

SMART FOR LIFE

**Powerful Techniques for Achieving
Personal Success and High Performance**

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INTRODUCTION

Welcome!

People everywhere need simple, practical tools to help them better manage the complex challenges in their everyday lives.

At OneSmartWorld, we are committed to helping you succeed. In *Smart for Life*, you will acquire a set of practical tools and techniques for improving your performance and for finding better ways to manage the many pressures and issues you have to deal with.

Smart for Life is a state of the art, easy to learn, easy to use blended learning system carefully designed to assist you to:

- acquire a set of core skills and values essential to be smart for life
- increase the transfer of what you learn to the workplace and everyday life

Smart for Life is an all-in-one system that combines five integrated ways to enable you to succeed:

1. Use the online 4D-i profile as your personal coach, available to you 24 hours a day, via the web.
2. Make the *Smart for Life* book your handy reference for building skills.
3. Carry the laminated portable *Be Smart for Life* bookmark with you everywhere to help you whenever you need to figure out what to do.
4. Use the two online e-tools – the Smart Day Planner, to make the most of the time in your day - and - the Smart Presentation Planner, to better manage the important relationships in your life.
5. Use this *Smart for Life* Participant Workbook and your interactions with others to make the most of the classroom learning program.

Do all this, keep a positive personal spirit and you are on your way to becoming smart for life.