

AGOGUE DAY 10 - PERSPICACITY TIME

ASSIGNMENT

- 1 Decide on a question to help you either solve a problem or find new big-picture opportunities
- 2 Go on a 15+ min walk
- 3 Record your insights
- 4 Act on your insights as quickly as possible
- 5 Share your experience in the Agoge Chat



Question:

How do I make time for my Daily Checklist and Wake up at 4 AM at the same time? (Time Management Struggling)

CAN DO NOW

Fix schedule today, waking up at 4M tomorrow
Organize routine in a schedule

CAN'T DO TILL MONDAY

Do shallow work at 4 AM
Track my day with Google Calendar
Prepare for my workout in the morning (water)
Have a sense of urgency since I arrive home
Consider Luc's advice on mixing a nap in between (20 min)