



Time Mapping

Maximize How You Use Your Time for a World Class Life

Have you ever wondered why some people are further along in life than you (however you measure that)? Have you ever wondered how some people produce 10x what others do? Have you ever wondered how some people do their gorgeous life with ease?

Well don't be fooled, nobody's life is perfect. But some people get a lot closer to it than others. How? They learned to manage themselves...

TIMEMAP TO MANAGE YOURSELF BETTER

I. Focus — Identify your main Life Areas you focus on (keep it to 3), or would like to focus more on, to create your Ideal Life, your Best Life (i.e., Wellness, Relationship, Financial):

Wellness

Relationship

Financial

II. Distill — List 3 Activities to target for each Life Area (i.e., for Wellness: Exercise, nutrition, mindfulness):

Wellness → Exercise

III. Specify — Select a Behavior / Habit related to each Activity that are small and repeatable that would move the needle forward in its corresponding Life Area (i.e., Wellness -> Exercise: At the gym 5x / week, for 45 min, complete exercise routine)

Wellness -> Exercise: At the gym 5x/week, for 45 min, complete exercise routine

IV. Integrate — Design your TimeMap creating your Ideal Day/s:

- a) **Select “chunks of time” for specific kinds of Focus**
- b) **Plop in your Habits into your Daily Routines** – from Specify segment above, assign a start and end time...
- c) **Plop in specific Tasks to complete Projects (grab your To-Do List!).** Projects are specific deliverables associated with the Life Areas you want to move the needle in... So, watch your To-Do list – there might be stuff on there that doesn’t serve your end game...
Schedule in Tasks with start and end times.

The key is to stay super Focused working on what you choose and completing the tasks in the time you designated

Time Mapping

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE "WORK" OR DAY ACTIVITIES							
MORNING							
AFTERNOON							
EVENING							