



Hacking Time + Productivity: Unit One - SACRED TIME

PLEASE LISTEN TO THE AUDIO!

1. I will choose to find _____ minutes every weekday.
2. Journal what happens in that time.

SACRED TIME:

Find time and make it regular.

- a. Choose your option - 30, 45, 60, 90, 120 is the goal.
- b. Same time on weekdays is preferred.
- c. Don't tell yourself what you HAVE to do.
- d. You must be 100% control of the time.
- e. BONUS if it's during PRIME BRAIN time.

UNDERSTAND WHAT YOU'RE UP AGAINST:

Journal the time and figure out what you naturally do.

- a. Some of you will do things like clean, eat, organize, binge watch TV, etc.
- b. Some of you will do things like client work, business building, etc.
- c. Some of you will be paralyzed and do very little.
- d. Do NOT judge yourself.