



POWER TIME

TIME YOURSELF FOR 20 MINUTES WHILST WORKING IN NORMAL TIME.

What have you achieved?

REMIND YOURSELF OF THE POWER TIME PRINCIPLES

- | | |
|---------------------------------------|---|
| 1 FULL ON FOCUS ON THE OUTCOME | 5 LIMIT DEBATE |
| 2 CHUNK TIME | 6 FULL PARTICIPATION |
| 3 FULL ON MOMENTUM | 7 START ON TIME/COMPLETE ON TIME |
| 4 NO DISTRACTIONS OR DRIFT | 8 ADDING VALUE OR ADDING COST |

REPEAT USING POWER TIME

Later the same day, time yourself again for 20 minutes but this time using the principles of PowerTime. Set an Outcome and be positively aware of the value of each minute.

WHAT HAVE YOU ACHIEVED?

Compare and note the progress you have made in:

20 MINUTES OF ORDINARY TIME

20 MINUTES OF POWER TIME

