

34 pages of
streamlined
productivity...
LESS is more!

Focus Sessions

A single focus session can help you stay on a consistent course of added productivity throughout your day. This is a great tool for busy business or the Professional Technologist.

You've probably heard the old adage...

Chapter Three

Your Peak Energy Time

The Planner

The planner is designed to help you stay on track with your goals, tasks, and projects. The planner is designed to help you stay on track with your goals, tasks, and projects.

Planners are not only for professionals, business, and with creative thinking or working outside the box, difficult to contribute to group planning therefore, the way to think about the topic is to think about contributing ideas or solutions. Planners also have...

The Arranger

The Visualizer

You're the one who needs to juggle multiple projects, tasks, and responsibilities. You're full of ideas and are always looking for new ways to improve your productivity, but often have difficulty coming up with a plan or a way to stay on track. The Visualizer is the tool you need.

You are spontaneous, creative, flexible, and can adapt to change and unexpected changes. You can easily see the need to focus on the end result or the process to which led up to that end result.

When working with groups of people, the Visualizer is a great tool to help you stay on track. You can use it to create a plan for your project and see how it fits into the overall plan.

The Visualizer, focusing table and focusing cards are designed to help you stay on track with your goals, tasks, and projects.

Identify Your Style

Check the ones that apply to you.

- ☐ I like working in groups
- ☐ Managing multiple projects is easy for me
- ☐ I like organizing & encouraging others
- ☐ I am a natural multitasker
- ☐ I like working with others
- ☐ Eye contact is important to me
- ☐ I am concerned with how tasks will help & affect others
- ☐ I often explain concepts for others

☐ YES/NO

Press The Rest Button

Theme Ideas



Business Themes

Batch Work & Theme Brainstorming



Every day, every week. You may not need to focus, but you do need to be working for everyone who is working for you. Make changes, make results, and be the driving force in the company.

- Focus on creating your approach to the...
- Doing projects & tasks while doing peak energy times
- Doing all in work during peak energy times
- Stop doing important items
- Use your main calendar
- Send you calendar with others
- Send tasks
- Remember your goals
- Remember your tasks
- Set the deadline for every day

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concept to address The lessons can be learned and implemented in almost any order and whichever is adopted will provide immediate benefits This handy instructional manual will give both seasoned GTD users and newcomers alike clear action steps to take to reach a place of sustained efficiency **Cumulative Book Index** ,1959

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