

# AGOGE 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)