



Interactive eBook

Identifying, Planning & Achieving Dreams Stress free

TIME MANAGEMENT - PART 2 OF 6

THIS BOOK IS A PART OF 6 BOOKS OF LIFE MENTORSHIP PROGRAM OF SUCCESS VIKINGS WHILE FIRST AND SIXTH ARE TO BE USED IN THE SAME SEQUENCE WHILE PARTS 2, 3, 4 & 5 CAN BE USED IN ANY SEQUENCE.

Time Management for time based Dreams

Now that you have divided the dreams over time and money based respectively, let's understand the art of time management and priority setting in case we feel that we are short on time.

This Pie-Chart is an example showing how most of the human beings normally spend time over various activities in Life.

Kindly watch the relevant videos on YouTube



Example of Time allocation over a 168 hours/week



NOTE

In most cases this is how a week could look, but it surely varies from person to person, their dreams and their commitments.

The 22 extra hours as an example are shown which can be invested into Dream based actions, hobbies, philanthropy etc.



To do

Beside each activity, write the number of hours required for each day. Spare about 9 hours for your daily rituals.

Why

This exercise helps us to find out if we have enough time for the time based dreams. Some activities happen a few times in a week rather than on daily basis.



Priority setting for Time based Dreams

Why

If you are not able to attend all your Time based dreams/activities at a particular stage of your life, then you will have to prioritize your dreams as per your available time for that phase of life.

Take into account your family's dreams too.



Make a lists of your time based dreams.
Now, apply TIC-TIC theory for both as instructed below.

Compare your 1st dream with the 2nd. Prioritize and TIC the one which you think is more important.

Go on comparing the 1st with 3rd, 4th, 5th, 6th. When you compare two dreams, do not forget to TIC the one which is of utmost importance to you.

Follow the above method and compare the 2nd dream with the 3rd, 4th, 5th, 6th and so on and mark accordingly.

Go on comparing the 3rd dream with the other listed dreams, followed by the 4th dream with the remaining dreams and continue the process till you are left to prioritize between the second last and the last dream listed on your dream list.

Count the TICs beside each dream and rank the one with the highest count as your top priority-"No. 1" and the one with the lowest count as your last.



Disclaimer

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