

Schedule Time for Thinking

Chapter 5: Business

Once you've bought back some time, I encourage you to begin booking appointments with yourself for thinking about, researching, sanity checking, and getting others' thoughts on the high-leverage work worth tackling now. This is so important that I'd like you to schedule that time immediately.

On which day of the week can you budget a few hours for thinking?

How long can you budget for this?

Now pop open your calendar and make your first appointment with yourself to do it.

Which day did you choose?

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