



Warrior approach to productivity

Trevor Timbeck

A photograph of two young women with long blonde hair, one in profile and one from behind, talking at night. They are wearing dark jackets with light-colored fur-lined hoods. The background is dark with some blurred lights.

**Take a few moments
to **CONNECT** with
your neighbour**

CPD Process

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Today's speaker



Trevor Timbeck

Game Changer | Leadership Coach

@TrevorTimbeck

Distinctions lead to mastery





Silence is the warrior's art — and meditation is his sword. With it, you'll cut through your illusions.

Dan Millman, *Way of the Peaceful Warrior*

Cut Away...

The Future

People Pleasing

Excuses

Procrastination

Stuck-ness

Exceptional Days

Time management is dead

Long live time management

Linear time is horizontal



Non-linear time is vertical

- The power of NOW
- The only question is:
Now or Not Now?

The speed of life



What is the speed of life?

As a rule, are you going faster or slower?

Distinction

Overwhelm

vs

Overload

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Exceptional Days

Distinction

Pleasing

vs

Serving

Distinction

Multi-tasking

vs

Focus



Management and efficiency studies in the work place tell us that one hour of uninterrupted time is worth three hours of time that is constantly interrupted.

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“I don’t have enough time”



Image Source: <https://www.sadanduseless.com>

“I don’t have enough time”
is the grownup version of
“the dog ate my homework”

Everyone has
168 hours/week

Distinction

How-to

vs

Want-to



If you know the difference you want to make,
the “how” will take care of itself.

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What are the steps I should take to overcome procrastination?

**“Do the things you’re procrastinating on.
Those are the steps I would take.”**

A still life composition featuring a round mirror with a gold frame. To the left, a clear glass vase holds several thin, brown stems with small, purple, dried flowers. In the foreground, a small white ceramic pot holds a succulent with pinkish-purple and green leaves. The background is a plain, light-colored wall. The text is centered within the mirror's reflection.

**OBJECTS
IN THE MIRROR
OF THE FUTURE
APPEAR LARGER
THAN THEY ARE.**



Do the thing and you shall have the power.

Ralph Waldo Emerson

Start small

What's the smallest step – then think even smaller

Make it a game

3 minute rule



We are what we repeatedly do.
Excellence, then, is not an act,
but a habit.

Aristotle Will Durant

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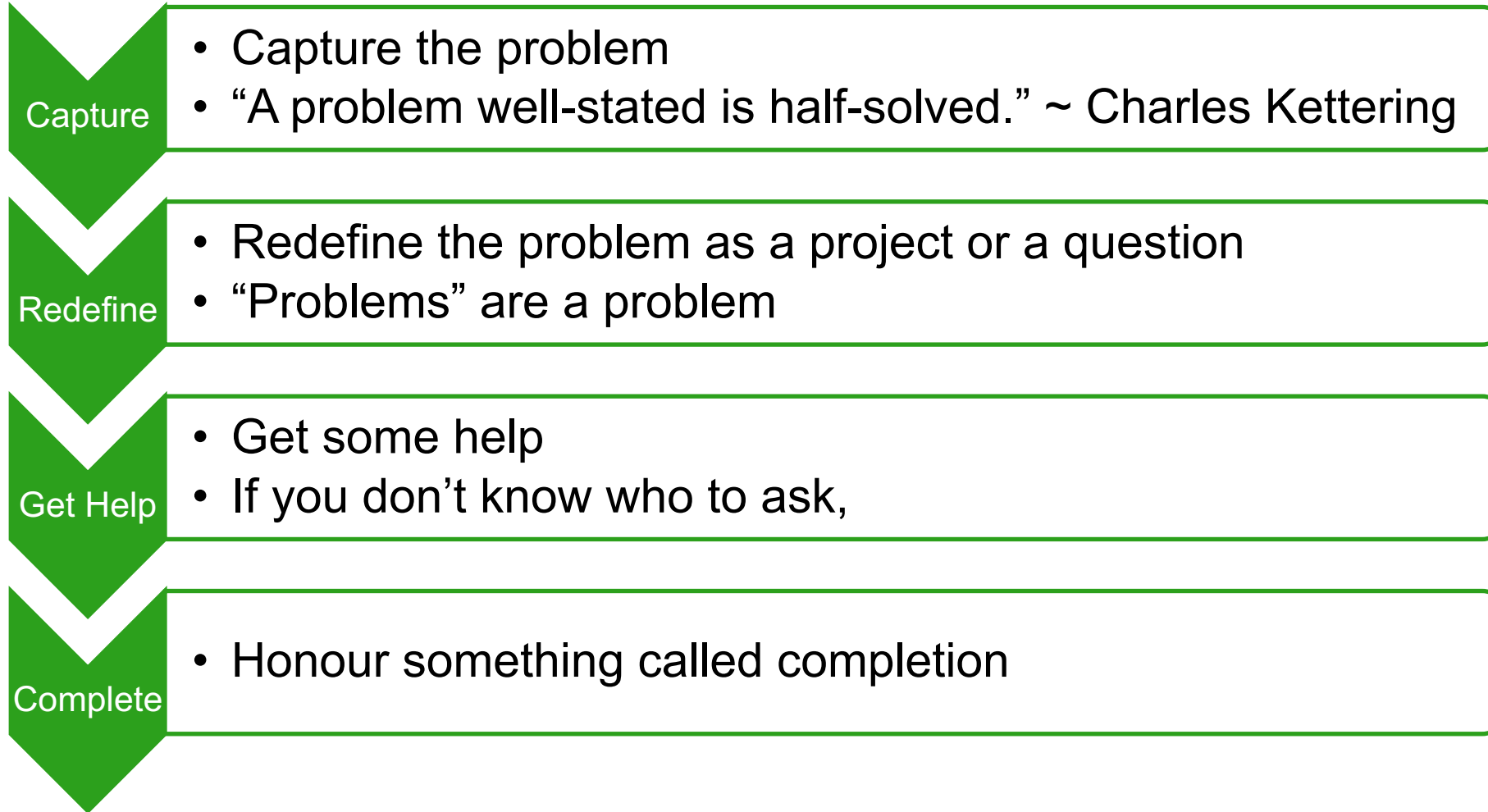
Distinction

Knowing

vs

Choosing

Problem solving process



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The curse of exceptionality

Lyndon Duke - Linguistics of Productivity

What does an average day look like?

Let's do some math...

Distinction

Outcome Goals

vs

Process Goals

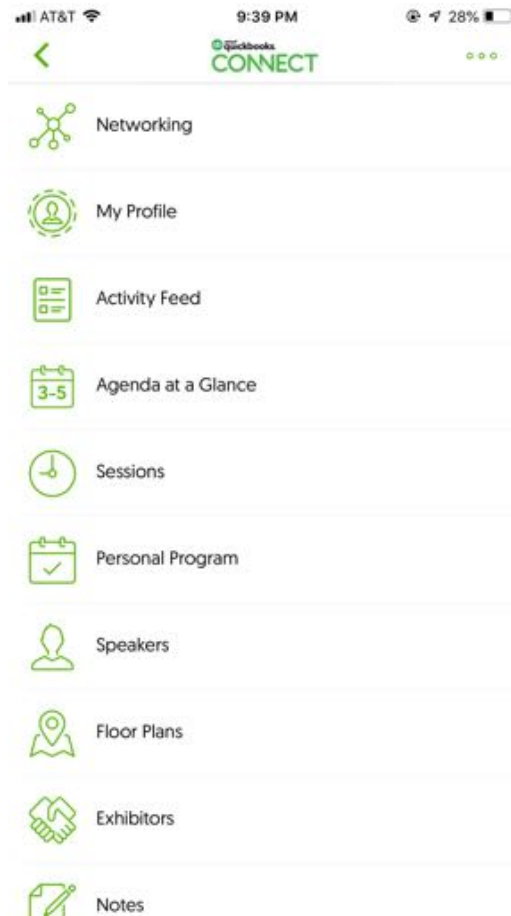
Have an average day!



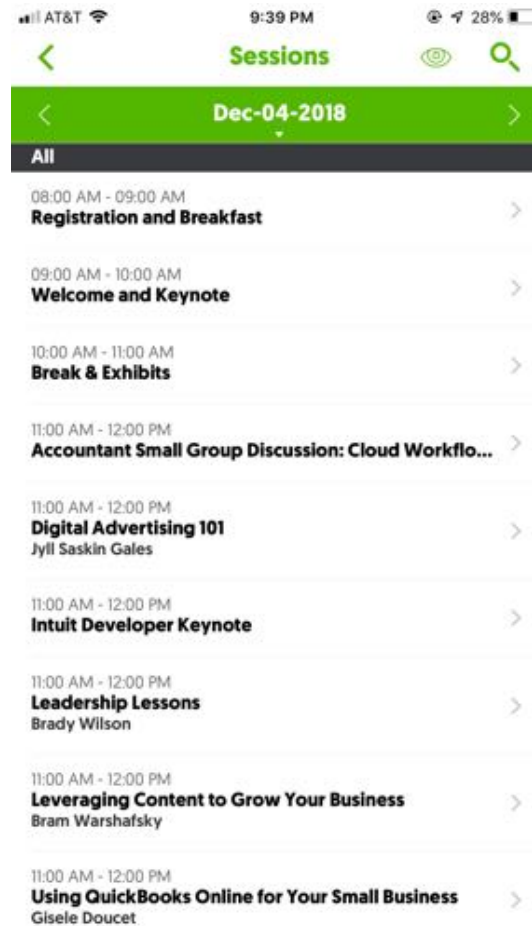
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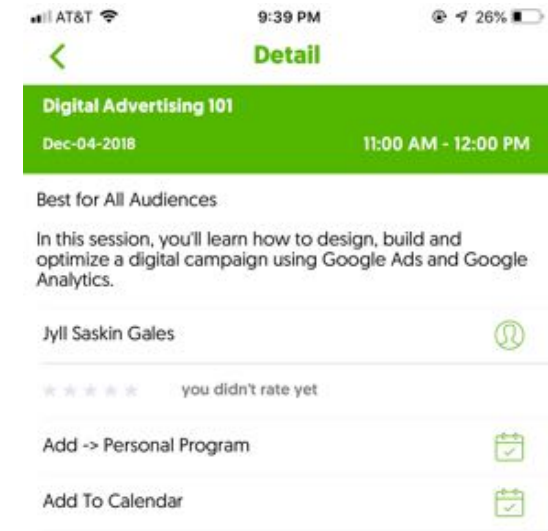
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11:00 am-12:00 pm

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 **intuit**
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