



HYGIENE HUB

HYGIENE HUB: EPISODE 10-

"THE ONE THING"

BASED OFF THE BOOK, THE ONE THING BY GARY KELLER

AUGUST 18TH @ 1:15 PM EST

AUGUST 20TH @ 12:15 PM EST

AUGUST IS NATIONAL IMMUNIZATION MONTH

**HYGIENE
HUB**



SUCCESS STARTS WITH YOU.

CONTROL YOUR THOUGHTS, AND YOU CONTROL YOUR EMOTIONS.

CONTROL YOUR EMOTIONS, AND YOU CONTROL YOUR ACTIONS.

CONTROL YOUR ACTIONS, AND YOU CONTROL YOUR OUTCOME.

Tim Grover, "W1nning"

HYGIENE HUB

THE ONE THING: **WHY?**



IF YOU CHASE TWO RABBITS, YOU WILL NOT CATCH EITHER ONE.



IN ORDER TO GO BIG, YOU MUST START SMALL.



SUCCESS BUILD MOMENTUM--THE DOMINO EFFECT...



MISCONCEPTION 1:
EVERYTHING MATTERS EQUALLY



**MISCONCEPTION 2:
MULTITASKING IS GOOD.**



MISCONCEPTION 3:
LIVE A DISCIPLINED LIFE.



MISCONCEPTION 4:

WILLPOWER IS ALWAYS ON THE WILL-CALL

MISCONCEPTION 5: LIVE A BALANCED LIFE

HYGIENE
HUB



HYGIENE
HUB

MISCONCEPTION 6: BIG IS BAD

DREAMBIG



**HYGIENE
HUB**

THE MOUNTAIN IS YOU.

WILL YOU REACH THE PEAK?

THE
**HEALTHY
HYGIENE**
PLAN



HEALTHY HYGIENE CALL

AUGUST 24TH @ 7:30 AM EST

AUGUST 25TH @ 1:00 PM EST

AUGUST 26 @ 7:00 PM EST

HYGIENE HUB

HYGIENE HUB: EPISODE 10

"PERIODONTAL DISEASE: THE CASCADE EFFECT"

SEPTEMBER 22ND @ 1:15 PM EST

SEPTEMBER 24TH @ 12:15 PM EST



PDA