

How to Get Things Done and Create More Time

Coaching with Crystal Noelle

www.coachcrystal.ca

Where Am I With Time

1 What do I think about time? What beliefs do I have?

2 Create some intentional beliefs about time:

3 What are my top 5 priorities?

First:

Second:

Third:


Fourth:

Fifth:



Notes



A close-up photograph of a stack of smooth, light-colored stones on a beach. The stones are stacked in a slightly irregular manner, with some showing darker, more textured surfaces. A semi-transparent teal rectangular box is overlaid on the center of the image, containing the text. The background is a soft-focus view of the beach and ocean.

*Time, in its
merciless
persistence, has a
powerful effect on
us to show us what
we value most.*

Where Does My Time Go

1 What do I lose time to or waste time doing?

2 Everything I do comes at a cost of not doing something else, what would it look like if I only did what was essential? What's on my essential list? What should I say no to?



Notes



Thanks for Coming!

If this class resonated with you I invite you to check out my program By Design. It's for Mom's like you and has trainings like this every month plus a lot more. [Click Here](#)

