Me First!
1. Acceptance
acceptance and forgiveness
never a victim of circumstance
no negative talk / complaints
don't know what is the end story
EXERCISE: 50 min focus time
2. Sleep
hormones
time of going to bed not getting up
apps
3. Environment
environment
dark
cool
clutter free
no electronics
to be considered in every context
help new habits flow
4. Energy
after sleep, breathing
hydration
nutrition
habits
decisions
5. Time
system for controlling how you spend it
who decides?
email is a filing system for other people's priorities
customise - no one size fits all
closing loops
games
setting up for the next day
6. Boundaries
self time
work
clients
family
customise - no one size fits all
7. Accountability
even for introverts
self accountability is not the answer
8. resources
delegation
automation
support
systems
9. Life Contract
time bound
review
pass to your scrum master
know when you're done