

The Value of Your Time



Learning how to manage your time efficiently

5 Lessons to Remember

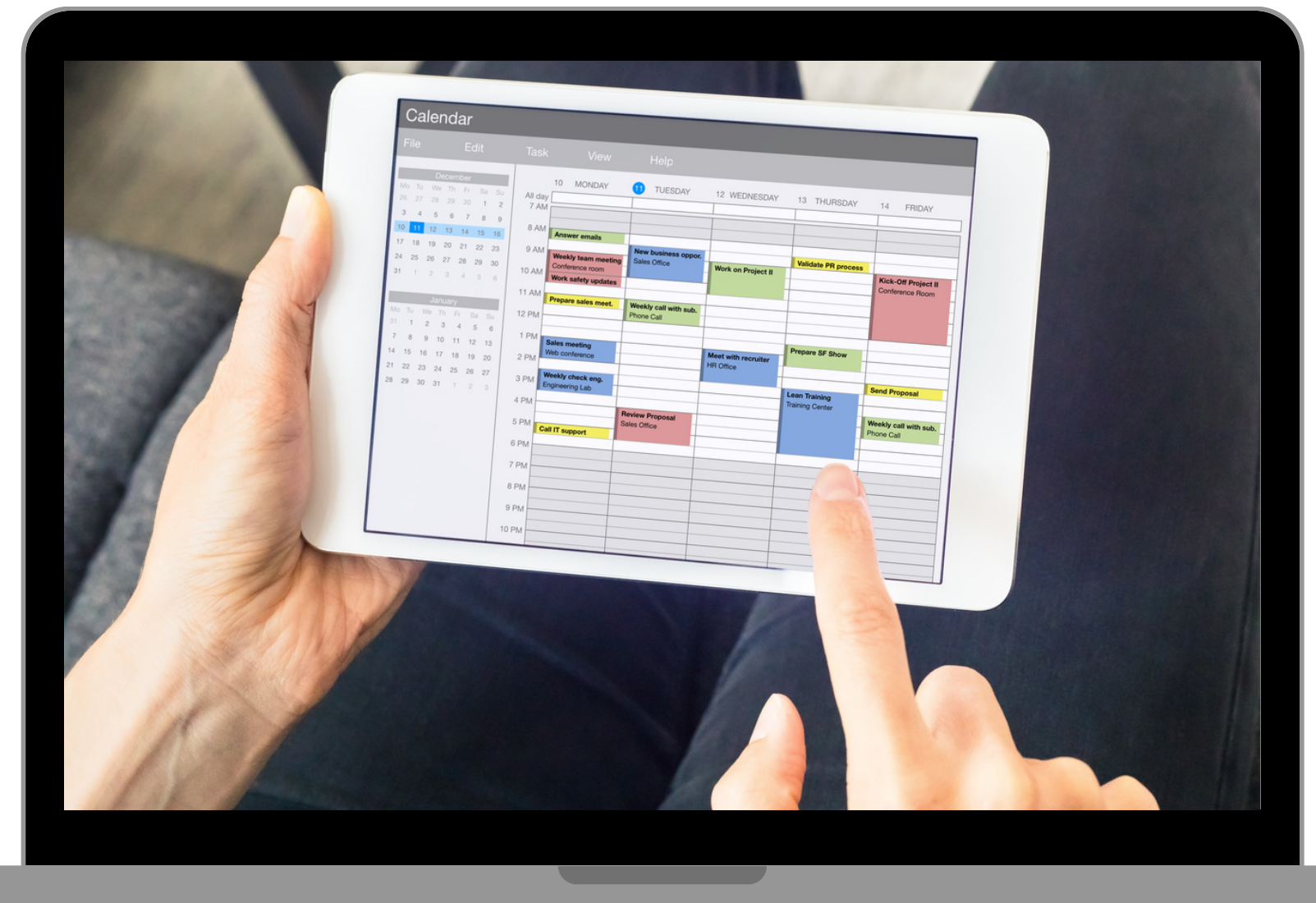
1. Time is your most valuable currency.
2. Time multiplies your impact.
3. Protect your focus with intentional boundaries.
4. Delegate to Maximize your expertise.
5. Structure your time for growth.



Knowing what fills your time

EXAMPLE:

- 5:30 AM: Work out
- 6:45 AM wake up
- Shower and get ready.
- 7:50 AM: Breakfast
- 8:30 AM: Leave house
- 9:00 AM: Get to office
- 9:00–2:00 PM: See Clients
- 2:00 PM: Drive home
- 3:00 PM: Eat
- 3:15 PM–7:30 PM: Office/Admin
- 7:30PM–10:00 PM: Personal time/Eat Dinner





Knowing what fills your joy time

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Your investment

180,000

150,000

120,000

90,000

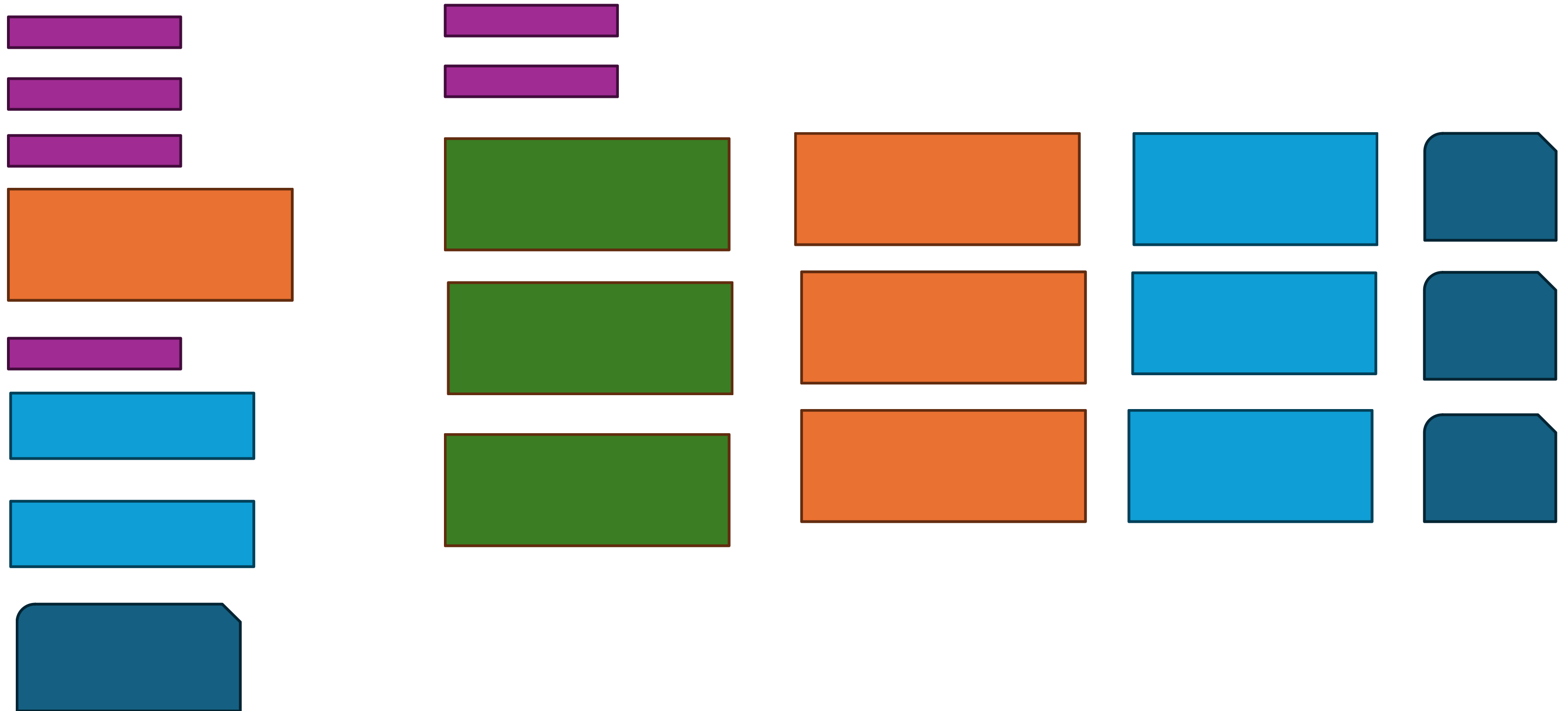
60,000

30,000

30,000 per block



How to stack your time



How to organize your time





Eisenhower Matrix

DO RIGHT AWAY

URGENT AND
IMPORTANT

SCHEDULE FOR LATER

NOT URGENT AND
IMPORTANT

DELEGATE

NOT AS
IMPORTANT BUT
URGENT

DELETE

NOT URGENT AND NOT
IMPORTANT