

# Productive to the Max

Productivity Performance Profitability

Ann Max



Website Strategic Solutions Coaching Speaking Media Center MaxTips! Contact Us

## September 2013

### The Power of Three

I don't know about you but I have a favorite number and it is 3. So when someone is performing a trick of cards or asks me to pick a number from 1 to 10, I always pick the number 3.

According to [Pythagoras](#) and the Pythagorean school, the number 3, which they called *triad*, is the noblest of all digits, as it is the only number to equal the sum of all the terms below it, and the only number whose sum with those below equals the product of them and itself [6]. Now that's a mouthful, isn't it? Personally I just like that it is the "noblest of all digits".

As a Productivity Expert, I have also come to realize that three is a powerful productivity tool.

- I advise my clients to choose no more than three goals at one time to work on. You may have a master list hidden somewhere in your computer, files or notebook, but to really achieve what you want in life, it is essential that you are working on no more than three priorities at a time. This allows you to break them down into workable action plans, reward yourself on achievement and really achieve excellence in your life.
- Three is the maximum number of goals you should post at one time so you can visually understand where you are

### Why Attend LEAP Summit?

#### What one conference attendee has to say!

**Beth McNally**  
Director at OzTREKK Educational Services (Your Canadian Connection to Study in Australia)

#### The reason you are attending the conference? What motivated you to sign up?

*"Ann has worked with our team at OzTREKK in a variety of roles. She is a great motivator and planner, and her strengths are in breaking down challenges and getting people focused on moving forward. I figured that if Ann is hosting a conference, it will be an interesting one!"*

#### What you hope to gain and learn?

*"I am attending this conference because I think it will bring interesting women together. I love what I do, and I am looking for new ideas to introduce in my organization. I also want to hear others' stories. Why does she do what she does, How'd she get there, what makes her tick, and what can I learn from her."*

#### What types of people do you want to connect with?

*"[hmmmm... this is a hard one.] I want to connect with other entrepreneurs and small business owners on the work side.*

*On the personal side, I hope to meet people from all walks of life. I am a mother of three young children, and I find it challenging to run a small business with my partner and take care of our team. I hope to meet other women facing the challenges of a busy life and all the joys and challenges mixed in as we try to take it all in and*

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### Quick Links

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- Check out the LEAP Summit
- Visit our Website

### Connect with Ann

Forward to a

going.

- Three is easy to remember and does not take up too much space as you post in your calendar or iPhone.
- Three PowerPoint bullets are much more likely to be understood than a multitude of information on a slide.
- Three participants having a discussion at a workshop or in a meeting allows for more information to be disseminated. It provides a tie-breaker for indecision.
- How would we start a race or begin a difficult task without saying "one, two, three....."?
- Three is considered a good number in Chinese culture because it sounds like the word "alive". If you don't act lively, then your productivity will suffer.
- In baseball, 3 is the number of strikes before the batter is out and the number of outs per inning. Use the number 3 to challenge yourself to complete a task or limit your time.
- There are lots of Productivity tools out there to try, like Satori, Boomerang for Gmail, and I- Done This for daily tracking. There is Yammer, Mailchimp and Skedgeme. Or how about Producteev, Buffer or Evernote. Try three at a time to see what works for you.

Through all the 3 phases of your life, as a child/ adult/senior, mother/father/child, or past/ present/future make sure that you use the number three productively.

*not let it whiz by us.*

*To be honest, I don't know exactly what to expect from the LEAP conference, but I do know that I want to show up to be a part of what will transpire, because I am quite sure it will be an experience!"*

[Download the LEAP Summit Flyer](#)  
["Design your Success- One Step at a Time"](#)

**We are pleased to  
Welcome "Maplesoft Center"  
as LEAP Summit's charity of choice.**



**Thursday, September 12, 2013**

The LEAP (Life Enhancement and Productivity) Summit takes place on, 2013 at the Ottawa Conference and Event Centre in Ottawa, Ontario. [Click here](#) for directions.

[Review the LEAP Speakers](#)

[See the full LEAP Program](#)

**Come See Ann at Find A Coach Expo**

**October 5, 2013**



friend

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Ann

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