

time power-ups

Escaping the To-Do List Trap



Glued to your work devices, feeling like you've worked all day but got nothing done? Losing yourself in the vortex of emails, messages, notifications, and endless scrolling?

Stop feeling frazzled and fragmented, and prioritize your time, energy, and focus. Say **goodbye to the busy badge** and hello to an intentional and more productive you! Walk away with actionable strategies to **reset and restore your brain and body**, paving the way for a more balanced and focused approach to your work and personal life.

Invest in your well-being and ACHIEVE YOUR FULL POTENTIAL!



Today I took a 'should' off my plate that has been a mental burden for MONTHS. I feel like I can face Q4 with energy and excitement instead of dread. So many good principles & tips... thank you!

- Melinda McKee

Founder, Memento and Muse

LEARN HOW TO:

- ✓ **Erect guardrails** by digital downsizing to **respect your time** & headspace
- ✓ **Establish time** and focus blocks, helping you to 'name it to tame it!'
- ✓ **Prepare** for vacations & emergencies, empowering you to **shut down** your phone and **recharge** your personal energy batteries.

PLAY VIDEO



PERFECT FOR PEOPLE:

- Drowning in to-dos, commitments, and responsibilities
- Juggling multiple projects or roles in their professional & personal life
- Craving simple, effective systems to prioritize & focus on what matters most
- Seeking innovative ways to delegate or automate tasks both at work & home