DASH
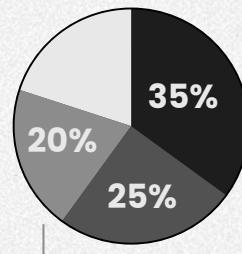
TIME MANAGEMENT

NO PAUSE. ALL POWER.

THE PROBLEM

Poor planning
Missed deadlines
Digital distractions

Social Media 35%

Unplanned tasks 25%

Poor scheduling 20%

(Pie chart: 35%, 25%, 20%, 20%)

KEY INSIGHTS

Students lose
2-3 hours daily

Distractions reduce
focus up to 40%
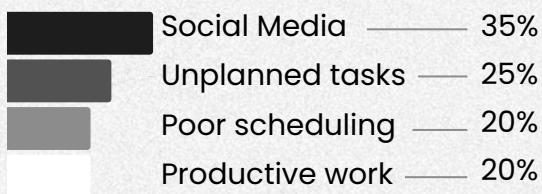
Poor time use lowers
performance

Stress increases with
missed deadlines

WHERE TIME IS LOST

Social Media ——— 35%
Unplanned tasks ——— 25%
Poor scheduling ——— 20%
Productive work ——— 20%

IMPACT

⚠ Increased stress

— Lower productivity

= Poor balance

THE DASH SOLUTION

A SIMPLE SYSTEM FOR FOCUS

PLAN > **PRIORITIZE** > **EXECUTE** > **REVIEW**

Plan goals | Focus tasks | Remove distractions | Track progress

DISCIPLINE BUILDS CONSISTENCY
CONSISTENCY BUILDS RESULTS

DASH
NO PAUSE. ALL POWER.