

## Time Abundance: Thoughts to think on purpose around TIME

- I have plenty of time.
- I make time.
- I always have the exact amount of time that I need to get \_\_\_\_\_ done.
- Just as I create amazing lessons for my students, I create time.
- “Busy” is just a thought. I am never busy: I decide what gets done.
- I make the time to design the life of my dreams.
- I am a finisher. I complete small tasks and celebrate : this creates momentum.

### Powerful Questions to create more time:

1. What are the main distractions in your life, and how can you reduce or eliminate them?
2. Do you try multitasking in your daily life? What are the things you do at the “same time,” and how does it affect your focus and attention?
3. What are you “trying” to do right now that is not working? What if you just did it instead? (Take this question seriously and answer honestly.)

