



TIME MANAGEMENT: LIFE MANAGEMENT



LONGEVITY

- ▶ How long do you pray to spend on earth?
- ▶ How long have you spent? Your Age _____.
- ▶ How long do you look forward to spending? _____
- ▶ This is the time to manage!
- ▶ This is the time to count down to!



PURPOSE

- ▶ At the end of the time, by year 20_____ or 30 _____, What do you pray to be remembered for?
- ▶ What do you pray your existence should epitomise?
- ▶ What should be the purpose of your live (Vision).
- ▶ What should be your networth at the time.



CLIMBING TO GREATNESS

- ▶ The Skyscraper! The Cathedral of your life.
- ▶ Divide the count down time in decades.
- ▶ Every decade is a floor of the skyscraper.
- ▶ You are now at the ground floor.
- ▶ What ten things will await you, next floor?
- ▶ Greatness, doesn't take days, it takes decades.



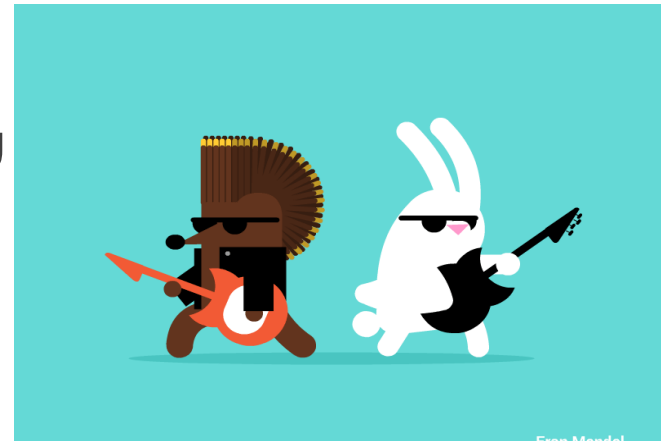
NEXT



- ▶ In the next floor, What 10 achievements do you pray for?
- ▶ What do you want in next 10 years.
- ▶ Write the Age: When I become _____ in year 2028, What should be my networth?
- ▶ Spiritual, To become, Education, Personal development, Recreation, network, materials.
- ▶ Family, Where to live, Where to visit, Business.

2023

- ▶ Next 5 years; When I become _____ in 2023.
- ▶ Make a list of 10 achievements you want.
- ▶ To become, networth, Spiritual, Education, Personal development, Recreation.
- ▶ Where to live, where to visit, Family, Business.



2021

- ▶ Next 3 years, Year Age _____
- ▶ Make a list of 10 Achievements you want.
- ▶ To become, networth, Spiritual Education, Personal development, Recreation, Materials.
- ▶ Where to live, where to visit, Family, Business.



2019

- ▶ By my birthday next year, at age _____
- ▶ Make a list of 10 Achievements you want.
- ▶ To become, networth, Spiritual, Education, Personal development, Materials.
- ▶ Recreation, Where to live, where to Family, Business.



- ▶ Next month. December 31st.
- ▶ Make a list of 10 things you want to do/start.
- ▶ To become, networth, Spiritual, Education, Personal development, Materials.
- ▶ Recreation, Where to live, where to visit, Family, Business.



NEXT WEEK

- ▶ Make a list of 10 things you want to do/start.



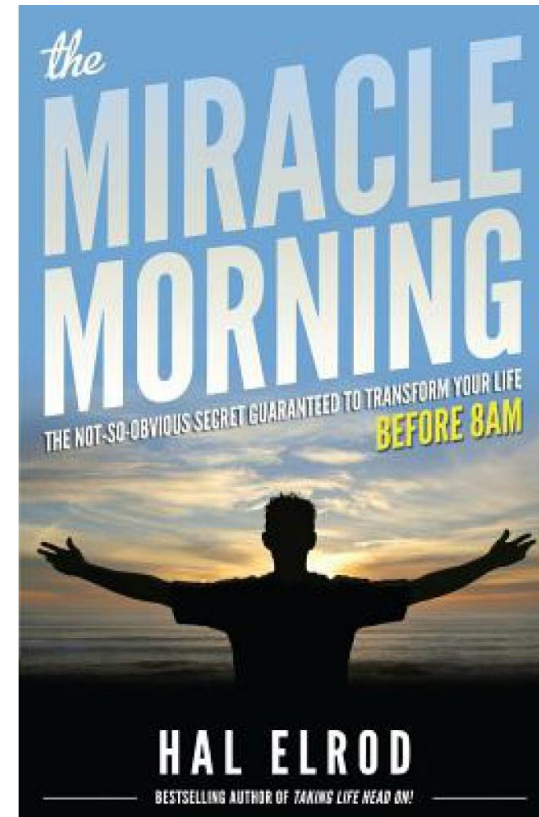
A SUCCESSFUL TOMORROW

- ▶ A successful Tomorrow begins this evening.
- ▶ What 10 things do you want to do?
- ▶ Sleep by 10pm (9am to 10pm).
- ▶ Set alarm to wake up 4pm/5pm.



THE MIRACLE MORNING, HAL ELROD

- ▶ Wake up 4am (Form the Habit).
- ▶ Practice **SAVERS** until 7am.
- ▶ If you will leave home by 5am.
- ▶ Plan to live near your work.
- ▶ Maximum commuting time = 30 minutes.





25 Min. **Silence** – Clears the mind, relieves worries, calms body, invites focus. The present moment awareness, Here now!





25 Min. **Affirmation** – Persuades the mind.
Autosuggestion. New life (transformation).



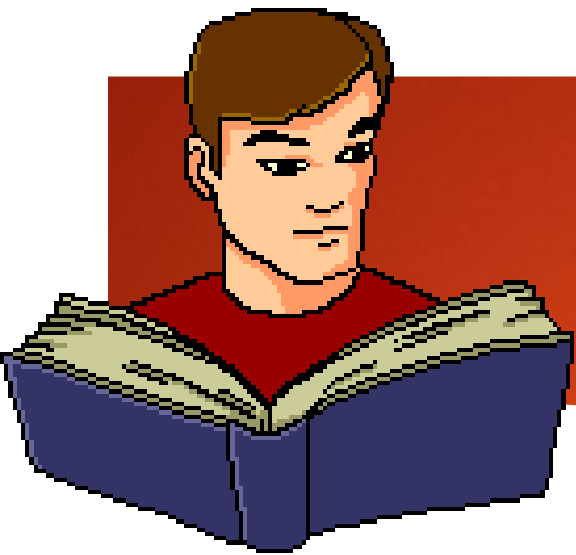
5 Min. **Visualisation** – We think in images,
Imagine having the images on your Vision
Board.





5 Min. **Exercise** – Invites rapid blood circulation to the Brain, for the next step in SAVERS.





60 Min. **Reading** – Renewing mind,
Renewing life.





60 Min. **Scribing** – Edit to do list, Arrange according to priority. Act on List. Write whatever.

Task	date/Time	Due date
Sweep the floor	5/25/2016 - 20:30	5/28/2016

A hand is shown writing in the 'Due date' column of the table. The hand is holding a blue pen and is in the process of writing the date '5/28/2016'.

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- 6-8 At work. Work from List.
 - Imbibe present moment awareness.
 - Focus, concentrate, do it NOW.

CONCLUSION

- ▶ SAVERS grants a successful day.
- ▶ A successful day, in series = A successful week.
- ▶ A successful week, in series = A successful month.
- ▶ A successful month, in series = A successful year.
- ▶ A successful year, in series = A successful life.
- ▶ Pay attention to this day, day by day.



