



TIME QUEEN - #8 TIME HACKS

#1 DECIDE - It Gets To Be Easy Or Easier.

When we approach anything with the mentality it's a chore, boring, hard and a pain to do etc — it becomes that.

Instead, when we take a moment to shift our beliefs and focus and decide that it gets to be easy or easier we approach the way we see it and it transforms like magic.

You can also use tapping & breathing for a moment to help you shift your state of mind and being if you are feeling knotted about a subject matter you have to deal with.

#2 STOP & BALANCE:

When you begin to feel the off-balance push and chase feeling, simply STOP like the rider on the horse, or the surfer on the board - balance is everything!

So take a moment to get upright, find your centre, and breathe deeply before proceeding with anything.

Stop this descent quickly and you will stop time running away from you.

#3 TIME CHUNKING:

Set bitesize boundaries for your time and actions and you will shift into a quality, not quantity mentality.

You will be more present, more productive and feel more confident as you begin to take charge of your allocation of time for tasks. This can be used for ANYTHING, but it is better if used for jobs and let pleasure be more free-flowing.

Simply allocate time to each task (household, business, career, kids etc) 60 minutes max is good, use the alarm on your phone and once the time is up then do something else. You can always come back to it later in the same day etc.

You don't always need a break in between as a change is as good as rest when you switch tasks but a leg stretch or a pleasant reward helps if the task is a real chore.

With practice, you'll discover that even tasks you usually procrastinate about become easier to complete.

#4 SHIFTING TIMESCALES

This extends chunking into larger periods, so you can manage your diary, make assessments and accept that TIME can also work in your favour for shifts results and transformations to happen.

We need time to create, build and improve things. Like a project deadline, it is good to have boundaries so we can work to keep focus.

Start working to a week-by-week focus for managing your fitness/ self-care routine or household chores etc. Nothing needs to be perfect and all done instantly.

When we allow for shifting of timescales so they can expand and collapse we can see small wins and big results.

#5: 2% COMPOUND PRACTICE

Compounding your results is about focusing on the small wins for big results and they build on each other with interest and create confidence, habit and lasting transformation.

Just like the saying goes;

"Take care of the pennies and let the pounds take of themselves"

If we focus on the small actions we can do each day, we soon discover that we've achieved something bigger.

In this case, use these techniques and you can completely alter the way we think, act and behave - just like climbing a mountain one small step at a time.

#6: GETTING HELP & OUTSOURCING

One of the biggest shifts to letting go of "BUSY as a trauma response" is being able to want help, ask and reach out for help – but mostly allow yourself to receive the help.

- Get helped by helping yourself using the techniques here.
- Get helped by delegating to others or asking partners, children etc (without nagging, guilt trips or shaming)
- Get helped by asking for support from God/Universe/Divine/ The Gamer, surrendering and allowing it. EG: such as resolving something with ease and grace, please give me the right words, or guide me to the right person etc.
- Get helped by paying for it and making "good time economy" choices such as outsourcing to more skilled people, getting a cleaner, and having food delivered etc.
- Get helped by making a "good time economy" choice and paying for a coach or buying training, completing it and putting it into action to learn new skills.

#7: PRIORITISING (LIST TOP 3 UNCONSCIOUS LISTING)

It is important in life to know what your priorities as regards your body, home, relationships, work or business etc. and WHY.

Learning how to prioritise tasks though, is an easy skill to master when you realise NOT to base it on TIME and shoulds & oughts but on NEED, DESIRE and what your subconscious already knows.

When you write out all your tasks etc that need to be done you will automatically write out the list of priorities

- the top 6 or top 3 are where you should focus in a day or week to get done in no particular order unless you want to do the quickest ones first to build momentum.

However, if you use the chunking method this does not matter so much.

The important element is to get yourself into the "it is done - it was easy" mode before taking ANY action.

#8: DECLUTTER EVERYTHING

I cannot emphasise enough the importance of decluttering and keeping your living and working space, energy and mind clean and tidy for the best results if you want to use the power of Quantum mechanics to help you shift TIME and manifest the experience you desire in your life.

So now find things to throw away, pack away, clean up, tidy up or give away and you will feel better for it!