

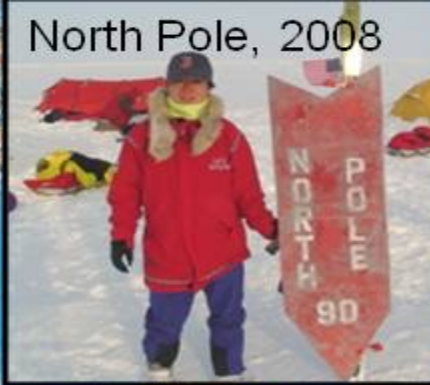


Mindset of Making Every Second Count!

By Coach Lei Wang



McKinley, 2007



North Pole, 2008



Elbrus
2005



Aconcagua
2008



Mt Everest
2010



Carstensz
Pyramid
2007



Kilimanjaro
2003



South
Pole
2008



Vinson Massif
2007

What would your life be like if you have extra 2 hours every day?

Get more sleep?

Exercise more?

Better health?

Be a better spouse/parent/family member?

Make more money?

Grow your business faster?

Have more fun/vacation time?

More Happiness?

Travel the world?

Live your dream now?

You can't make more time

But you can make

MORE

out the time you have

Would you pay someone \$500 an hour for doing nothing?

If your goal is to make \$1MM per year

Assume you work 50 weeks a year, 40 hours a week

What's the \$\$ value for your every hour?

$$\text{\$1MM} / (50 \text{ weeks} \times 40 \text{ hours}) = \text{\$500/hour}$$

How do you value yourself?

- How you use every second of your life is how you value your own worth.
- Time management is about keeping commitment to yourself, valuing yourself.

Do I have to be busy all the time?



Productive v.s. Busy

Productive = Use time on most important, most valuable activities, with a purpose

- Clear goals
- Clear priorities
- Take thoughtful, planned steps towards the change you want to achieve
- One task at a time
- Say “no” to many tasks
- Value results
- Do what matters

What are your most important, most valuable activities?

- What are your most important Life Intentions?
- What are the most important (profitable) activities for your long term success in each area of your life intentions?

Every Second Counts

Success tomorrow is determined by what you do today.
Success is created by daily actions

“Success is doing what you said you would do
consistently, with Clarity, Focus, Ease and Grace”
– Maria Nemeth

Feeling Overwhelmed?



Space -> Mind -> Time

Clean up your space first:

Desk

Drawers

Computer Desktop

Documents

Files/Folders

Internet Favorites/Bookmarks

Calendar

Address Book/CRM