

10 Time Strategies to Gain Control Over Time and Profits

Your Action Step for Symptom #5 “An Unbalanced Life” – Strategy 7:

1. Take the focus off your energy draining “To Do List”
2. What would you do with your free time?
3. Use the “card” below and write out what you would do on your ideal day off.
(you might want to cut and tape this on your wall)

On my ideal day off, I would

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