



ESSENTIALISM



WHAT IS ESSENTIALISM?

The art of figuring out what is important to you, and cutting what isn't. This creates enough space in your life to pursue what is most valuable to you - relentlessly.



WHY DO ESSENTIALISM AND TIME MANAGEMENT GO TOGETHER?

They are two sides of the same coin. And the coin has a clock on it.



TRY THIS: DROP 5 IN 10

Identify five time wasters which annoy you and provide no value to your life.

Strike them from your schedule, Grasshopper! Do it within ten days.

Bask in the sunlight of your accomplishment.

Report back about how this went in the Dojo. Not a member of the Dojo? Let's take care of that right away! Click the bottom of the Ninja Notes and I'll take you there immediately!



SENSEI SAYS: BATTLE PLANS: THEY'RE ONLY GOOD FOR TEN MINUTES. PRACTICE THE JOY VS ANNOY DECISION, AND IT WILL BECOME HABIT.



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

