

FEBRUARY: ADJUSTING TO THE STRUCTURE

How To Use The Month of February

February is the month to RESET by adjusting your mind, life, and actions towards everything you are aspiring to do for the year and doing so little by little.

This is the month that you really begin consistently working on your time strategy, and diligently adjusting your life to the disciplines of a new schedule.

Strategy Exercises For The Month

A. Implement More Discipline Into Your Life: Be intentional about working your time strategy. As you plan your schedule out this week, begin to structure your time to make sure you weed out any time for distractions. If you do not train yourself to restrict your schedule to filter out non-emergency interruptions and distractions, you will find yourself with things left not done week after week!

B. Set Boundaries: Once you have identified what your distractions are, you should now set up the appropriate boundaries that will enable you to move forward.

C. Be Consistent: Remain consistent with the structure you have set in place. There are times that you may vary from the system you have in place, but quickly resume the protocol you set.

I would like you to take the time to complete the exercise in your lesson resources. This exercise assists you in gaining insight into what your distractions are and where your time could be going daily.