



March 12th, 2023

<<First Name>>,

Your TIME is your greatest and most valuable asset that you own. I was recently asked to share specific things I've personally done to be more intentional with my time. Here are 7 things I shared:

1. Turned off all notifications on my cell phone besides phone calls and texts
2. Deleted my FB and Twitter Accts (goodbye to over 43k followers)
3. Cut my movie consumption to about 1 movie per year
4. Stopped watching TV shows (last one I watched was the final episode of the Office in 2013)
5. Stopped watching the news
6. Prescheduled my workout time and reading time on my google calendar
7. Hired better assistants and support professionals, allowing them to do things that didn't need to be done directly by me

Shocking stat: the average American spends 7-9 hours per day watching tv and on their phone! That's ~ 120 DAYS per year! Stop wasting so much time on stuff that doesn't help you. B

You'll feel better and get more done. Here are a few other ideas: batching similar tasks together, designate one day per week to prep healthy meals and snacks ahead of time, learn to say "No" to all the invitations that aren't the best use of your time, stick to a schedule to reduce uncertainty and stress. I hope these are some helpful reminders for you and that you cut out some waste and have a great week!

P.S. I share some great tips from the top entrepreneurs in the world about how to manage your attention, celebrate your accomplishments, recharge your relationships and increase your physical and mental health in my new best-selling book "[BEYOND THE MONEY.](#)" Hope you can pick up a copy and take a minute to leave an amazon review. Thanks!

As always, if you're an existing client or a qualified potential client, don't hesitate to reach out if you have any questions for us, please [click here.](#)

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**P Paul**

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