

Four Strategies for Getting Better at Prioritization

Chapter 5: Business

Prioritization is a skill. Develop it, using the following strategies, and you'll feel less anxiety and experience an improved ability to do the right work in the most efficient ways.

1. Reframe your definition of productivity
2. Free up time for more high leverage work
3. Schedule time to think
4. Play the to-do tournament to decide what's next

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book