



Productivity for the Rest of Us

5 ADHD Friendly Ways to
Live on Purpose, Fight Distractions & Get Results

take
notes
here



Hi, I'm Christine.

I believe in your dreams.

CHRISTINE WILSON, LPC
FOUNDER, THINK TIME™



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the
warning

why you need visual &
creative thinking skills



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CHRISTINE WILSON, LPC



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the
warning



how to get more
done in less time



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“How Can I Get More Done In Less Time?”

“THE 80/20 EXERCISE”

Set aside 5-15 uninterrupted minutes. Brain dump or mind-map all of your to dos. Then, evaluate which activities are high results activities—the 20%. Write only these on the right column. To get more done in less time, do these activities FIRST!

My To-Dos

TOP 20%



Sincerely, Christine

p.s. You've got this!



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this or that

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next steps

I believe in your dreams.



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