

Making the Most of your Valuable Time

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Who has Time?




The Truth



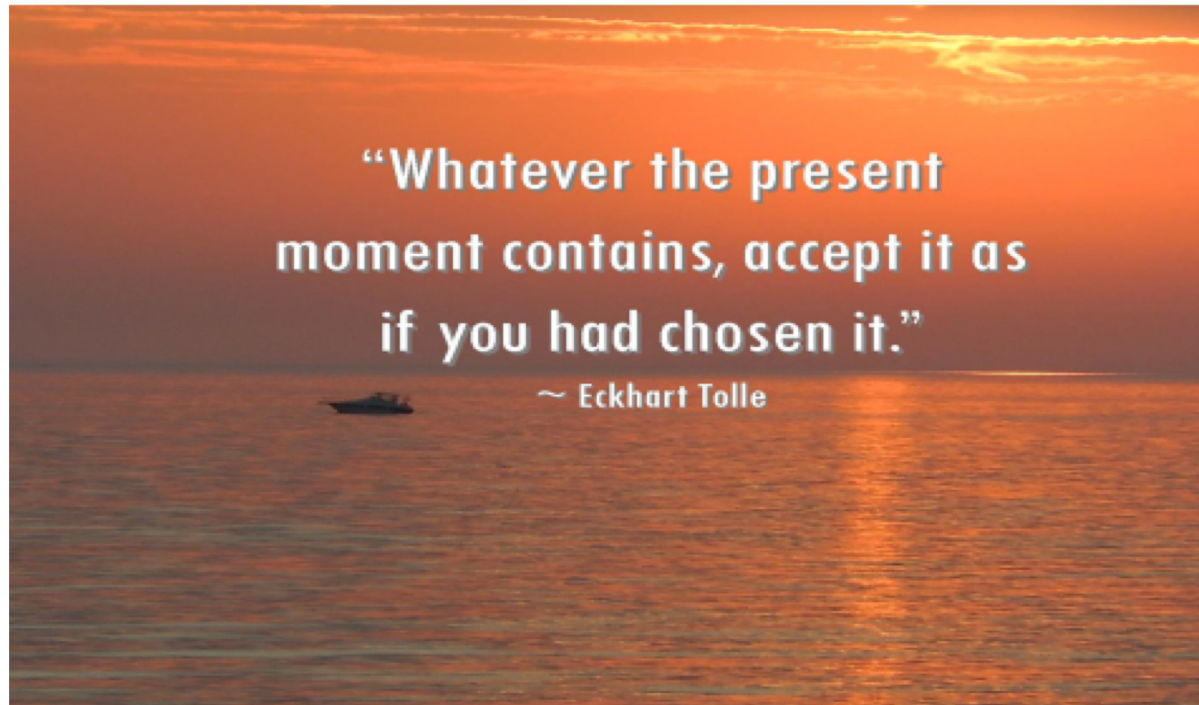
There are 24 hours in a day - How do you move from auto-pilot to intentional living?

1. What are you actually doing? (The Truth)
2. Is it aligned with your priorities? (The What)
3. What do you most value? (The How)



NOTHING GREAT IS EVER
ACHIEVED WITHOUT
GREAT ENDURING

The What

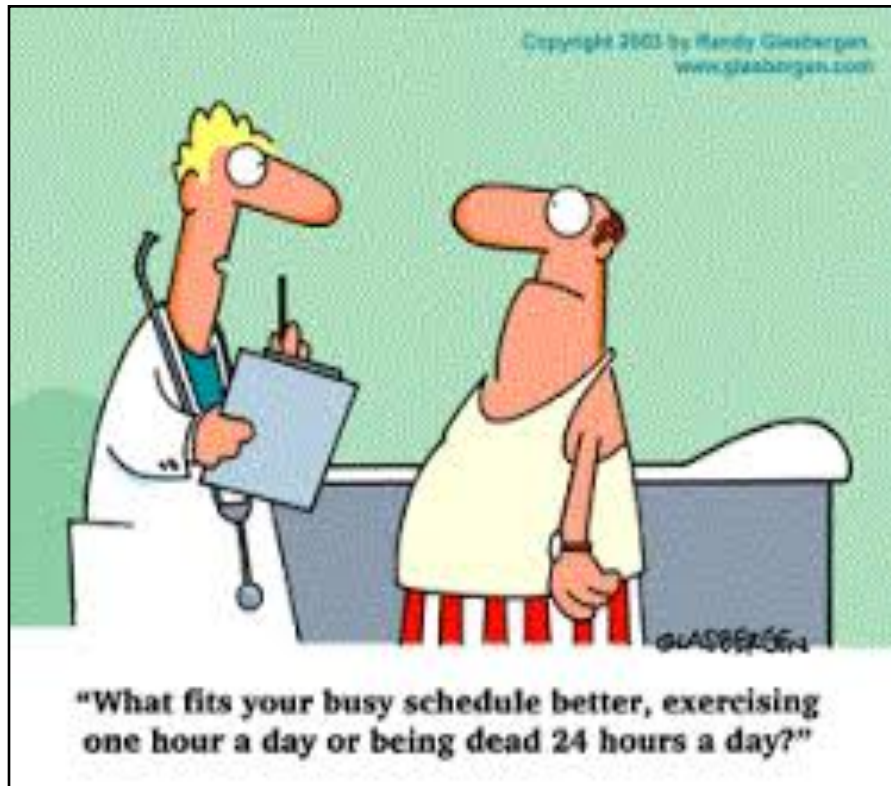


What does your typical day look like?



"If the Big Rocks don't go in first, they aren't going to fit in later"

- Stephen Covey

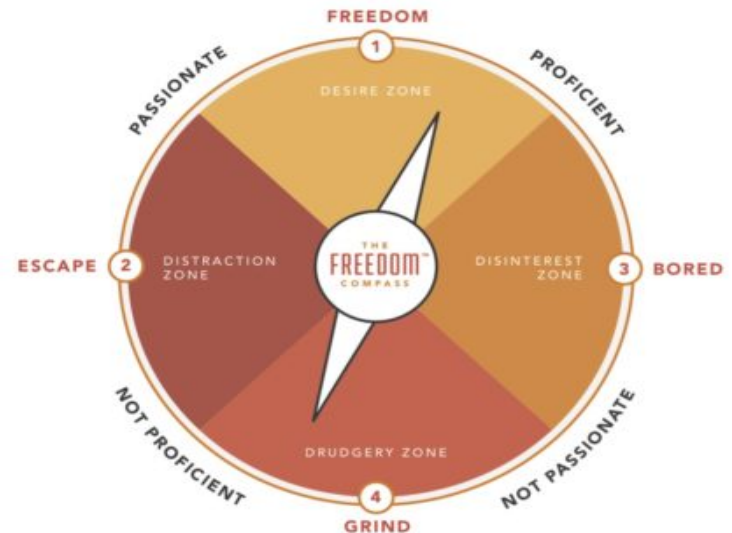


Why is this so HARD?

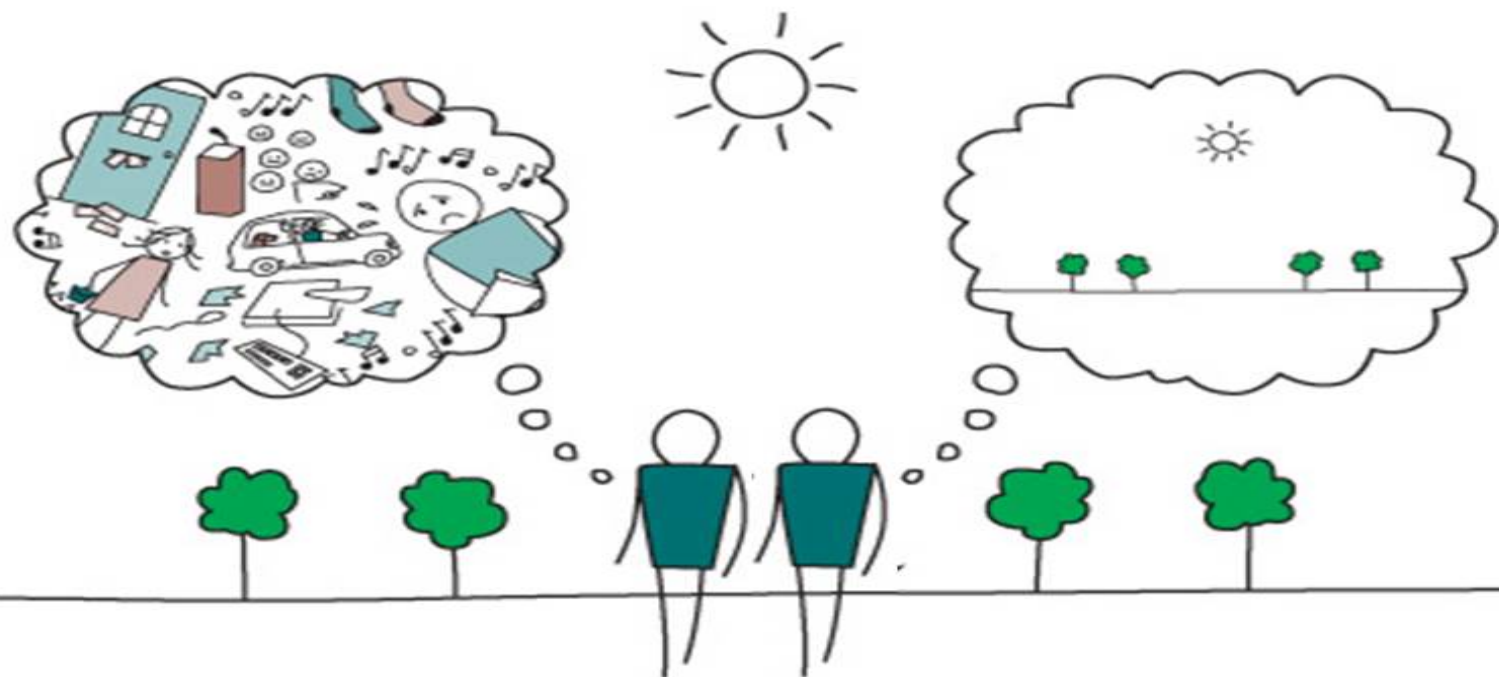
Time Management Matrix



THE FREEDOM COMPASS™



ACHIEVE MORE BY DOING LESS
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Mind Full, or Mindful?

3-Minute Breathing Space


3 Step Breathing Space

- Becoming Aware
- Gathering and focusing attention
- Expanding attention





The How



“Take care of the minutes,
and the hours will take
care of themselves.”

- Lord Chesterfield

How Do You Start?



Some ideas:

- Bring awareness to one area of your life – align activities with priorities
- Write 1-2 values down in the morning – come back to them throughout the day
- Pick one activity to bring energy into your life – do it 1-2 times a week
- Be aware of the rider, elephant and path when making a change
- Pick one have-to-task – infuse it with intention and do it mindfully
- Try out the 3-minute breathing space once a day for a week

Get in Touch!



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3 Minute Guided Meditations
Mindfulness Coaching Session
Redefining Success Conversation