

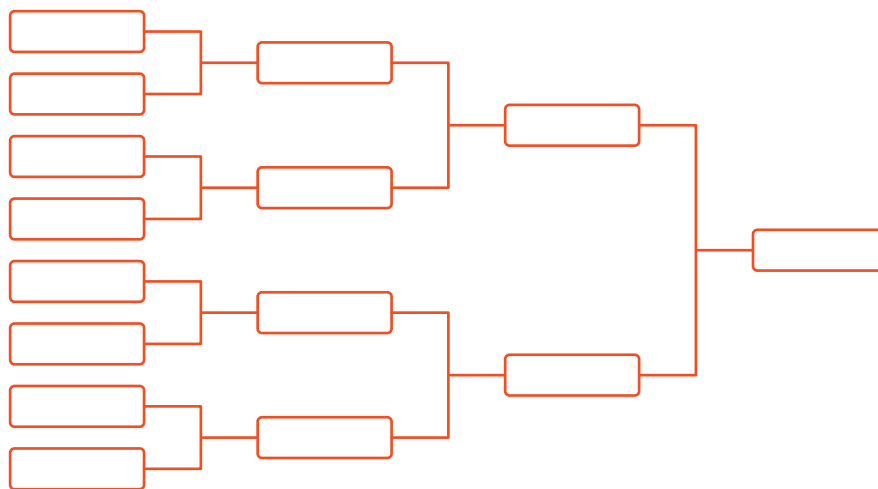
The To-Do Tournament

Chapter 5: Business

As time goes by, more and more opportunities will come flying at you. You'll never have enough resources to capitalize on even a small fraction of them. Which means your only competitive advantage is a counterintuitive one: put rigid constraints on your time, figure out the very few opportunities worth doing, focus on those few unwaveringly, and pass on everything else.

The tournament bracket method can help with this.

Whenever trying to decide on what to prioritize, print this out and put your ideas and opportunities up against each other, using the theory of constraints (identifying the most important limiting factor standing in the way of your goal) to help inform which to do 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