



System One - Master Your Minutes – The Power of One Minute

1. How did it feel to be still for one minute:

2. If you won the lottery and time and money were no longer a challenge, what would you be doing differently? What would a typical day look like?

3. What does your current day look like? Honestly, how do you spend your time? Time Diary

4. Overwhelm appears when we are not clear about our focus. Where do you need to say “No” ?

5. What activities would make you the most money today?

6. Where are you procrastinating? Why?

7. What is the highest and best use of your time? How much time do you spend not focusing on these areas?

8. What is the cost to you and the people you care about by you not getting clear about this?

9. What actions will you choose that are in alignment with your values and success?
