

# TIME SAVERS

In this mission, we ask that you try and test these time savers to discover which one or two help you the most for now, to not be overwhelming, but help you save time and improve your life.

There are 15 time savers. Try each one, that is applicable in your situation. Practice each at least 2 days, when you can.

Note in your journal:

1-the Time Saver

2- if it's applicable

3-if it would save you time now

But remember that consistency is key.

## GOAL

Gain more energy and reduce stress.



# TIME SAVERS

1

Washing your dishes after meals

2

Making your bed the moment you get out of bed

3

Lay out the clothes to wear for tomorrow the night before

4

Get up at the same time everyday

5

Write a shopping list and stick with it when shopping

6

Go to bed at the same time everyday

7

Pay your recurring bills automatically

8

Cook in bulk and/or plan your meals based on leftovers

9

Wipe down counters and table after every meal

10

Add right away to your grocery list when you empty a food item

11

Identify your big 3 objectives the night before

12

Keep your keys in the same place

13

Put your cellphone on sleep mode at least 30min before bed

14

Pick up as you go along

15

Plan your route; what errands can you run on the way



**What time savers worked for you?**