

SIX TIME TRAVEL CHALLENGES



1. **BALANCE YOUR TIME**
2. **BLOCK TIME**
3. **TRACK YOUR TIME**
4. **MAGIC TIME**
5. **DELEGATE TIME**
6. **QUALITY TIME**

TIME TRAVEL TO THE FUTURE & BLOCK TIME FOR YOU!

- LEAD GENERATION
- PROJECT MANAGEMENT
- PROGRAM DEVELOPMENT
- ASSOCIATE RETENTION
- MARKETING/SOCIAL MEDIA
- PERSONAL ITEMS

Acrobat

Day Work Week Week **Month** Schedule View

Arrange

Add Calendar Share Calendar

Manage Calendars

New Group Browse Groups

Search People Address Book

Find

November 2021

Chicago, Illinois

Today 52°F/38°F

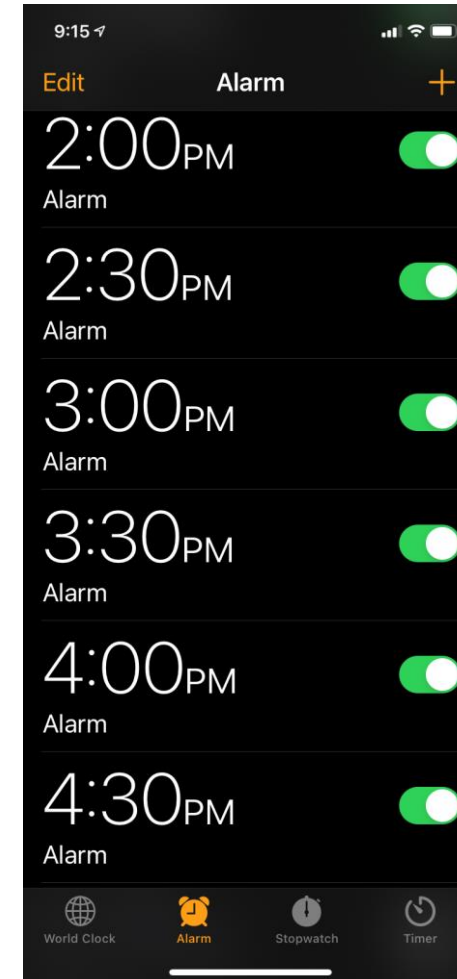
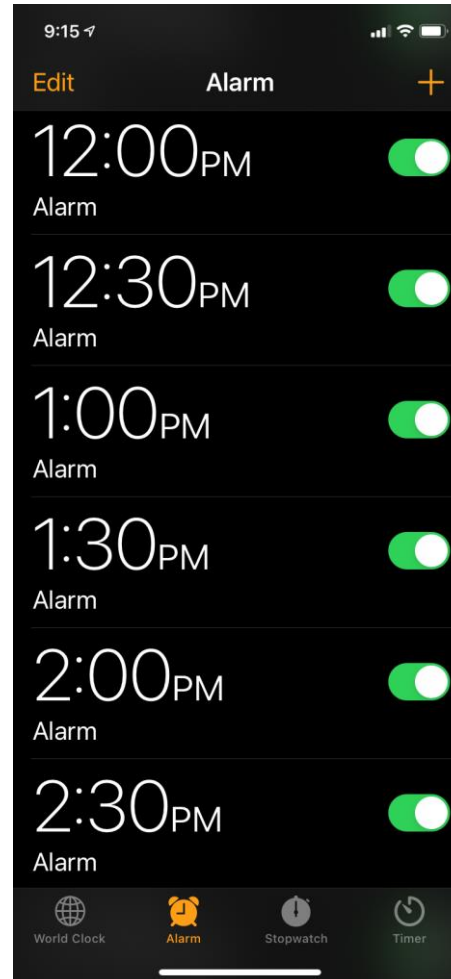
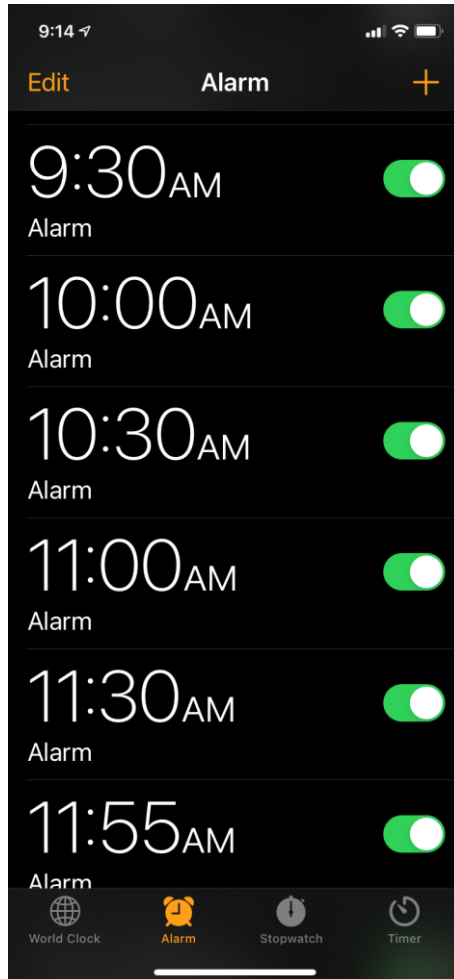
Tomorrow 55°F/44°F

Sunday 63°F/49°F

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1	2	3	4	5	6
Send Solara and LDHG I...	Election Day; United Stat.	9:00am Monica Goeke a...	11:00am 4QT Club Block...	9:30am Ana Berrun and Christine Trippi; +1 847-...	
+3	+5	+3			
8	9	10	11	12	1
9:00am conference	Wisconsin Hotel & Lodg...	8:00am Innspector App ...	BLOCK & TACKLE; Unite...	7:45am chiropractor	
9:00am 4QT CLUB - MO...	9:00am conference				
		+2	+2	+3	
15	16	17	18	19	2
8:50am United Airlines fl...	11:00am Welcome to M...	11:00am 4QT Club Block & Tackle Time; https://us...	12:20pm United Airlines flight 2312 to Chicago (I...	1:00pm Peter Ricci and ...	
	2:00pm Welcome to LD...			4:45pm United Airlines f...	
+3					
22	23	24	25	26	2
9:00am 4QT CLUB - MONDAY MORNING H...	2:00pm Welcome to McNeill Hotels; Microsof...		Thanksgiving Day; United States	Day After Thanksgiving ...	
				10:00am The Hiring Lens	
29	30	Dec 1	2	3	4
9:00am 4QT CLUB - MONDAY MORNING H...	12:00pm Lodging Dyna...	Send Solara and LDHG I...	8:00am T-HOLD Sashquash Resort	8:00am T-HOLD Sashquash Resort	8:00am T-HOLD Sashquash Resort
	2:00pm Welcome to LD...				
		+4			

All folders are up to date. Connected to: Microsoft Exchange

TIME TRAVEL CHALLENGE



DAILY TIME TRACKING

For Sweet Results!

TOP 2: _____



DATE: _____

7 am _____

7:30 am _____

8 am _____

8:30 am _____

9 am _____

9:30 am _____

10 am _____

10:30 am _____

11 am _____

11:30 am _____

12 noon _____

12:30 pm _____

1 pm _____

1:30 pm _____

2 pm _____

2:30 pm _____

DAILY TIME TRACKING

For Sweet Results!

TOP 2: _____



DATE: _____

7 am _____

7:30 am _____

8 am _____

8:30 am _____

12:30 pm _____

1 pm _____

1:30 pm _____

2 pm _____

TIME TRACKING



BLACK HOLE – TIME SUCK #1



Andersson, Nicklas

Look! You've got mail!

The Internet has again transported some bits to you.

<end>

All folders are up to date.



Connected to Microsoft Exchange



Document4 - Mic...



F1



12:54

23 MINUTES TO REFOCUS



BLACK HOLE – TIME SUCK #2

Microsoft Edge browser window showing the Microsoft News homepage.

Address Bar: Search or enter web address

Search Bar: Search The Wise Pinapple and the web

Navigation Bar: Office 365, My Feed, Coronavirus, News, Sports, Weather, Traffic, Money, Shopping, Travel, Personalize, Content visible

Main Content Area:

- Featured Article:** Details of COVID-19 vaccine workplace rules are out. What if your employer won't comply? (USA TODAY)
- Weather Widget:** Algonquin, Illinois. 43°F, Sunny. 3% chance of rain. High 47, Low 34.
- Recommended Section:** Kori Eller sent this: Copy of LDHG Who Am I - 11.1.21 (Wed at 4:46 PM). You sent this in a meeting invite: LDHG Orientation Workbook 7... (Wed at 7:59 PM).
- Other Widgets:** PREMIER LEAGUE (Man Utd), BS Los Angeles - 27 mins ..., 'The Rock' Johnson.

Taskbar: Windows Start button, Search bar (Type here to search), Task View, File Explorer, Microsoft Office (Word, PowerPoint, Excel, Outlook), Google Chrome, Firefox, 100% battery, 11:09 AM 11/5/2021.

BLACK HOLE – TIME SUCK #2

The screenshot shows a Windows 10 desktop environment. The background is a vibrant image of a clownfish swimming in a blue coral reef. The desktop is populated with several application icons: Microsoft Forms, Wix, Home, Calendly, YouTube, a URL icon (https://ntp.ms...), CNN, Receive Remo..., and My Forms. A search bar is positioned in the center of the desktop, displaying the text "Search The Wise Pinapple and the web". The taskbar at the bottom includes a search bar with the text "Type here to search" and a series of application icons: Office 365, My Feed, Coronavirus, News, Sports, Weather, Traffic, Money, Shopping, Travel, Personalize, and Headings only. The system tray in the bottom right corner shows the date and time as 11:08 AM on 11/5/2021, along with various system icons like network, volume, and battery.

Microsoft Forms Wix Home Calendly YouTube https://ntp.ms... www.cnn.com Receive Remo... My Forms


Search The Wise Pinapple and the web

Office 365 My Feed Coronavirus News Sports Weather Traffic Money Shopping Travel Personalize Headings only

Type here to search

11:08 AM 11/5/2021

BLACK HOLE – TIME SUCK! #3

 **Send**

From ▼ christine@thewisepineapple.com

To |

Cc |

Subject |

Stay Sweet,
Christine Trippi
The Wise Pineapple
224-226-1945


 **Book a Chat**
[Christine's Calendar](#)


Get all the *Juicy* details:
www.thewisepineapple.com





Untitled


Insert Draw Options Format Text Review Help Acrobat


 **Signature** ▼


 **Table** ▼

 **Reuse Files**

 **Pictures** ▼

 **Shapes** ▼

 **Icons**

 **3D Models** ▼

Email Signature - Name & Website

Inquiry with attachments

McNeill Hotels

Signatures...

Include

From ▼ christine@

To |

Cc |

Subject |

BLACK HOLE – TIME SUCK! #4



DELEGATION IS A TRANSFER OF TRUST



Use the Eisenhower matrix and...

- 1. Identify one item to delegate.**
- 2. Identify one item you need to organize in order to delegate.**

Then block the time to organiz



THE FOUR POWER QUESTIONS

1. **WHAT'S GOING RIGHT?**
2. **WHAT'S NOT GOING RIGHT?**
3. **WHAT AM I LEARNING?**
4. **WHAT WILL I DO DIFFERENTLY?**



**THERE IS NO PAST AND
NO FUTURE, THERE IS
ONLY THE PRESENT**



- TOLSTOY





CONNECT WITH CHRISTINE:

www.thewisepineapple.com



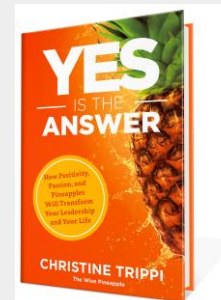
Christine Trippi



Christine Trippi, The
Wise Pineapple



the_wise_pineapple



Yes Is the Answer

