

TIME MANAGEMENT

Dr. Cynthia Stevens
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It's About Time... >>
Isn't it?

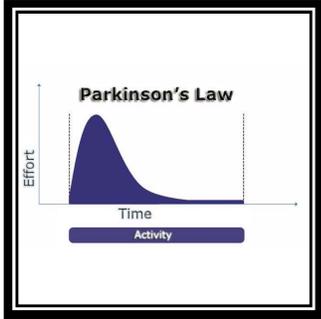
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Getting in Control

Parkinson's law 

"The amount of time which one has to perform a task ...
... is the amount of time it will take to complete the task."

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DEADLINES



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We have ALL done this!



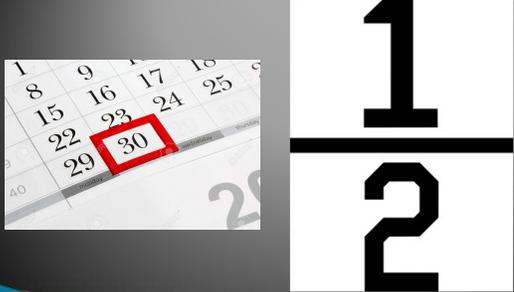
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What did it take to get to this point?



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How long do you really have?



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Adjust your Method!

- ▶ Pick a project
- ▶ Pick a deadline
- ▶ NOW SLICE THAT IN HALF!
- ▶ Plan success compression cycles in your day
- ▶ Action plan



Try this!

Change your due date !

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Let's Construct Some Time



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Can we? >>

We just might be able to!

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Too Busy?

- ▶ What is Busy?
- ▶ To keep occupied; make or keep busy
- ▶ All too often it is used as a cover story
- ▶ Busy is said to be a form of laziness
- ▶ Avoiding what needs to happen
- ▶ Lack of self control
- ▶ Energy wheel spinning but not advancing

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We spend more time maintaining our lives and not enjoying it.

Ave age of 79 = 692, 040 hours

- 230,000 sleeping
- 31,000 in school
- 17,000 getting dressed
- 13,000 bathroom
- 52,000 eating
- 34,000 commuting
- 44,000 waiting in lines
- 35,000 doing chores
- 9,000 looking for lost items
- 35,000 ill
- ROUGHLY 190,000 hours = 21.5 years

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Leverage Your Time

- ▶ Sacrifice Time Now
- ▶ Get Help and Delegate
- ▶ Change the Percentage

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HOW?

How exactly could this be fun? >>

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What is the difference?



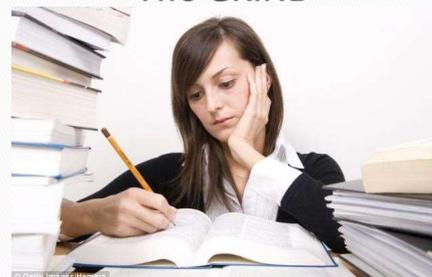
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They both hate what it takes to be successful!

But they keep grinding!
That's the difference!
They out grind others.

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The GRIND



IS REAL

IS TEDIOUS

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Everyone Starts...

But some drift...

You have to overcome the drift.

You have to make it a competition.
Make it into a game with rewards.

A reward you really want.

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Action Plan

- ▶ Goal
- ▶ Objective
- ▶ Track your progress
- ▶ Create a reward
- ▶ Create your consequence
- ▶ Engage in competition

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Competition

- ▶ Intrinsic Motivation
- ▶ Compete against yourself or others
- ▶ Limit distractions
- ▶ Insane Focus



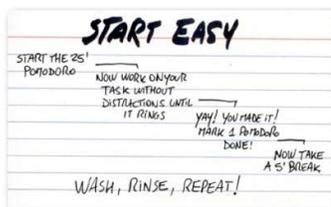
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One Technique That Works



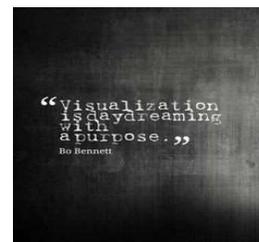
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Find Your Way



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Thinking Positive



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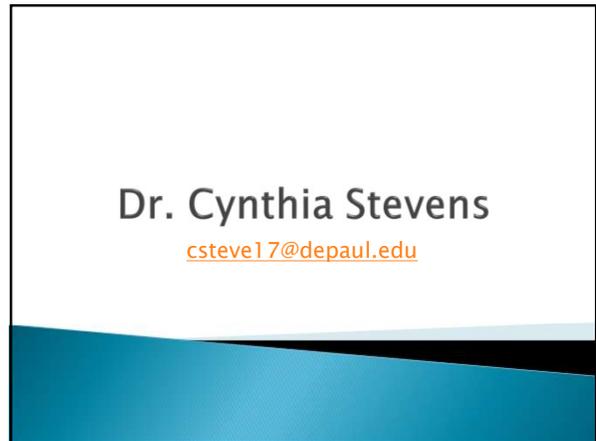
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