

# SLOW... WINS!!! ... .. "gift of time"...

## SLOW... WINS!!!

When we give ourselves the "gift of time", and we slow down the pace, we will win!!!

**When we give ourselves the "gift of time", we will learn patience.**

When we are PATIENT we are better Nail Techs

When we are PATIENT we are better friends

When we are PATIENT we are better parents

When we are PATIENT we are better children

When we are PATIENT we are better leaders

When we are PATIENT we are better employees

When we are PATIENT WE ARE BETTER TO EVERYONE AROUND US

When we are PATIENT WE ARE BETTER TO OURSELVES

- **Slow down and listen to the people around you**, when they are talking to you.

**When we give ourselves the "gift of time" to listen to the people around us, we will learn patience.**

Do you ever cut anyone off when they are talking; because you have something you think is more important to say, or do you finish their sentence because they are taking too long to say it?

- **Slow down and think before you do anything**; we make mistakes when we are not patient, and we do not think about what we are going to do first before we do it.

**When we give ourselves the "gift of time" to think about what we need to do, we will learn patience.**

Have you ever done anything you wish you had not have done? And, you know if you just would have thought about it, just a little more, you would have done it differently?

- **Slow down and think before you say anything**; know what is going to come out of your mouth before it actually leaves your tongue.

**When we give ourselves the "gift of time" to think before we speak, we will learn patience.**

Have you ever been shocked at what just came out of your mouth, and you wish you would not have said it?

- **Slow down; when we get in a hurry we make careless mistakes; and then we get mad at ourselves and everyone around us.**

Have you ever been running late; which got you unorganized and you forgot something, and had to turn around and go back; and you got so mad you just wanted to yell at the first person who you came in contact with? Or, did you just want to yell at yourself?

**When we give ourselves the "gift of time", we will learn patience.**

## Slowing down in the Salon will increase your speed

- **Slow down when you are running behind with your clients: have you ever heard the saying "the hurrier I go the behinder I get"**; well that is exactly what happens when you start hurrying when doing nails. You will start doing things like using brush cleaner instead of nail liquid, or spilling your polish remover, or forgetting your 2nd coat of primer. Slow down your pace and stick to your step-by-step system.
- **Give yourself the "gift of time" and excuse yourself to go to the restroom.** Then regroup; come back to your client and start again, but make sure you stick to every step in your system. When you skip a step and get unorganized, it will not only take you longer now, but it will take you longer later when your clients come back in 2 weeks for their fill-ins.

**When you give yourself the "gift of time", you will learn to have patience with your job and your clients.**



Tammy Taylor, CEO, Tammy Taylor Nails

- **Slow down when you want to do better, faster nails.**  
**When you are just starting out in a Salon, it is easy to get stressed out and expect too much too soon.**  
My first set of nails took 8 hours! And, with my step-by-step system I was able to do a full set of nails in under 20 minutes. When you have a system you will be able to increase your speed and quality, when you are doing the same thing over and over the same way.
- **Give yourself the "gift of time", and book your appointments far** enough apart, so you can focus on your system, and doing beautiful nails without feeling stressed.

**When you give yourself the "gift of time", you will learn to have patience with your nails.**

**Do not push yourself so hard; do not over schedule yourself; do not try to do everything right now; the joy is not when you're finished, the joy is doing it; give yourself the "gift of more time".**

**MOST OF ALL, WE NEED TO GIVE OURSELVES THE BIGGEST GIFT OF ALL; SLOW DOWN AND BE PATIENT WITH OURSELVES, AND WE WILL LEARN PATIENCE**

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### **The Tortoise and the Hare**

There once was a speedy hare who bragged about how fast he could run. Tired of hearing him boast, Slow and Steady, the tortoise, challenged him to a race. All the animals in the forest gathered to watch.

Hare ran down the road for a while and then and paused to rest. He looked back at Slow and Steady and cried out, "How do you expect to win this race when you are walking along at your slow, slow pace?"

Hare stretched himself out alongside the road and fell asleep, thinking, "There is plenty of time to relax."

Slow and Steady walked and walked. He never, ever stopped until he came to the finish line.

The animals who were watching cheered so loudly for Tortoise, they woke up Hare.

Hare stretched and yawned and began to run again, but it was too late: Tortoise was over the line.

After that, Hare always reminded himself, "Don't brag about your lightning pace, for Slow and Steady won the race!"

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### **With Patience comes Wisdom**

*With love,*  
*Tammy Taylor*

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I love this prayer; so much is said in such few words and it is so easy to remember.

### **Serenity Prayer**

by Reinhold Neibuhr

God,  
grant me the serenity to accept the things I cannot change,  
the courage to change the things I can  
and the wisdom to know the difference.



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