



time well spent

HOW TO RECLAIM 10+ HOURS EVERY WEEK
WITHOUT SACRIFICING WHAT MATTERS MOST

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WHERE I AM RIGHT NOW

ON A SCALE OF 1-5, CIRCLE HOW YOU'RE FEELING ABOUT YOUR TIME RIGHT NOW.



TOTALLY ON TOP OF IT.
I feel calm, organized and in control.



MOSTLY STEADY
I've got a handle on things, but a few areas could use tightening up.



MANAGING... BARELY
I'm holding it together, but it feels like a juggling act.



OVERLOADED
My plate is too full and I'm running on fumes.



PLEASE SEND HELP!
I'm drowning in responsibilities and don't know where to start.



WHERE I AM RIGHT NOW

The #1 obstacle facing busy working women today isn't lack of ambition or ability.

It's operating in _____
instead of living with intention.

For me, survival mode looks like:

Circle the words that describe how you feel in survival mode.

overwhelm

saying YES to everything

guilt

mental load

feeling behind

missing out

exhaustion



MY BREAKTHROUGH

Good time management doesn't start on the pages of our planners.

It starts by getting to the _____ of what matters most.

3 THINGS THAT MATTER MOST TO ME

1

2

3

Most people aren't bad at managing TIME.

They've just been managing time around the wrong _____.



PATH TO TIME FREEDOM

THE HEART METHOD



phase one



phase two



phase three



phase four

H

E

A

R

T



MY PATH TO TIME FREEDOM

my notes

action items



YOUR NEXT STEP

There's no one-size-fits-all solution when it comes to time management.

But I will tell you this one simple truth:

WE ARE NOT WIRED TO DO THIS ALONE.

We need community and support -- and people outside of ourselves to remind us what our priorities and promises are.



I know the value in time management coaching for creating custom strategies that work with your schedule, your lifestyle, and your brain.

Let's talk.

**REQUEST A FREE
TIME MANAGEMENT COACHING CALL**



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