

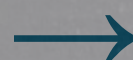
My top 5 this week

- If you feel like you're constantly *doing* but never truly *connecting* with your kids ...
- What happens when someone else does your homework?
- The most productive people aren't grinding 24/7.
They're disappearing!
- Do you ever feel like no matter what you achieve, it's never enough
- Everyone has access to **information**.
Only some know how to **turn it into power**.



QuintSmart

Learn how to Learn, Retain and
Recall with Ease



If you feel like you're constantly *doing* but never *truly connecting* with your kids



Greg Garunov • 1st

Become the Dad Your Kids Need in 1 hour on Feb 25@2pm EST 🔥

[Visit my website](#)

3 SHIFTS THAT LED ME TO CREATE A COMMUNITY FOR YOU, FELLOW DAD



Greg Garunov

Dad Coach and Founder of Millennial Prime, a community of Dads for Dads



1 STOPPED SELF-SABOTAGING

2 TUNED INTO MY KIDS' NEEDS

3 BUILT CONSISTENCY

BEING THE BEST DAD STARTS WITH BEING YOUR BEST SELF.

And so, I've created a free masterclass workshop called the **Prime Dad Accelerator** that will run on 🙌



🔥 February 25th at 2pm EST 🔥



What happens when someone else does your homework?



Felix Fischer · 1st

Changing your behavior is a puzzle → I teach you how to solve it

1d ·

Q: How do you change your behavior?

And by learning a clear approach to behavior change

You will always know what steps to take:

1. Identify and understand the pattern of your behavior
2. Find the personal need it fulfills for you
3. Practice awareness to get control over the behavior
4. Provide your brain with a healthier alternative to fulfill this need
5. Break the old pattern and replace it with new behavior

Your Behavior Change Audit.pdf

Your Behavior Change Audit: Find Out What's Keeping You Stuck

By [Felix Fischer](#)

Do you ever feel like you're stuck in an invisible loop, repeating the same behaviors even when you know you should do something different?



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The most productive people aren't grinding 24/7 They're disappearing!



Ryan Keeler • 1st

I write content to help you secure clients, stand out, and scale up
21h • 

The magic happens in the pauses:

- The shower thoughts.
- The post-lunch strolls.
- The 4pm sessions staring out the window.

P.S. When did you last let your mind wander?



Do you ever feel like no matter what you achieve, it's never enough



Raja Sampathi  • 1st

Unshakeable Leadership in an Uncertain World | Stay Relevant & Resilient | Lead ...

[View my blog](#)



**Change Your Story,
Change Your World**



meanderingSapien



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Everyone has access to information. Only some know how to turn it into power.

Example? I can ask:

"How has my thinking about AI collaboration evolved since my first post? Show me the key shifts."

And get instant insights across hundreds of posts.

You too?

Your past insights are
future **gold** mines
(if you can find them)



Post statistics

- 781 impressions
- 67 comments
- 81 likes



Learning That Pays Dividends: Growing your Knowledge Fortune in Weeks, Not Years

February 19th
6 PM-8 PM CET/11 AM - 1 PM CST

In this focused **2-hour workshop**,
you'll discover how to:

- Retain 80% of what you learn (instead of losing it)
- Access your insights instantly when needed most
- **Build knowledge that compounds daily** (not starting from scratch)
- Turn scattered information into building blocks supporting your growth



QuintSmart
*Learn how to Learn, Retain and
Recall with Ease*

