

CLAIM BACK YOUR LIFE & SCHEDULE YOUR TIME

WHAT IS MOST IMPORTANT?

STEP 1: WHAT'S ESSENTIAL FOR YOU?

List of the (Top 20%) essential things in your life that move you forward

STEP 2: MAKE IT REAL

Add them to your calendar
(Block time for what matters most)

STEP 3: GIVE IT YOUR ALL!

When you do things, do them FULLY.
Focus only on those things while you do them.