

THERE IS NO TIME FOR CHAOS

GETTING IT DONE SERIES 4

Welcome to our 4th Video in our 'Getting it Done!' Video Series

We all have hectic lifestyles whether it be at home with our family commitments or with our work expectations, we have so much to do in so little time. What happens to the majority of us is we get so chaotic we actually get nothing done. We run around busier than we have ever been before yet achieving absolutely nothing! You have to take control! Control of your diary and control of your time.

I always say 'He who controls your time controls your income' and I want to be in control of my own income, don't you?

You have to start using the word NO! You are about to get a lot busier, firstly you have committed to complete the 12 week business academy with me – you need time to do that and secondly if you follow the steps in this 12wba program your business will grow dramatically and you will need time for that. When anyone asks you to do something or go somewhere your first response has to be NO! You have more important things to do like spend time with your family or finishing a new project in your business. Most of the time the invitations you receive you will go along and feel guilty afterwards for not spending your time wisely. So start saying NO!

If you do receive a request from someone to an event that you may want to go to, look in your diary first to make sure you haven't scheduled family time or anything else important in at that same time. If it clashes say NO I'm sorry I have another appointment at that time. If it doesn't clash schedule it in your diary.

We will cover diary control and ideal weeks in module number 6 but for now you must start with just saying NO!

So remember if it's not in your diary you must not do it!

In the next video you will learn about Brainstorming Fun, Talk soon!