Time Modules

Time Module One
Inner Work

Time Module Two
Outer Tools

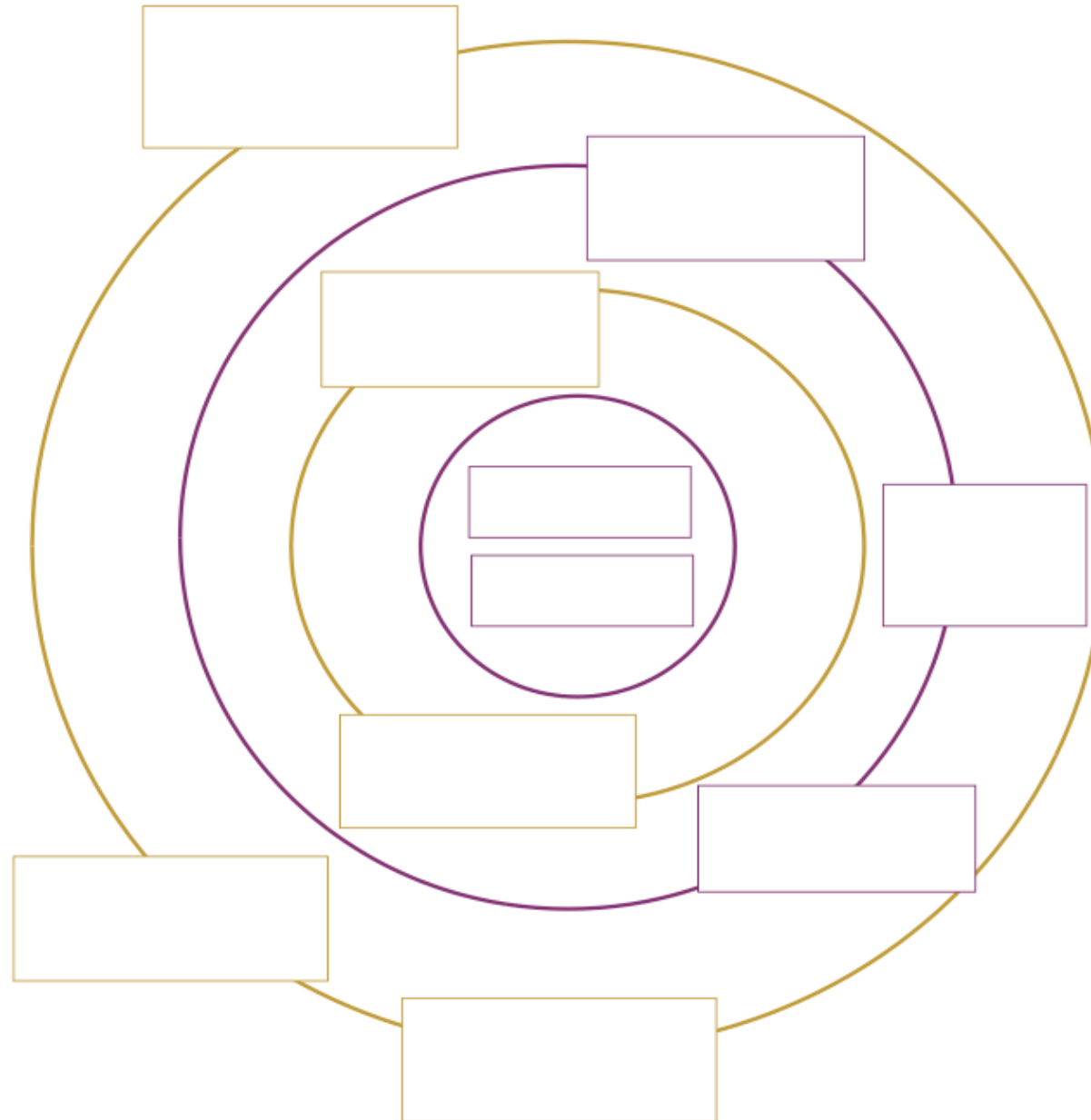# Priorities & Your Schedule

Shoulds & Have To's

May feel harried and unsatisfied

Desires & Needs

May experience great joy, a feeling of living according to your true priorities

Explicitly naming your values and priorities supports you to make decisions accordingly
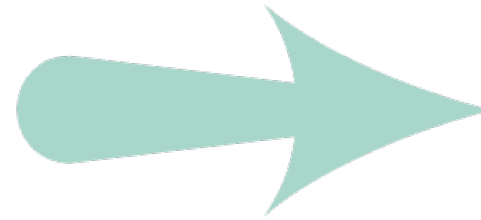
Bullseye Activity

Delegation Assessment Tool

Inner work

Delegation Assessment

Tip: Notice the mental churn, the time invested thinking about the thing vs doing the thing

Step One: Follow and track yourself for 3-days

Step Two: Score each activity

Step Three: Take aligned action

Additional Tools

- Ideal Schedule

- Plug Time Leaks / Distraction Tool

- Blueprinting