which are hidden in the depths of his own soul.”

—Thomas Merton

-009.tiff

If you can't think, you can't lead!

-010.tiff

NOISE CANCELING HABITS

2. You need time to rest.

-011.tiff

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.—Psalm 127:2

-012.tiff

Busyness = Importance

-013.tiff

“Sleep deprived people come up with fewer original ideas and also tend to stick with old strategies that may not continue to be effective.” —Penelope A. Lewis

-014.tiff

“The trend line of your career progression will parallel the trend line of your emotional health. As you grow in emotional health you will grow in influence and as you grow in influence you will grow in opportunities.” —Clay Scroggins

-015.tiff

Do not toil to acquire wealth; be discerning enough to desist. —Proverbs 23:4

-016.tiff

NOISE CANCELING HABITS

3. You need time to restore.

-017.tiff

“Play nurtures a supple mind, a willingness to think in new categories, and an ability to make unexpected associations. The spirit of play not only encourages problem solving, but through novel analogies, fosters originality and clarity.”
—Virginia Postrel

-018.tiff

“Almost everything in life will work again
if you unplug it for a few minutes, including you.”
—Anne Lamott

-019.tiff

NOISE CANCELING HABITS

4. You need time to relate.

-020.tiff

NOISE CANCELING HABITS

5. You need time to repent.

-021.tiff

Repentance is decisive action of the heart
to agree with God and move toward God and
His purposes and plans for my life.

-022.tiff

¹⁹Repent therefore, and turn back, that your sins may
be blotted out, ²⁰that times of refreshing may come
from the presence of the Lord. —Acts 3:19-20a

-023.tiff

Bear fruit in keeping with repentance.
—Matthew 3:8

-024.tiff

With eyes wide open to the mercies of God, I beg you, my brothers, as an act of intelligent worship, to give Him your bodies, as a living sacrifice, consecrated to Him and acceptable by Him. Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all His demands and moves towards the goal of true maturity. —Romans 12:1-2



-.025.tiff

-.026.tiff