

Priority Management Mastery. Seminar #1. 17 April 2024. Additional Notes.

Your Coaching Challenges

1. Isolate a thought that routinely creates your overwhelm. Challenge it.
2. For the next week, practice NEVER self-describing as "busy".
3. Create a cache of your 3 favourite / most resourceful "good questions".
4. Give yourself "5 Good Minutes" of thinking time each day, for 5 days.
5. Choose one new strategy and commit it to your calendar, now.

Goals vs. Systems.

"Losers have goals. Winners have systems!" Quote: Scott Adams. Create systems to near-guarantee attention and compound interest towards your goals.

From Adams' book "How to Fail at Almost Everything and Still Win Big"

<https://amzn.eu/d/dJhiPTS>

Outcome vs. PROCESS.

Achieve outcomes **NOT** by focusing on the outcome, but by focusing on and routinely following your PROCESS. **Design the process that gets your goal. And execute!**

Challenging Beliefs.

Check out "The Work" by Byron Katie. 4 powerful questions to challenge limiting beliefs: Is it true? How do I know? What happens when I think the thought? Who would I be without the thought?

<https://thework.com/instruction-the-work-byron-katie/>

"Relax for the same result."

Quote from Derek Sivers. Keep goals and tasks unchanged. Relax on the journey. The work will still get done - but without the emotional toll.

His article: <https://sive.rs/relax>

Taken from the book "Hell Yeah, or No" <https://amzn.eu/d/54q5Wh2>

Lesser Goals

"We're kept from our goals not by obstacles, but by a clear path to lesser goals."

Quote from Robert Brault. What "lesser goals" must we intentionally put down - to make room for the true priority?

3 Key Ingredients for VALUABLE Thinking Time

Clarity. Alignment. Energy. What other outcomes would make thinking time a valuable investment of your time? How could we reward this to create intrinsic motivation to do this, again!

3 Steps to Installing a New Behaviour

(i) Identify the trigger(s) that give rise to the unwanted behaviour. **(ii) Design** your ideal behaviour, ahead of time! **(iii) Install a "system"** to make the new behaviour near-inevitable.

5 Good Minutes

Much can be achieved in "5 good minutes": it could be the catalyst that kickstarts all else! Routinely give yourself 5 good minutes, perhaps this evening, tomorrow morning or following your next meeting.