

# TOOLS FOR TIME MANAGEMENT

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prime for your day

## AIM

What matters today, and what should your real priority be?

## ASSUMPTIONS

Challenge negative expectations, what counter evidence can you seek out?

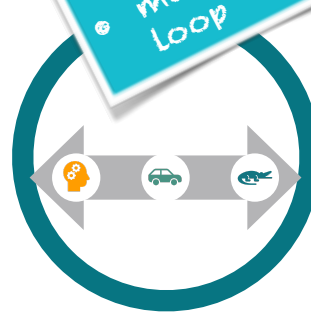
## ATTENTION

What do you want to make sure you notice?  
What are you actively looking out for?

## ATTITUDE

What concerns might be getting in the way, that you can set aside for now?

deliberate vs. automatic  
defend - discover axis  
mind body loop



## Hacks

**AUTOMATE T-CUP REHEARSE**  
**WHEN-THEN AGENDAS**

manage your inputs  
work the system

