

The Secret About Time

“For Business Owners, C-Level Executives and Entrepreneurs”

Version 1.05

“Do you ever feel stuck?”

“Do you need more time?”

“Do you want less stress?”

“If you were stuck and didn’t know it, would you want someone to tell you?”

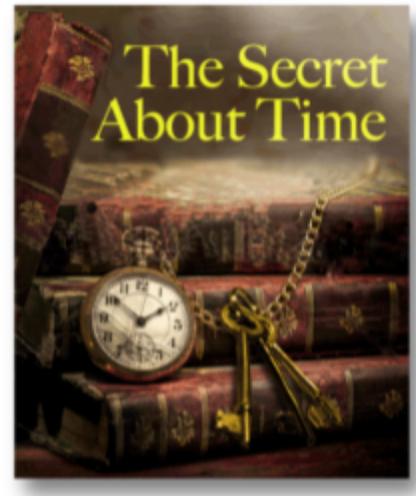
Purpose

To assist business owners and C-Level executives to think a bit differently about time in order to gain more time, reduce stress, improve balance in all areas of life . . . AND . . . to get people in their lives who have the courage to call out where you are stuck and don’t know it.

Foundation

What If . . .

- You had more time?
- Less stress?
- More life balance?
- Greater service to clients?
- With less effort?



What If . . . all that was required for this to happen was to “Think Differently” about time?

This white paper is unlike anything else you have ever read in your life. It applies the concepts of Quantum Thinking to learning to think differently about time which changes our actions which changes . . . how we work as business owners.

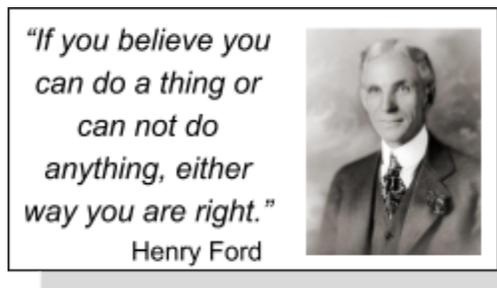
To gain more time, we need to apply what’s called The 5 Time Management Freedom Fighters. To do that we need to learn to think differently.

- 1. Delegate
- 2. Systematize
- 3. Contract Out
- 4. Hire Someone
- 5. Partner

As business owners, we probably already think we know about these three, but often struggle with the follow-through? Or maybe . . . we’re not sure which of the five we should do in any given situation? If we find ourselves thinking “I can’t do any of the five things” . . . well . . . that probably won’t work out well for us.

Henry Ford said, *“If you believe you can do a thing or can not do anything, either way, you are right.”* See . . . the mind is so powerful that if we think something to be true it often becomes a reality.

If we accept something to be true, it becomes what we believe it to be. If we learn to think like the most successful business owners, who have an abundance of time, we will start to have an abundance of time.



Most business owners and employees struggle with not having enough time and having too much negative stress. Why? It's because of how we think. Think about this . . . "What do people who accumulate financial abundance think about money?"

Take some percentage of money that I earn and invest it into something which will give me more money back than what I invest. If anyone does this, they will, over time, accumulate wealth. People who say "I never have enough money to invest, will end up without money."

The same thing is true about time. If we do not invest our time wisely, we will not have free time which leads to negative stress.

Which of these three shapes would we like first, second, third and fourth? If you would like to learn more about how this simple test can reveal why you are successful as a



business owner and why you have the challenges you have in time management that you do, then take this 3 minute online simple and fun assessment.

> <https://solutions.dnaforsuccess.com/solutions-3-minute>

Before we quickly dig into the 5 Time Management Freedom Fighters, let's talk about how we think about stress. Many people think that stress is bad, but just like cholesterol, where there is good and bad cholesterol, there is good and bad stress. Good stress causes the four very powerful chemicals in our brain to connect new synapses which cause us to think about things in different ways.

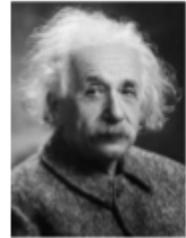
- Serotonin** ~ Sleep better / improve mood
- Dopamine** ~ LEVERAGE good emotions
- Glutamate** ~ Improve learning & memory
- Noradrenaline** ~ Improve good stress

Think about the results of these four chemicals in our brains working for us rather than working against us. What would our lives be like? Would we actually take less energy finding solutions than thinking “I don’t have enough time.” “I am overstressed.” “I can’t get all my work done.” etc.

Imagine . . . sleeping better and being in a better mood. Imagine . . . having better emotions and learning faster and improving our memory. Imagine . . . learning how to have the discipline to take all stress and turn it into good stress.

Take a look at Albert Einstein’s quote and think about what it means to you. Do you think that it means that we create our own challenges/problems and if we take personal ownership in all that we do, that we will discover solutions that we never thought possible?

“You can never solve a problem on the level on which it was created.”
Albert Einstein



Thoughts for Business Owners

All human beings tend to think we are efficient in how we work and think, but are we? Could we be more efficient? Is there ANYTHING we could do, during the day which could save us even 3 minutes a day?

If we take the 3 minutes and invest it properly, into the right things then, those 3 minutes will produce an additional 12 minutes of extra time. If we invest the 12 minutes, it will produce 30 minutes and 30 minutes will produce 60 minutes.

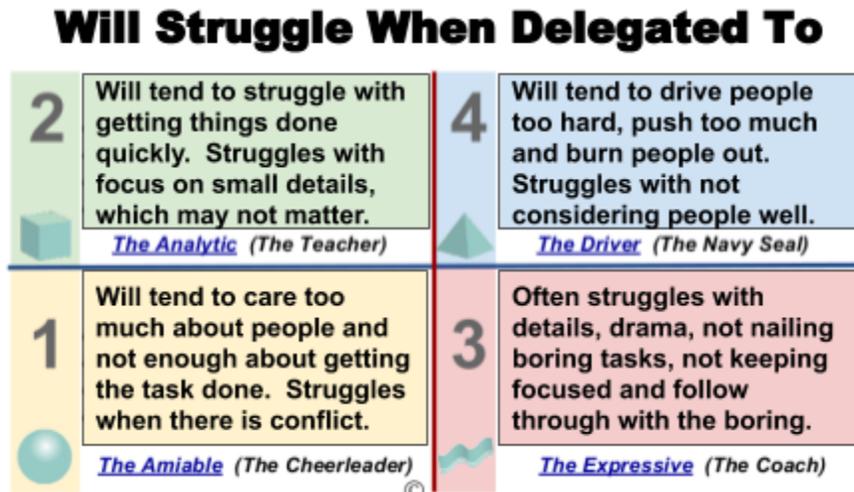
Now . . . if you don’t believe this is true . . . well . . . just like Henry Ford says, it won’t be true for you. If we don’t take personal ownership of what we can take personal ownership of, then we will not solve our problems, as Albert Einstein says. What if . . . we were to all agree to share best practices on saving time? Yes, even if it only saves 30 seconds of time, let’s share it.

One business owner, nine years ago, applied this concept and he now has over 20 hours of free time weekly and takes one week off every month . . . AND . . . he is getting more work done than he ever did before. Why? He learned to think differently about time. When we think differently . . . it changes everything. Let’s dig into the 5 Time Management Freedom Fighters.

● 1. Delegate

Often business owners have a hard time properly delegating to others. We tend to either under delegate or over delegate. We need to also consider the personality/frequency of the person we are delegating to.

We need to learn to consider our personality the personality of the individual we are working with along with everyone else connected to the project/tasks. We need to learn how to help others to do the same thing.



When we do things we love to do, things we find challenging, we can literally work a 15 hour day and have more energy at the end of the day than at the beginning. It's like brain food to the four chemicals in our brain, Serotonin, Dopamine, Glutamate, and Noradrenaline.

If you and your entire team haven't done individual personality assessments do so right now. <https://solutions.dnaforsuccess.com/solutions-3-minute> Group assessments are also available, it only takes 30 minutes to do as a team and will change the culture and energy of the team immediately.

Discovering our life vision, through the passion circle exercise will help us to understand what gives us and those around us energy and what sucks energy right out of us. Doing things we hate to do, can be turned into things we enjoy doing through this simple 20-minute exercise.

When everyone on the team discovers their passions and life vision and then learns to combine those passions and visions together we all gain more time and love to be delegated to.

● 2. Systematize

Systematize could be massive, elaborate, expensive technology or it could be putting a piece of paper in just the right place at just the right time. When we determine individually and as a team what things can be put into a system, a standard way of doing things, the best way to do things overall, we get more done and do it in less time, with less energy. The key to success in this area is to work together to come up with what is best for the client first and foremost, then what is best for the team AND then follow it!

● 3. Contract Out

What should be contracted out and what should be kept in-house? Yes . . . that is not a simple question to answer as each and every individual/team is unique in their needs. What's complex is that it can also change. What's right for us to do in-house now, may change tomorrow. Additional discussion on this will be covered in the Q&A. As an owner/leader within a company if you haven't had your GIFT 30-minute Strategy Session from Legacy Partners which is a 501(c)3 non-profit take a few minutes to complete an online survey called The Action Card. > <https://solutions.dnaforsuccess.com/the-action-card>

● 4. Hire Someone

As owners, it seems like we often do not do this so well. We can hire people, often easy enough, but we don't have the right systems to onboard, train and mentor them. In most situations we have internal people doing this who are not trained and experienced in doing this. Contracting with the right experienced team to do this will give us an abundance of time.

● 5. Partner

Let's be honest, business owners may not be the best at developing profitable partnerships. We tend to be pretty independent which is fine . . . but it does often cause us to work far harder than we need to, and have negative stress.



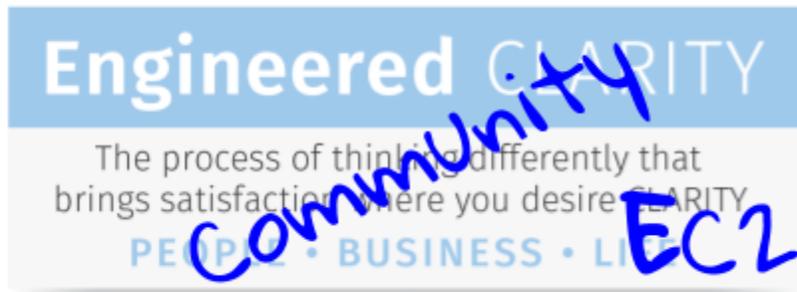
We trust this short white paper was helpful in starting to trigger Serotonin, Dopamine, Glutamate and Noradrenaline chemicals in your brain. :-) For additional information check out the following.

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## Questions & Answers ~ Q&A and Case Studies

Would you like more? Would you like to participate in an **EC2 ~ Engineered CLARITY** Community mastermind group to talk about the concepts, share what is working, what's not working, case studies and a whole lot more? It's simple and easy to do. <https://clarity.dnaforsuccess.com/EC2> If you do not have a sponsor/mentor to introduce you into the group call toll-free 888.230.2300 or 630.393.9909 and we will set you up with one.

Quick start ~ <https://clarity.dnaforsuccess.com/ec2-start>



Welcome to **EC2** . . . where we as a community explore things that would black most people out. If you are newer to the community and you blackout, i.e. have no clue what we are talking about . . . no worries . . . you will get used to it.

In the Quantum World, it seems . . . things are never what they seem to be. This is very frustrating to people and if we do not understand how to think at the Quantum Level . . . well . . . we're going to blackout.

In the AirForce they train their pilots to learn to handle the G-Forces and the **EC2** community will help you do that as well.

It's a pretty simple process/system. . . which amazingly people won't follow . . . and then they wonder why they blackout.

# Simple . . .

- Connect with your ARRT Mentor and let them know you are going through this white paper.
- Invite your 2 ARRT Buddies, if you have been assigned them, along for the ride. Invite them to read through the white paper with you together.

Easy . . . right?

**WARNING!** If you do not do the two simple above things you will most likely blackout and crash. What's worse than crashing and dying . . .

***"The mass of men lead lives of quiet desperation."***

Henry David Thoreau

# Quantum Thinking Model