

Getting Started with Think Time

A 90-Day Plan

Week 1

Gain clarity with the Envision Box. Live off of your Calendar Tool.

Week 2

Focus on what matters most with the Rosebush Tool.

Week 3

Stay fresh with the To Be / To Do Concept Clouds.

Week 4

Become results-oriented with the Decidere Grid.

Week 5

Soar over hurdles with the Prioritized To-Do List.

Week 6

Release what weighs you down using the Serenity Circle Tool.

Week 7

Power through your to-dos with the Action Quadrant.

Week 8

Stay in tune with the More of/Less of Tool.

Week 9

Get traction with the Review Box Tool.

Week 10

Gain perspective with the Timeline Tool.

Week 11

Deepen your vision with the Five Sensing Tool.

Week 12

Boost your energy and improve your outlook with the Thankful Tool.

Week 13

Achieve more than you can imagine using the Plus It! Tool.



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