**31.01.2024 - Video\_Transcription**

[Attendee 5] (0:38 - 0:40)

Thanks Tony, I'm going to hand over to you now.

[Tony Rigby] (1:38 - 1:49)

Hi guys, how is everyone? Good thanks, you good Tony? Yeah, really good thank you.

[Attendee 5] (1:57 - 2:03)

It's all good. The audience wants you to do well.

[Tony Rigby] (2:03 - 2:16)

All good, all good. So we will give it one more minute and we will then kick off. So have you guys already got any time tracking set up?

[Attendee 1] (2:17 - 2:21)

Yeah. Toggle, been using toggle. Clockify.

[Tony Rigby] (2:22 - 5:52)

Oh okay, I thought there might be a bit of a mix of toggle and clockify to be fair. They seem to be the main two. I played around with toggle at the very beginning but I think I ended up swaying over to clockify just based on my web designer was using it and I liked some of the graphics that it sent over and I ended up just continuing on from then a few years back.

So yeah, okay, right. Well it's 12 o'clock. Welcome guys, I'm Tony Rigby.

This is my fourth time around the track on Property Entrepreneur. I'm on the board with 14 other board members. I've been asked to do a present.

So what I do, so I've had almost 30 years in construction. I now also balance between client build projects and my property businesses. My main focus right now is finding portfolio tie portfolio landlords and offering them guaranteed rent and aim to increase their profit and decrease their stress levels.

So, and that's what I'm doing right now. I've been asked to do this presentation because I, over the past few years when I've stood up to do my end of year presentation, I've been very clear on what my objectives were and what kind of split I wanted to distribute my time over for the distribution of focus. And I thought it would be good to share with you whatever value I can.

It might be help a few little nuggets with what's worked for me with time tracking. It's about recording that time spent on tasks and projects, right? So it allows you then to record, analyze and manage, which is the key thing.

And you can see on things like clockify and toggle that you can build out things like time sheets, dashboards and reports. So what can happen if you don't track your time? I liked a quote that I saw from the Harvard Business Review.

It was without data, it's easy to paint an erroneous picture of how we spend our time, whether it's inadvertently exaggerating the number of hours we work or assuming we're wasting more time than we really do. So I think that's a really good, a really good quote and kind of encapsulates why we do it because what gets measured gets managed. So we need to make the minutes matter and do this to get more clarity and control in.

It can be both personal and business life, professional life, but I'd imagine that you'd probably, everyone's got their own preferences. And when I did start this almost three years ago, I decided literally to track everything. And that was personal, family, training, I then started to track every single element in alignment with my broken down professional and personal objectives and my headline strategy and supporting objectives.

[Attendee 5] (5:53 - 6:01)

Sorry to interrupt you, I've just had a message to say there are people in the waiting room. Apologies. No worries, mate.

I didn't want them to.

[Tony Rigby] (6:01 - 10:34)

Thank you. Thanks. Thanks for the heads up, Mark.

Oh, there's me yadering away. And there's a whole load of people that I've missed. So apologies, guys.

That should be everyone. Hi, guys. For those that have just joined, apologies.

I've been, I was going off on a tangent there about high level time tracking and I realized that I had 20 odd people in the waiting room. So apologies about that. I'll just get a screenshot of that.

Right. Okay. So, yeah.

So very high level. We've just introduced the introduction as to who I am. My name is Tony Rigby and I'm on the property entrepreneur board.

This is my fourth time around the track and I'm lifelong in construction, heavily involved in in property now. And my big thing right now focused this year is trying to connect with tied portfolio landlords that might be willing to have a conversation about guaranteed rent increase in their profit whilst decreasing their headaches. So time tracking and the reason why I've been asked to do this is I've been quite vigilant.

I've been very particular about tracking my time. It's like our biggest asset. It's and for me, it's been an absolute game changer.

I'm not sure what the feeling I've been getting from the guys on the call so far is that if they are already time tracking, it's between toggle and. I use Clockify now, I did start with toggle, I did switch over to Clockify and I've kept it that way since it's recording. Sorry.

So yeah, to do we do this to get more clarity and control what gets measured, gets managed. When I started tracking, I covered a broad range, in fact, pretty much everything that I could think of to see where the pockets of time were being lost, whether I was exaggerating the amount of hours that worked, etc. So what I've really done is try to refine that.

It was really good to do that to start with, to get a feel for where I was working professionally and where the time was going in my personal life, because essentially you've got around about eight hours by the time you take your eight hours work and your eight hours sleep away, you're left with your eight hours personal time. And I really wanted to get really clear on where my time is being used. That was good to a degree, but it got very, very noisy, very busy, and you're constantly worrying about tracking time at the gym, time with the family, etc.

It did at that time work really well for me because I one of my big objectives in twenty twenty two was was about having lots of time with my children and being super paps of the century and being a good dad to the kids. And I remember on my end of year presentation and it was like around about nine hundred hours or so for the year of time invested with them. So it's really good to to have that experience and see that visually.

But the reality was that it is quite is quite demanding to track a lot of things. It's good to get a feel where you're at and what you're focusing on or not focusing on white space is so that that's good if you're just getting started out to get a feel for it. Be mindful of not going after multiple now, multiple rabbits probably isn't the right right terminology, but I've learned to refine it and hone my skills for on clarify and focus on really what's important.

My objectives this year are I'm just built around the distribution of focus, which I'm not sure whether you've it's been covered in the programme. But 17 2010 is the principle that I'm sorry is the objectives for Tony.

[Attendee 1] (10:34 - 10:40)

Can we mute everyone? There's loads of different various noises. You can mute everyone.

Thank you.

[Attendee 4] (10:45 - 10:49)

You got to pass it participants, Tony. You'll see the whole list.

[Tony Rigby] (10:50 - 17:40)

Yeah, I clicked on me all, but it's we'll just ask everyone to mute themselves. Sorry, guys, it's not it wasn't allow me to meet all, but I think. Looking at that, I think that's that's done it.

OK, so. So, yeah, for me now, me personally, and this this this doesn't necessarily mean that that you guys need to take the same approach is that I'm using it purely for three metrics, three colours, and that is built around my 70 2010 distribution of focus. And that's based on 70 percent of my time on lease related deals, 20 percent of my time on client build sales related business and 10 percent on client build management.

And I will what I'll do is I'll do a screen share to show you how that looks like on Buckeye. And what I do is I kind of twin it with a habits tracking app to track my personal stuff as well. So it works really well.

So bear with me while I share screen for. OK, so. Hopefully you can all see that I just before this call, I was working on on leads, so the best way to show it's probably on dashboard.

So this month. You can see here I've got lease related deals at 73 percent sales and tendering at 21 and management at five. So it's looking like a well-balanced month.

I'm actually tipping over probably a bit more time into lease deals and how this works on a day by day on the time tracker. I would. At the project, which is one of the top three based on the 70 2010, I'd favorite them with a star two, so it's easy to locate and.

Depending on what I'm working on, I can type in the project or overview of what I'm working on at that time. What's actually really good and what I think works really well for me is that this year, professional objectives with Hunt Like a Lion was to work no more than 40 to 50 hours per week and then relax at the weekends. I appreciate that it could lead to burnout if I push too hard.

And the way that I would do this is just to check the the report for the for the last week. And it will tell me how many hours have been worked. So 42 hours total.

And obviously, on a daily basis on the time tracker, I would see. Each day that I've achieved, if you can see on the on the right hand side here each day, I'd ensure that. I'm averaging over eight hours, so that would it it would go into the 40 to 50 hour a week hour range.

And then also the other professional objective was be out of office, lead from the trenches at least 20 to 40 percent of my time a week. And to do this whenever I am out of office, I would enter a. So let's use an example now.

So I'm looking at I'm out looking at viewings. I type that in. Adjust my tag.

It's got an out of office tag here now. So within my reports on the left, you can go to summary. And you can choose which tag you want to your summary report to show.

And in this case, tick out of office. And I know that last week out of office was eight hours, 46. So I'm happy that I've done over a day out on the road doing property deals, meeting agents, meeting landlords, because that essentially came from a place of being in my office a lot of the time appraising deals and doing the occasional lap around the park on my phone.

So that's where that's come from. I just really wanted to be more active and get out on the road. So that tag facility can work really well.

It's just to prevent you having way, way too many projects and activities. So you can search the tag rather than having, you know, a thousand different projects over the course of a month. You can just tag things relative to the project.

So that's a quick share. That's a quick share on. I think that less is more with this.

I when I first started, this was very busy chart. This could be you could break it down into drive delivery detail. It can be business specific.

It can be project specific. It can be whatever you want it to be. We can label it whatever you want and choose what color color system that you want.

These are relative to the branding of each business. So I it works really well for me. So hopefully the just very quick high level overview share of my dashboard on Clockify has been of use.

Only can we ask a question? Yeah, no. If you can put the if you can save the questions, I think we'll be going on to them in just a sec.

I think that you know what? Actually, I think that's pretty much it. So I think we'll be if anyone's got questions that they want to put in the chat box.

But yeah, please, please do ask the question. What is it you wanted to know?

[Attendee 4] (17:41 - 17:55)

I just watch you on this dashboard. If you go back to your your diary, you know, the one that it was. So what's that two next to the leads?

What is that? You see the two next to the.

[Tony Rigby] (17:55 - 17:59)

Oh, you've got multiple entries. So if you've got different times per day.

[Attendee 4] (17:59 - 18:06)

Ah, gotcha. So how have you broken that down there on that one, for example?

[Tony Rigby] (18:07 - 20:11)

So let's just say today I was looking at leads between 1041 and 1059, then hit stop. Yeah. And then I was looking at what was it demand.

So I hit play on demand and then I stopped demand and then went back and just hit because it basically if you start to type in something into your description at the top, it automatically give you a dropdown. Of most recent projects, you can just click it. So it's really quick.

I gotcha. It just works. It works really well on that front.

As and when I'm looking at specific projects, i.e. yesterday, I'm pricing for a big tendering for a big contract in Cambridge, and that was it's called Whittle Lab. And I've just tagged that. So if I want to see how many hours I've worked on Whittle, I can go to the report.

Get rid of my out of office tag, find Whittle in there and then see why that's not. And I can have a look over the course of this year, maybe a lot. I was last year.

I looked at that. This has been several revisions required. Yeah.

Twenty eight hours have been spent on tendering that last year. And then this year I've spent seven. So thirty five hours total for that tender project just based on that tag.

It'd be easy, really. It makes it a lot easier to find stuff because you can imagine as this data builds, there's going to be a lot of information on that so that the tags is a very good. Yeah.

Very good touch. Very useful function of on Clockify and an imagined toggle as well.

[Attendee 4] (20:12 - 20:19)

So just free that is you're using your time distribution for free free topics.

[Tony Rigby] (20:19 - 20:19)

Yeah.

[Attendee 4] (20:20 - 20:26)

Then then you're then you're using tags more so just to keep the noise and the mess away from it all.

[Tony Rigby] (20:27 - 22:57)

Yeah. So if I'm here, let's just stop that for now. I can reset.

I'll delete. Delete that. When I'm setting up and I'm doing a new work, I call it say I'm recording a time slot.

I know that top three is going to be one of these top three for me. If I'm if I'm tendering for a project for a client build project, then I'd click on the red, which is my 20 percent business. And then I can say that it's actually.

Tendering or sales and surveys because I might have to go and do a survey. And that's an opportunity for a sales, a touch point from a sales perspective of the client. What you can also do is whilst you're within that, you can actually type the.

The project allocated to Whittle. And then you've got your reports to look into, which I recommend. Daily getting a feel for what kind of hours you're getting so you can get you can see, you know, are you nearer to six by the time you take lunch out and breaks and stuff like that, or are you, you know, burning a candle at both ends and pushing that, you know, nearly near a 12.

And then weekly you can see what your total is on the right here. And then monthly you can take a bigger view with the dashboard. And so this was last month.

That's what that looks like last month. And then for the whole the last year, because it was a different, different headline strategy last year, it was mainly stronghold related development projects. There's a hell of a lot of red there.

And that's how it looked like over the. The whole year, so you can go all the way from. You know, managing the minute to tracking your day to reviewing the whole week in the month and then looking at how that looks as a broad full year that you can use for reporting, planning and, you know, sharing with the room when you're doing your presentations.

[Attendee 4] (22:58 - 23:07)

Yeah. So struggling to do the timings. I mean, you're banging your bang on with the timings and stopwatch and all that.

I'm still at manual mode.

[Tony Rigby] (23:08 - 23:32)

Yeah, I think it's just it's like it's how do I let these. It looks like there's two other people in the room and it's if I probably stop sharing unless unless you guys want to ask questions and I can give the direction exact demonstration. Tony, I've got a question.

[Attendee 6] (23:33 - 23:49)

Yeah. Yeah. So, you know, you're using the the tags.

Yeah. Does it provide a facility where you can it tells you how long how much time you spent on each tag or does it only tell you how much time is spent on each project?

[Tony Rigby] (23:49 - 24:53)

It does. That's a good question. It does.

It tells you either. And the way that I find out the tag is the tag time recorded is to go to reports. I think you can do it in summary or detailed.

I've still got way to just tick which one you want. So like I want to see how long I've been out of office this year because that's a professional objective for me is to get out on the road more and do more deals, meet more people. It's choose which tag and hit apply filter and it will tell you how many hours in Jan because that's the only month so far that I've been tracking that tag.

So you've got 20 hours, 24 minutes there between and it tells you the split between the these two businesses, these two distributions of focus here, my 70 percent and my 20 percent. Does that help? Yeah, that's great.

Thanks.

[Attendee 2] (24:54 - 25:05)

And Tony, I've got a question too. And while we're on tags, I've got a couple of questions, actually. Can you can you apply more than one tag to a task?

[Tony Rigby] (25:05 - 25:31)

Yeah. So this one that we've got running up here says currently says Whittle, the Whittle lab sales and surveys can add however many you want. So I could do that as out of office as well.

Yeah, you can you can you can add anything. You know, I don't actually know how many. I've not had had to.

[Attendee 2] (25:32 - 25:38)

That's part of why I was going to ask you, are you on a paid like are there different levels to this? Are you on a paid version?

[Tony Rigby] (25:38 - 25:41)

I'm on the cheapskate free version.

[Attendee 2] (25:41 - 25:42)

Yeah.

[Tony Rigby] (25:42 - 26:02)

And it seems to work really well for me. I'd imagine the bigger the team when you've got billable hours, which we don't do. Our team is very small and we don't do billable hours.

So as yet, we've just we've not needed the we've not needed the paid version.

[Attendee 2] (26:02 - 26:20)

Yeah. And so let's say obviously you've got things already set up, but let's say we're we've all we've done is set up our three projects. And so we're about to sit down at our desk.

We're going to do our first task. How do you create a task inside a project? And then how do you start the clock going?

[Tony Rigby] (26:21 - 26:35)

OK, good question. So I can do is I'll stop this. I'll delete that.

Let's set up a fresh one. So where you've got this plus project.

[Attendee 8] (26:36 - 26:36)

Yeah.

[Tony Rigby] (26:37 - 27:20)

Create new project. I'll just call it a test or a. Zoom test, choose it whatever color I want it to be.

I don't believe I've got a nice purple on there. Create. And Zoom call.

And then if you wanted to tag it. And then start. Yeah.

And then let's see if it even picks up those five seconds on the report. Back to dashboard. Today, it doesn't.

Oh, yeah, it's picked it up.

[Attendee 2] (27:21 - 27:29)

Yeah. And if you wanted to go back to that task again, you'd choose the project being back to time tracker.

[Tony Rigby] (27:30 - 27:35)

So what you could even do is you can click on it and it picks up previous one history.

[Attendee 8] (27:35 - 27:36)

Yeah.

[Tony Rigby] (27:36 - 27:49)

And you can even you don't even need to type the if it's a very recent. You oftentimes don't even need to type anything. You can it automatically does a dropdown and you can click on that and then automatically start.

[Attendee 2] (27:50 - 28:01)

Yeah. When you were doing it in the beginning, did you find that you like because the other day I was playing with toggle and then I got I got a message like about 20 hours later saying your toggle still going.

[Tony Rigby] (28:02 - 28:40)

Yeah. Yeah. It happens to all of us.

You just end up having to, you know, try to reverse engineer the day as to when you finished. I do have the app on my phone. I don't really use it that much because most of the time I am at my if I am from I'll start tracking the out of office time from when I leave the desk, the office door to to when I get back, because I'll always be on calls, etc.

whilst driving to or from the appointment anyway. So, yes, it's really handy to have it on the phone is like a backup, but you don't have to have it there.

[Attendee 2] (28:40 - 28:43)

Yeah. Brilliant. No, that's really helpful.

Thank you.

[Tony Rigby] (28:43 - 28:44)

Oh, good.

[Attendee 1] (28:44 - 29:32)

Is there any other any other questions? Tony. Hello.

Hello. Andy here. I just want to figure out some naming.

I'm kind of using projects and client names as categories into how I'm managing my time. Yeah. How do you how would you do it to associate them with our objectives?

So basically, I'm trying to track out how we spend my time on my personal objective, my professional objective, my headline strategy. Those are things that I'm trying to track. But how would you would you do it in project?

Would you do it in tax or would you do it in client as a way of categorizing them? Do you understand what I mean?

[Tony Rigby] (29:32 - 30:36)

I do know. I think they probably go like high level with the main colors. So if you've got to just just argument's sake, say you've got you wanted to track three of your professional objectives, three of your personal and three headline supporting objectives for your headline strategy, nine different colors.

But then you could just have what you can have either as an activity. And you can call it whatever you want to and what you're working on here. So if you if if it was let's stop this one here.

Let's say that you created a new one. You've got kids and you're one of your support and objectives is to do. I don't know, 20 hours a week, 10 hours a week with the kids.

You create that as a new color, a new headline topic here, and you can put in what it is if you wanted to really break it down, you know, one one to one time with.

[Attendee 1] (30:38 - 30:50)

With the kids and then you do use clients somehow as well to further categorize, I do put you can.

[Tony Rigby] (30:50 - 33:51)

Yeah, absolutely. I haven't used it as yet. It is easy enough to do.

So you've got the clients here is in your clients from the actual tracking document. I'm not sure how you would. Allocate.

The client to it. I haven't had to use that yet, so apologies. I can't give you more info on that.

I think it'd be a case of playing around with that and seeing how you could allocate to clients. I do know that certain elements of this platform on the free version are limited. Yeah, like reminders.

You need to upgrade. Yeah. So, yeah.

So I can't give any more info on the client's element. I've not had to use that as yet. I mean, I did clear out a whole load of my projects and essentially just reset and just had my top three saved in favorites, keeping it super simple.

When I click on here, they're just in the top there. Yeah. Sorry, I can't help any more on that.

But yeah, I think if you kind of think of it as kind of filtering it down with the high level item that you want to track the color on as the project, the activity that you're working on on the left here, and then you can tag it and find any of the data that you require through the reports by using the filter system at the top here, client, team, project, task or tag. Is there any other questions, guys? What were your reasons for moving from Toggle to Clockify?

Sorry, say that again. Why did I move from Toggle to Clockify? Yeah.

I guess I wasn't properly bedded in at Toggle at that point. And I saw that I think it was the guy that built our website was using Toggle or something that he shared. Sorry, Clockify.

And it was something he shared. And I thought it was a good, I liked the platform. And I thought, you know what, before I really get fully committed to a platform, I'm going to switch over now.

I just I think it was just slightly pipped it for me. It wasn't massive, massive difference, to be fair. They're very, very similar.

And of course, once you've done a couple of years on a platform, you've got all the data there. And it does make it a bit more difficult than to, to pull everything over if you can even do that, or set everything up again, and have that data there.

[Attendee 3] (33:55 - 34:22)

Can I just ask Tony just about the tasks? So you've obviously got if you've got three projects, do you always define a task, but it looks like you've got certain set ones out like and then any view on how many of those you'd recommend? So if there's three projects, do you have five different tasks within each project, for example, then know you keep that consistent?

Or do you just go as and work depending on what you're doing, you just change the task name?

[Tony Rigby] (34:22 - 34:49)

To be fair, it's probably more the latter. I get a feel for I mean, I haven't got a strict labelling and segmentation of compartmentalisation of the activity type. So I've just got a good feel.

And I know that a lot of my energy this year is going to be around sales and leads and coordinating compliance.

[Attendee 3] (34:50 - 34:56)

I suppose like rather than leads, you've not got like replying to emails or doing that you just call it leads. Keep it simple.

[Tony Rigby] (34:56 - 37:18)

Yeah, with email, I'd put that in either, you know, I don't even recall office or management. I did go that granular before you can go as granular as you want with it. If you want to use it as each colour, each metric for per business, and then break it down from there into divisions, or you can have, you know, and marketing sales ops, you could you could you could take it anywhere you want to go.

To be honest, it kind of with me, my style is it naturally kind of evolves over a period of time. It's just the most simple way of tracking the project or the objective. This ticks a lot of boxes for my objectives this year, because it covers two of my professional just with my the amount of time that I want to invest in doing sales, and also the amount of time that I'm out of the road with the whole out of office function, but it's very high level.

I mean, this can get super, super as detailed as you want to get it. And I'm just very mindful and I'm one and one reason why I got so strange, so particular and strict with my time management is because I couldn't, I couldn't exceed a day and a half a week on one of my businesses, and I needed to make sure that I committed three, three to three and a half days on my other. So I've got very particular with tracking it and understanding how that looks and cutting out any of the noise or things that were sapping time.

So this has been condensed over a few years of just keeping it simple. I'd imagine that they're, you know, dependent on what kind of profile you are. I'd imagine that if you're a lot more steel, you're probably going to get want to go a bit more granular with it.

But I would just recommend just try and keep it as simple as you can. And the one thing that I can't really comment on is around the client function, because I haven't had to use that as yet. But it doesn't take long just for playing, playing around with it to figure out the additional functions of the platform.

[Attendee 3] (37:19 - 37:33)

No, thank you for that. And yeah, it's been quite invaluable just seeing how you do it more than we're all a bit more optimistic about our own abilities of being able to do it like and you've encouraged us to appreciate that.

[Tony Rigby] (37:33 - 37:51)

Oh, no, no, wait, no worries. Thank you. I mean, is there is there any other?

Have you got any other questions on the I can show on the physical actual platform or can I end the screen before us and the screen share guys? Does anyone want me to go?

[Attendee 1] (37:52 - 38:22)

Well, the question, how in depth do you go into tracking a time? Because I've been trying this month, been trying on toggle type, even tracking my sleep and tracking some some of the things that I do for work, some of the things I do for my family. But I don't know how in depth do you track you doing 10 minute exercises, track that as well.

Or how in depth do you actually supposed to need to be in order to track all your time?

[Tony Rigby] (38:24 - 39:46)

And that's a really good question. And I think that, in my opinion, using a habit tracking app has been more as well, better for me with with the personal stuff. And I kind of steered away from the.

They're having everything on. Clockify, because it was like I was going on to clockify because I've only got clockify my work phone, I've got a personal work phone now. So I just ensured that when work's finished at 6 p.m. at night, that goes off and I haven't got a track anymore. So stop the whole personal tracking thing on clockified. But I do use strides habit tracking app for all of my handful of habits. And I've now broken down all of my professional objectives.

So I know how many leads I've got to look at per week, how many hours out on the road per week, gym sessions, one to one with the kids. That's all been moved over to habit tracking app. And while that will be really helpful, because then you've got the data when you're looking back monthly, quarterly, annually, that you've hit those targets that you've set for yourself.

On your strategy. So that's what's worked really well for me.

[Attendee 1] (39:47 - 40:02)

OK, so basically, yeah, your handful of habits track it on. I've got habits, the habit tracker. So sometimes I'm trying to do exercise.

I'm tracking on toggle. Then I'm going in the habit and then trying to track it in there as well. And I'm thinking I'm double timing.

[Tony Rigby] (40:03 - 40:15)

Is your exercise a time based thing or just the fact that you've just been to the gym and you're just ticking off exercise? You've been your target is to go three times a week and it's just right. Tick that off.

That's.

[Attendee 1] (40:16 - 40:38)

Some are. So it's like I'm trying to do like 50 pushup a day or four times a week, pull ups or 10 minutes of stretching. All these things.

I think it's like 10 minutes stretching, but I'm like I go into toggle to time my 10 minutes, but then I'm in my habit app. I'm timing that 10 minutes as well. So I was like, yeah, I think so.

Yeah.

[Tony Rigby] (40:38 - 43:05)

Yeah. Yeah. I mean, that's what I'd recommend.

It can get very. Especially with the stop start of all of those personal things as well. I did do that.

I've learned. I've learned through actually doing it myself, kind of trial and error. But it's been a bit of a godsend with the habit tracking app because it's very quick, you know, a couple of minutes in the morning, a couple of minutes in the evening just to catch up.

I've got a notes function on there so I can give a little note to something if I feel that it needs, you know, a little note putting on there. So it's worked really well. So I think the two hand in hand for me personally is worked as we do with the Clockify for work and the time tracking.

So the habit tracking app for personal plus kind of the die are broken down the objective. So I know like how many leads I need to generate, et cetera, on there as well, which is slightly different from time tracking. That's just getting more granular.

OK. We're using strides. There is a free version.

It doesn't give you much to be fair. I think you can get like I think it's something from memory. No more than five.

I think it's three to five habits on there. And then you've got to pay. And with how many I've got on there, um, it just didn't work.

So it's everything from my my my habit stacks. So from the habit stacking handful of habits, no alcohol for Jan, no sugar for Jan, gym three times a week, five times one to one time with the kids. And each time I can tick that off and put a note as to what it was.

Adults only get away once a quarter with wife. I'm doing my actually a habits tracker for but for time tracking. Leading from the trenches, marketing machine, killer sales, simple ops, making sure getting seven hours sleep, meditation and reading the stoic.

So it's kind of a mix of personal and getting really granular. With when you break down your objectives, it's a really good platform to use.

[Attendee 4] (43:06 - 43:07)

Yeah, good. Cheers, mate.

[Tony Rigby] (43:08 - 43:09)

No worries.

[Attendee 5] (43:09 - 43:13)

There's a few habits then, Tony. Just a few. I mean, you're smashing it.

[Tony Rigby] (43:13 - 43:19)

I feel like it's September end of year burnout already, though. So I need to be careful.

[Attendee 7] (43:19 - 43:21)

I feel worn out listening. Listen.

[Tony Rigby] (43:24 - 44:19)

Thank you. I need a vlog just to do this. Well, look, I mean, if there's any if you've got any more questions, feel free to just drop me a message if there's if you don't think of anything now, I've got no problem with dropping you a note back.

Hopefully that's been of use, guys. Is there any more questions before we wrap up? It really is really straightforward.

Clockify. I think the more it's easy to use, easy not to use, whether it's toggle or clockify. So just get into the rhythm of using it.

And it's a habit stacking exercise as well, you know, just like any of these other things. It's pressing, starting and stopping a button and typing a few words in a task line and reviewing it off, you know, reviewing it at the end of the week in the month. So you can really get a feel that you're moving in the right direction.

And before long, you know, it'll be second nature.

[Attendee 8] (44:23 - 44:23)

Thanks, Tony.

[Tony Rigby] (44:27 - 44:31)

Take care. Have a great day. Cheers.

[Attendee 1] (44:32 - 44:33)

Thank you, Tony. Thanks.