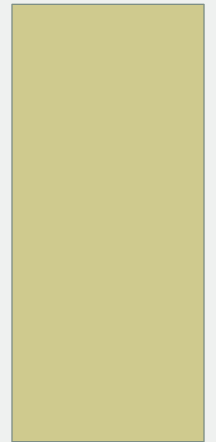


TAKE YOUR LIFE BACK!!

HELPING YOU CREATE YOUR LIFE, YOUR LEGACY -
ONE MOMENT AT A TIME



WHERE DO YOU SPEND YOUR TIME?

Do you spend your time doing what you love?

Do you spend quality time with those you hold dear?

Or – do you feel like you're always working?

– like you don't have any time left over for the things you really enjoy?

– like all you do is work, drive, cook, clean, & sleep...just to do it all over again the next day?

Would you like to learn how to start **living** your life, instead of just 'existing'?

Let's explore.....

WELCOME TO THE “NON” RAT RACE!

How did we fall into this illusion that being busy is a good thing?

Is this as “**good as it gets**”?

When did it become acceptable to be too busy to have hobbies, to visit with family, or to spend time “sharpening the saw”?

This glorification of ‘busy’ has to STOP!

Why not now? Why not with you?

NOW is as good a time as any to Take Your Life Back

HOW TO ENJOY LIFE

Why do we need an ethos to tell us how to enjoy life?

Because we got caught up in the rat race—that's why!
Let's change that N-O-W!

N = kNow where your priorities and true desires lie; so you'll kNow when you're missing out on something that you truly value and hold dear!

O = Only you can decide where you want to spend your time and Only you can make it happen!

W = one Week of tracking your time is all it takes to see a pattern and begin to Take Your Life Back!!

HOW DO WE GET THERE, FROM HERE?

First things first – you need to kNow your priorities
How?

List all of the things that take up your time into
“Categories”. Some examples are:

- Working
- Sleeping
- Eating/Cooking
- Exercising/Sports
- Family/Couple Time
- Reading/Education
- Driving to/from work
- Entertainment/Watching TV
- Yoga/Meditating
- Hobbies
- Game Night
- Writing/Blogging

NOW, PRIORITIZE!!

Next, prioritize those Categories that you hold most dear – those activities you **enjoy** doing, really **want** to do, absolutely feel **fulfilled** while doing!!

Once you've prioritized your Categories by putting a number next to the ones you love (could be 1, 2, 3 or more), then you can assess whether or not you are making time for them on a **regular** basis

{By the way, Regular = **Daily** or **Weekly**, no less!}

NO TIME FOR PRIORITIES?

If you've found that none of the time categories you listed are your real priorities in life – don't despair! We'll fix that!

Awareness is the first step towards fixing any of life's little annoying problems – even when the little annoying problem is that you suddenly realize your life is on auto-pilot and you forgot to show up for it!!

Let's fix it – NOW!

ADD ONE PRIORITY

Let's use an example of not including any time in your weekly schedule for "family time" (this can mean couple time, kid time, extended family – whatever you call 'family time').

It can be very difficult when we're running full-speed to remember that our closest family members **want** and **need** to spend quality time with us.

Add 2 – 3 hours one night this week for family time.

That means you'll have to delete something (don't work late one night, don't watch TV, don't study, don't cook (get takeout) – just some suggestions!)

OTHER PRIORITIES MISSING?

With the suggestions on the previous slide, you should clearly see how you can add time for anything that's missing in your life.

Maybe you miss your hobbies; or you enjoy exercising, hiking, reading, writing that great American novel; or you're pining to take a course, volunteer, learn a new language, or Yoga; or start working out, walking, running, or meditating – now you know how you can easily insert a desired activity into your daily or weekly routine again!

ONLY YOU CAN MAKE IT SO

We've pretty well covered the 'kNow' part of the N-O-W equation. Let's discuss the 'Only you' part!

In today's fast-paced world it is so easy to become lost in "busy-ness". It's absolutely NO WAY to enjoy your life, though!

You are the Only one who can make effective changes in your daily or weekly routine – are you missing something? Then Only you can fix that!!

O-NLY YOU!

We spent a few slides together explaining the kNow your priorities concept – because awareness is the key to any lasting change (we'll repeat that concept many times together, just so it sinks in).

But I don't feel compelled to beat a dead horse on the O-nly you concept. It's a fairly simple, straight-forward, no holds-barred concept.

Either YOU decide to make changes so you can start to enjoy your life again, or YOU don't.

YOU ARE IN CHARGE!!

But since we did spend five slides on the kNow your priorities exercise, I didn't feel like two slides were enough to allow this part to sink in.

O-nly YOU can change where you are

O-nly YOU can decide which activity you are going to ditch, or do less of, so you can re-incorporate an activity that truly brings you happiness

O-nly YOU can make the decision on where you SPEND your time (Remember-TIME is a fixed asset!!)

ONE WEEK...

Can I really be sure that it will take only one Week of tracking your time to see a pattern and then begin to Take Your Life Back??

YES – I've done it, you can do it!!

Where do you start??

Read on...

HOW?

In the kNow exercise we gave you the template for beginning the one Week exercise.

Once you have your categories listed and prioritized – now you need to take one Week **surprised??** and track where you really spent your time in each of those categories.

(**Spoiler alert on the next slide**)

WHERE ARE YOUR HIDDEN GEMS?

Where do you think you will find an extra 2–3 hours each week, easily & without much pain, to change your life?

Usually, without fail, we find that one or more key nuggets show their ugly truth:

- we are spending way more time in front of the computer or TV than we thought we were – BAM!!
- we have an opportunity to streamline our routines (cooking, prepping meals, morning or bedtime)

NOW WHAT?

So you've tracked your time for a week and found that there are a couple of relatively simple choices you could make one day a week or every day of the week to give you the time you were looking for to bring back those activities that you've been missing. You know, those activities that really made you happy back before you were too busy to have time for them any more.

It is my sincere hope that at least one of those activities is spending more time with loved ones.

TRUE JOY

True happiness is found in the moments we spend enjoying our hobbies, accomplishments, dreams and hopes with someone who we care about and who cares about us in return.

Even if you're 'single' – you have friends and/or family who love you. Seek them out for some special camaraderie time together each week. In today's world of Video chat and Skype – you can even spend time once a week *for free* video talking with those you love who are far away from you.

THE SKY IS THE LIMIT

The sky really is the limit to how you can use this exercise

Use it only once, or periodically throughout your life, to make lasting changes and to bring awareness into where you spend your precious TIME.



If I could wrap up this ethos in a nutshell it would be these two observations:

1) Time is our most precious asset – and it is fixed, limited, measurable – and once it is spent it cannot be re-allocated, EVER

2) Awareness is the key to any lasting changes we want in our lives

You hold the keys to change – use them to Take Your Life Back!!

WRAPPING IT UP IN A BOW

If you want to receive Ninja Life Hacks about how to live intentionally, focus on your priorities, and do stuff that really matters to you every day, sign up here to get on the list.

<http://forms.aweber.com/form/73/298387573.htm>

Now get out there and Take Your Life Back!!

Lisa