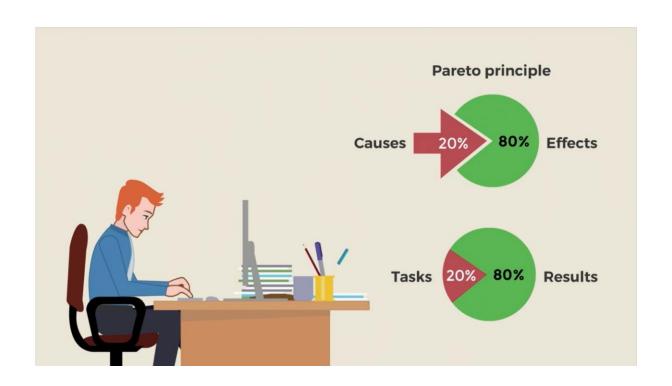


Identify yr goals





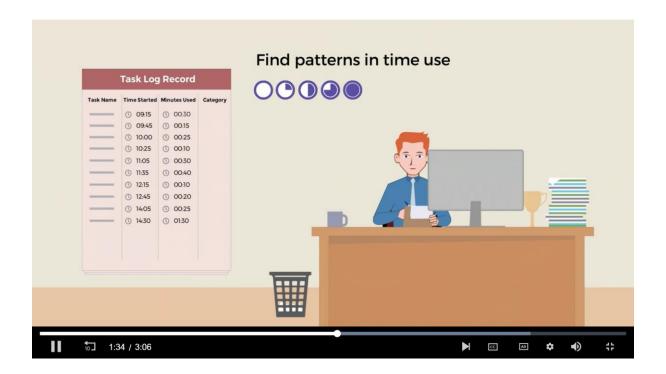


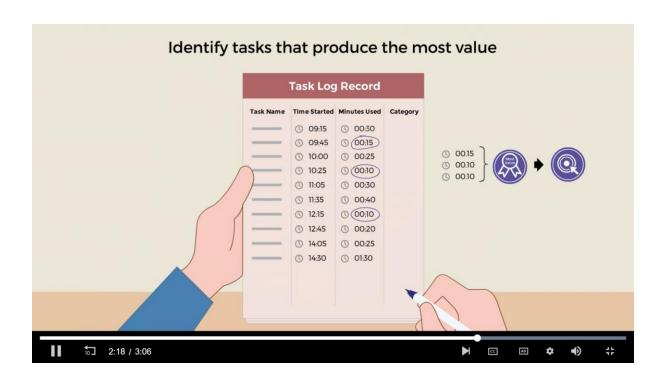
Disturbing task

Phone calls

Watching reels

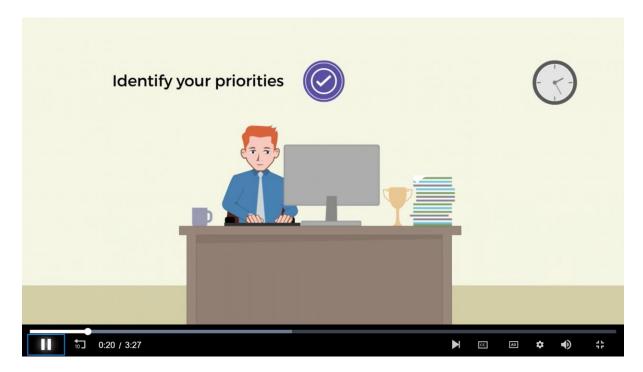
Meeting and baby care



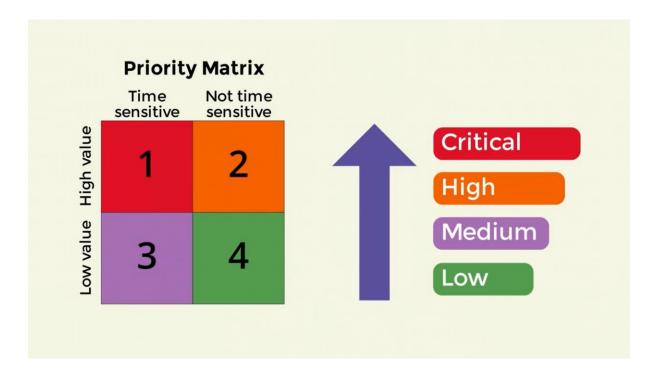


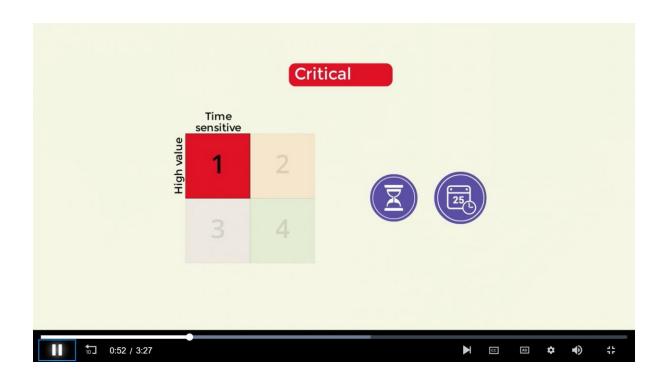




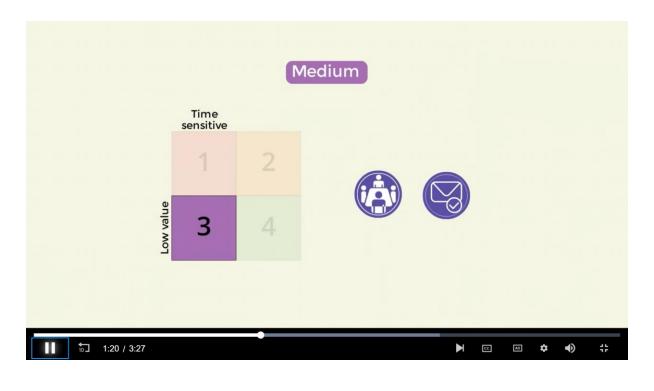


Priority Matrix		
	Time sensitive	Not time sensitive
Low value High value	1	2
Low value	3	4

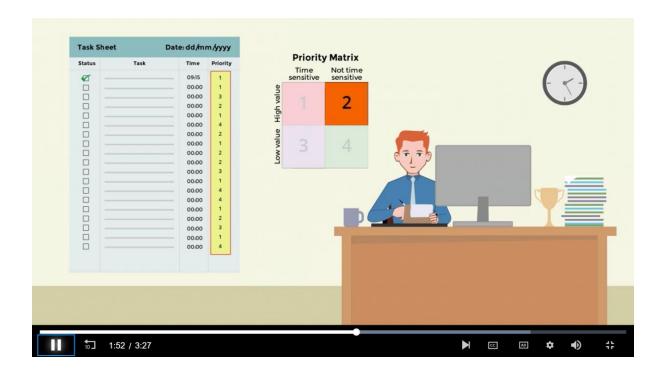








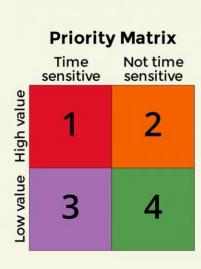




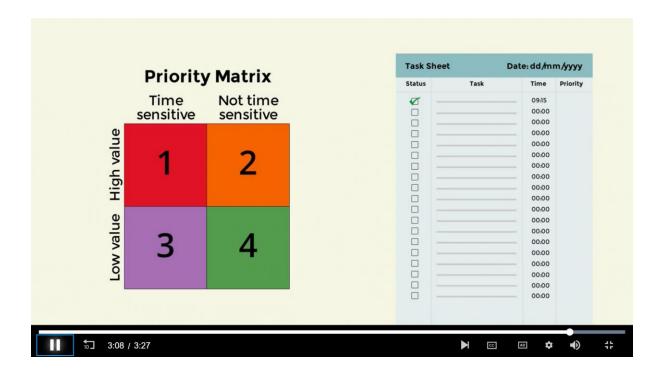


Priority Matrix Time sensitive Priority Matrix Not time sensitive 1 2

Critical

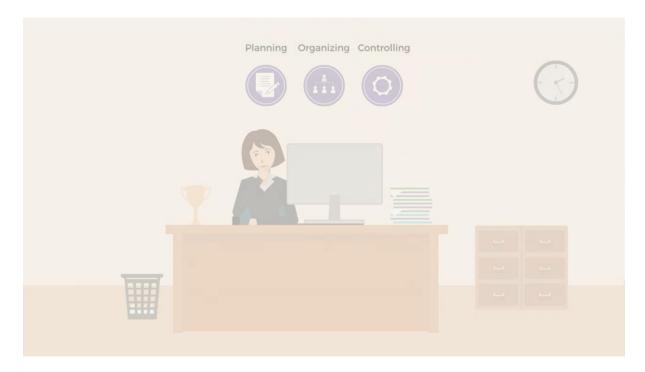








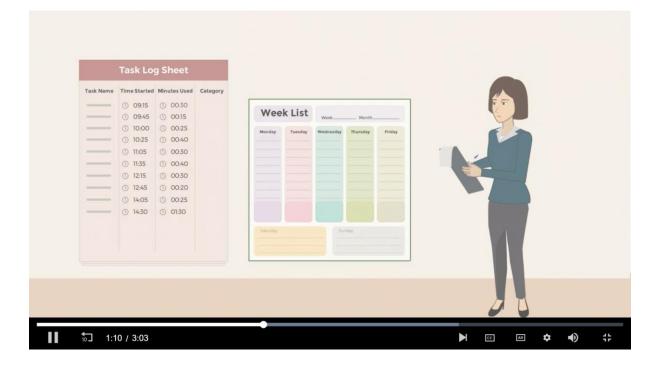






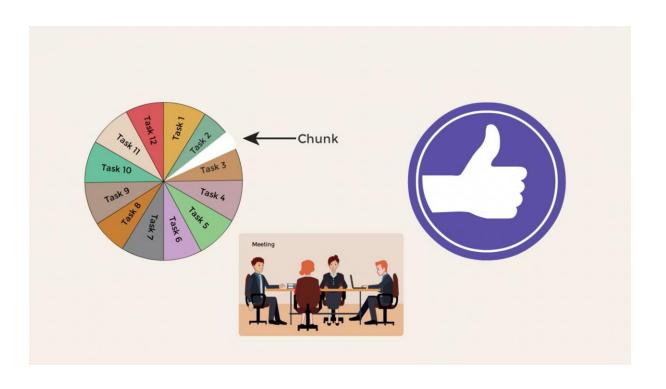
















During task working no phone calls and guppa









