

TIME MANAGEMENT

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It's About Time....



Isn't it?

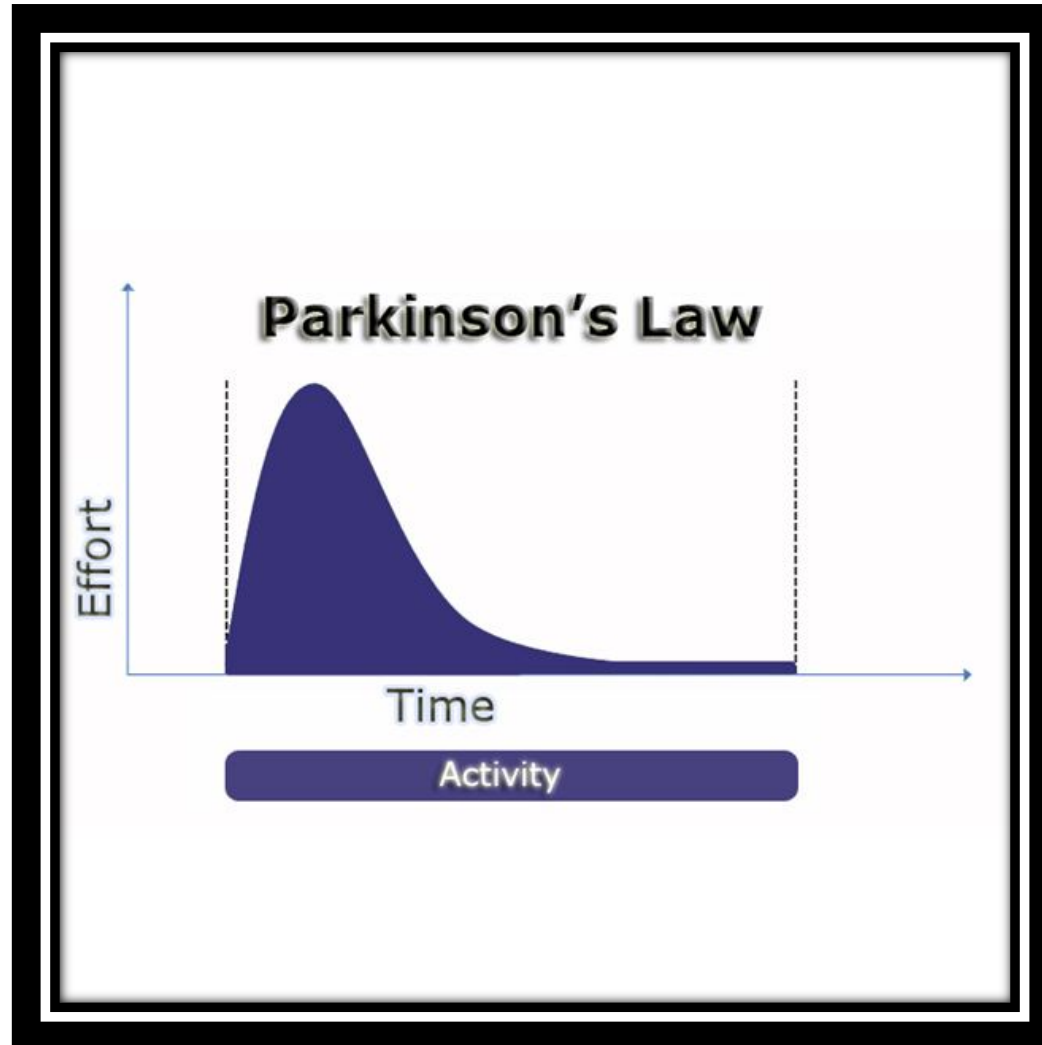
Getting in Control

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.”



DEADLINES



We have ALL done this!



What did it take to get to this point?



How long do you really have?



$$\frac{1}{2}$$



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 !

Let's Construct Some Time



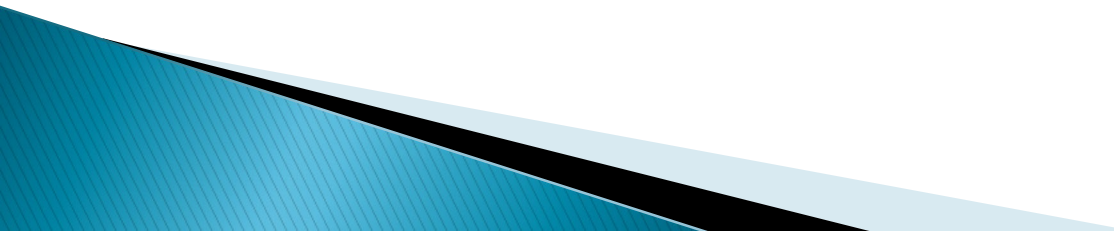


Can we?



We just might be able to!

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
- 



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



Leverage Your Time

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

The word "FUN" is rendered in large, 3D block letters. The letter 'F' is blue, 'U' is green, and 'N' is yellow. They are set against a plain white background with soft shadows beneath them.

HOW?



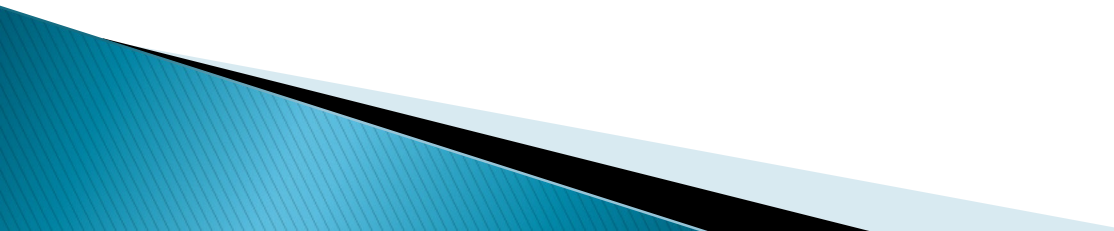
How exactly could this be fun?

What is the difference?



They both hate what it takes to be
successful!

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



The GRIND



IS REAL

IS TEDIOUS

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.





Action Plan

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

Competition

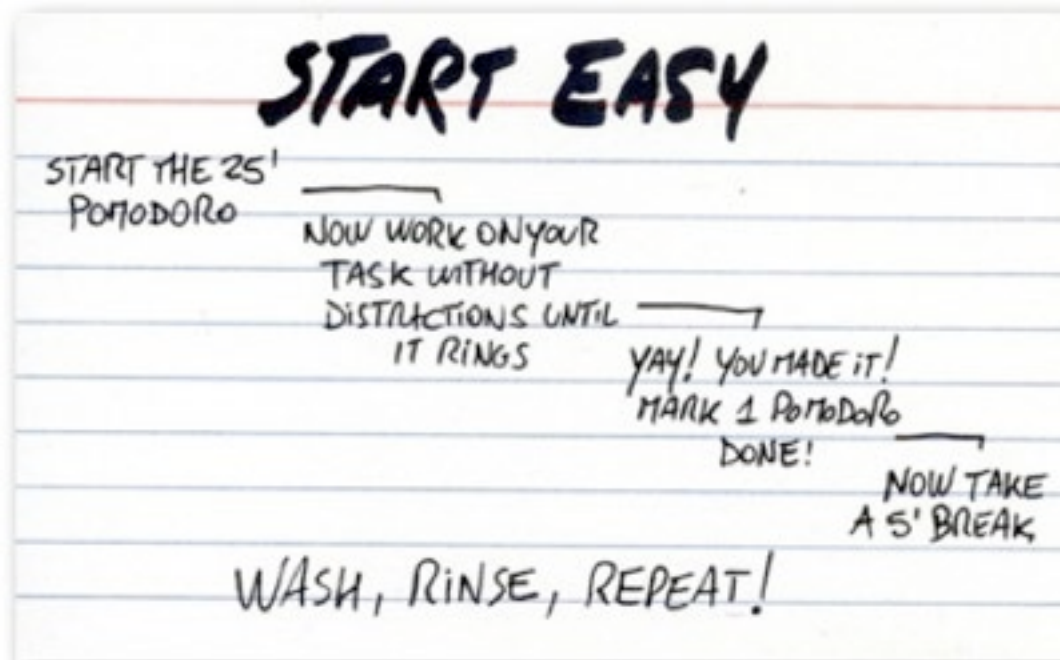
- ▶ Intrinsic Motivation
- ▶ Compete against yourself or others
- ▶ Limit distractions
- ▶ Insane Focus



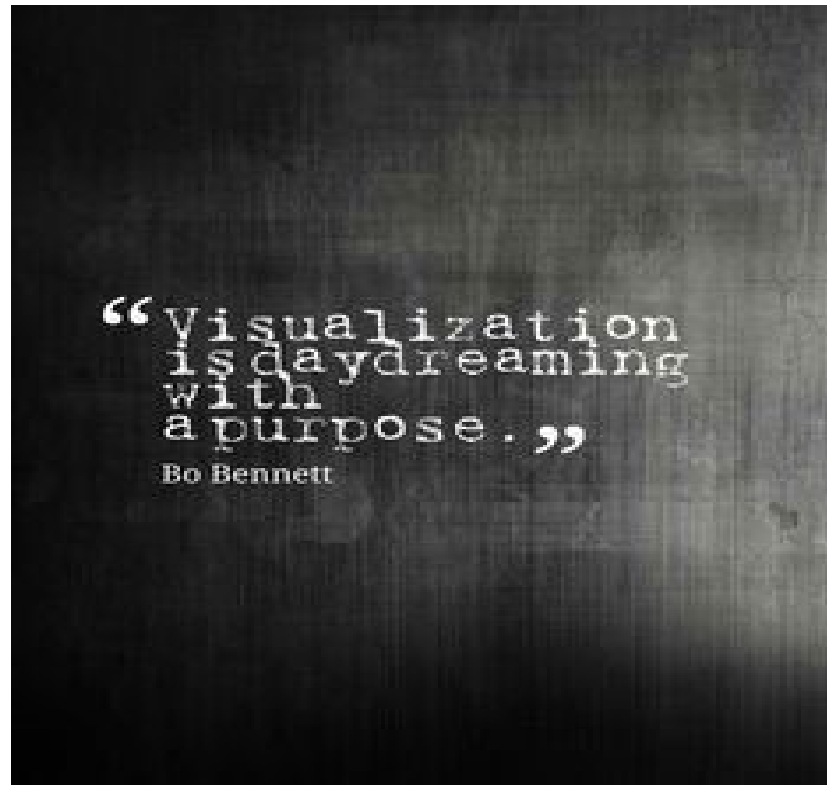
One Technique That Works



Find Your Way



Thinking Positive





Some More Tricks of the Trade >>

Especially at home!



Food Prep and Meal Prep >>

Take some time to save some time!

My thesis is written in



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It is work. If it was easy..... »»
Everybody would be doing it!

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