

Make Time_ How to Focus on What Matters Every Day

- by Unknown

“Busy bandwagon ”

loc 61 | Tuesday, November 2, 2021 10:09:46 PM

“According to the Busy Bandwagon mindset, if you want to meet the demands of the modern workplace and function in modern society, you must fill every minute with productivity. ”

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“Infinity pool ”

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“Hamster wheel ”

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loc 167 | Wednesday, November 3, 2021 5:19:59 AM

“something magic happens when you start the day with one high-priority goal. ”

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loc 204-207 | Wednesday, November 3, 2021 6:12:20 AM

“Four steps of make time ”

loc 207 | Wednesday, November 3, 2021 6:12:31 AM

“Laser ”

loc 219 | Wednesday, November 3, 2021 6:14:40 AM

“Laser: Beat Distraction to Make Time for Your Highlight ”

loc 218-219 | Wednesday, November 3, 2021 6:14:40 AM

“Highlight ”

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“Highlight: Start Each Day by Choosing a Focal Point ”

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“Energise ”

loc 223 | Wednesday, November 3, 2021 6:15:39 AM

“Energize: Use the Body to Recharge the Brain ”

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“Perfection ”

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“Perfection is a distraction—another shiny object taking your attention away from your real priorities. ”

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“What is highlight ”

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“Might do lit ”

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“Use daily “do not schedule” blocks to make room for your Highlight. ”

loc 513-514 | Thursday, November 4, 2021 7:25:29 AM

“Do not schedule time ”

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“Speed breaker#1 ”

loc 875 | Thursday, November 4, 2021 6:47:32 PM

“To slow things down, try making your homescreen blank. ”

loc 874-875 | Thursday, November 4, 2021 6:47:32 PM

“Speed breaker #2 ”

loc 865 | Thursday, November 4, 2021 6:47:52 PM

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loc 865-865 | Thursday, November 4, 2021 6:47:52 PM

“Speed Breaker #3 ”

loc 853 | Thursday, November 4, 2021 6:48:14 PM

“Log Out ”

loc 853-853 | Thursday, November 4, 2021 6:48:14 PM

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loc 1229 | Friday, November 5, 2021 12:07:49 PM

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“Deadline #2 ”

loc 1231 | Friday, November 5, 2021 12:08:42 PM

“You can invent a deadline. ”

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“Explode highlights #1 ”

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“Laser sound track ”

loc 1252 | Friday, November 5, 2021 12:10:56 PM

“If you’re struggling to get into Laser mode, try a cue. A cue is any trigger that causes you to act consciously or unconsciously. ”

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“Play a laser sound track #2 ”

loc 1257 | Friday, November 5, 2021 12:12:49 PM

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“One breath ”

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“Antidote to exhaustion ”

loc 1322 | Friday, November 5, 2021 4:01:33 PM

“You know the antidote to exhaustion is not necessarily rest....The antidote to exhaustion is wholeheartedness. ”

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“Energy for work #1 ”

loc 1400 | Friday, November 5, 2021 7:24:51 PM

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“It's Okay ”

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