The Fuller Life

Unable to manage time or improper planning?

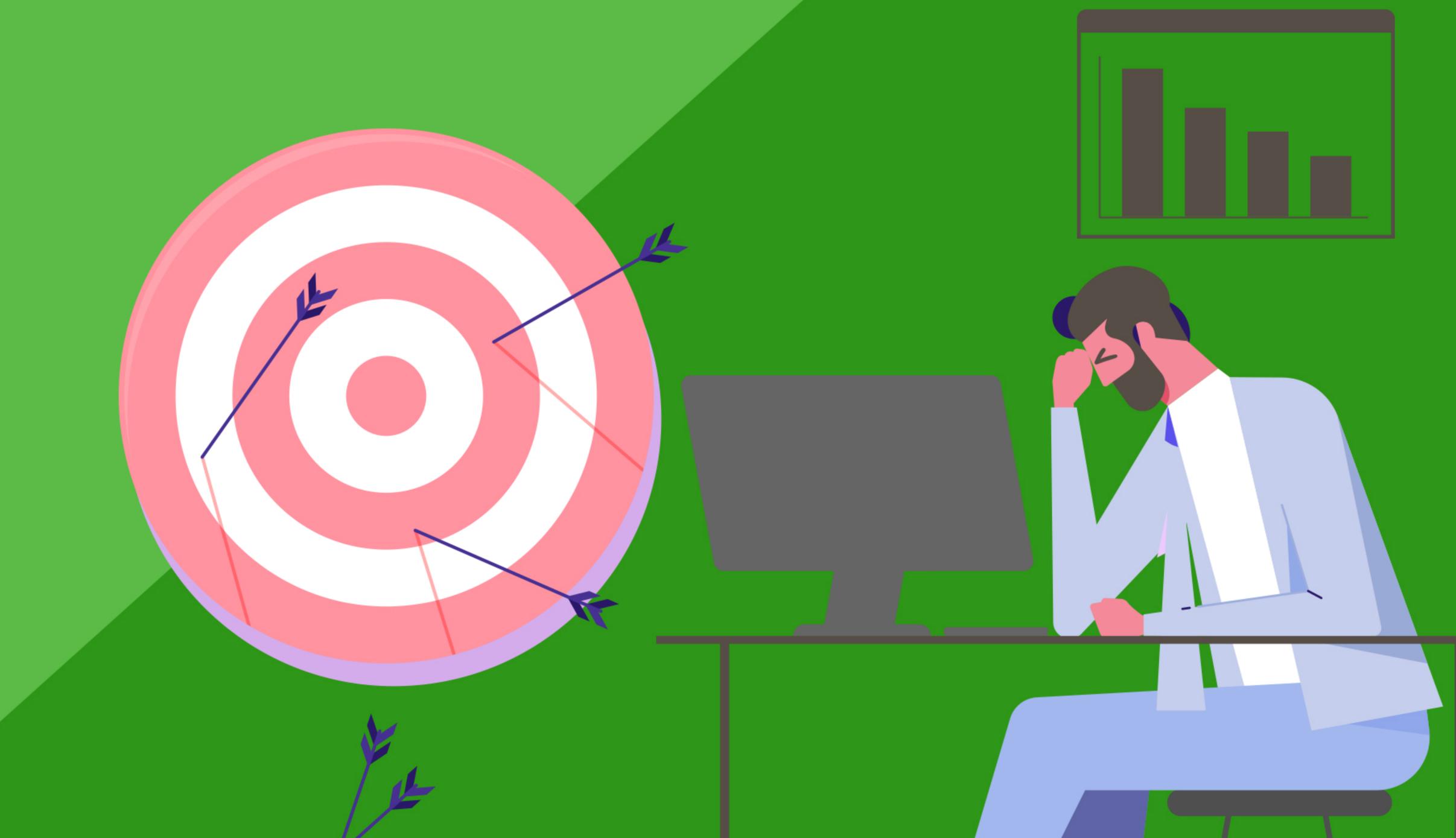


Problem: Not setting goals

Reason: Lack of clear vision

Quick fix: Set clearly defined goals to stay

motivated and inspired to follow through

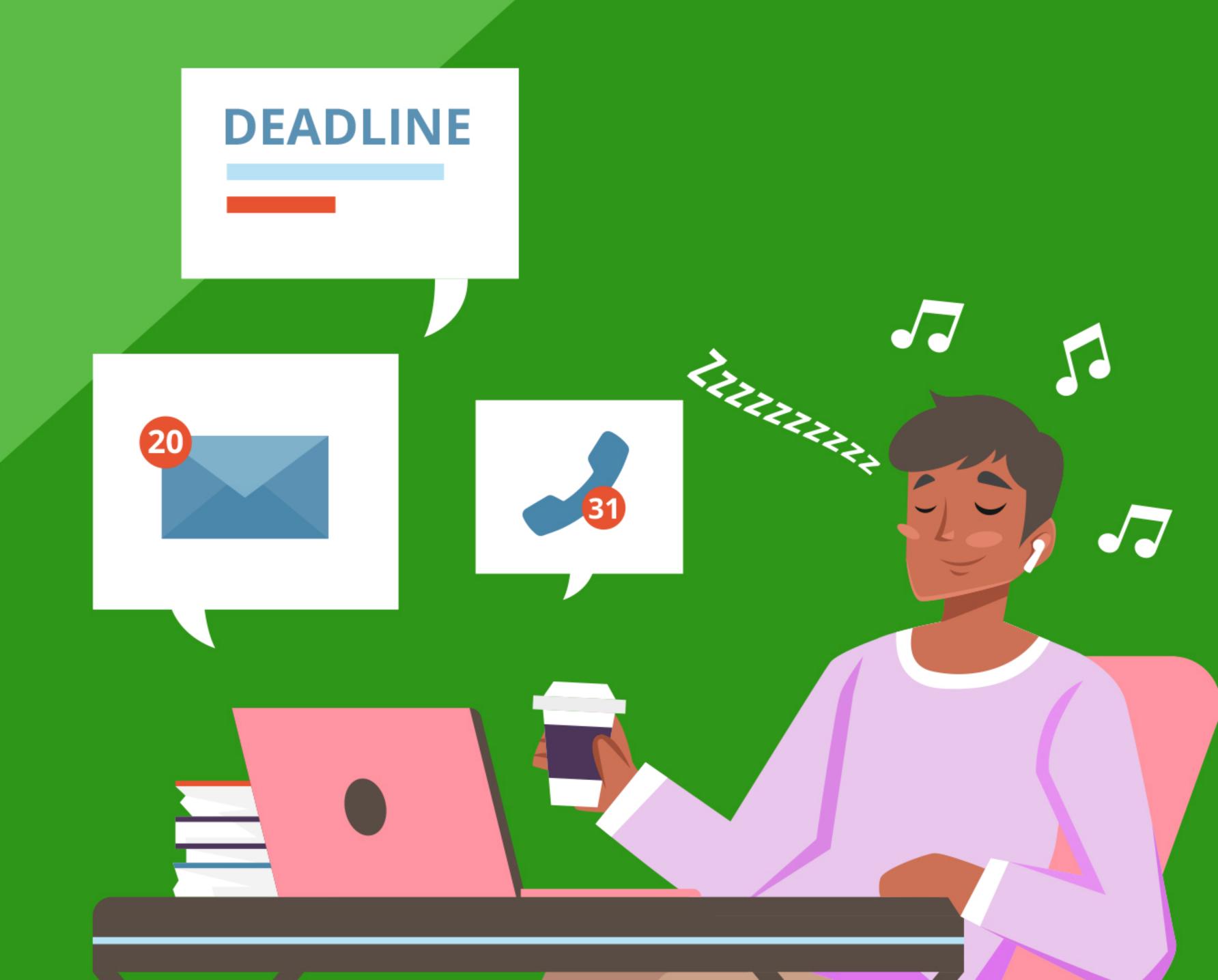


Problem: Procrastination

Reason: Putting off tasks

Quick fix: Break down projects into small

tasks and complete small chunks at a time





Problem: Feeling rushed

Reason: Waiting until the last minute

Quick fix: Prioritize tasks based on

importance and delegate whenever

possible



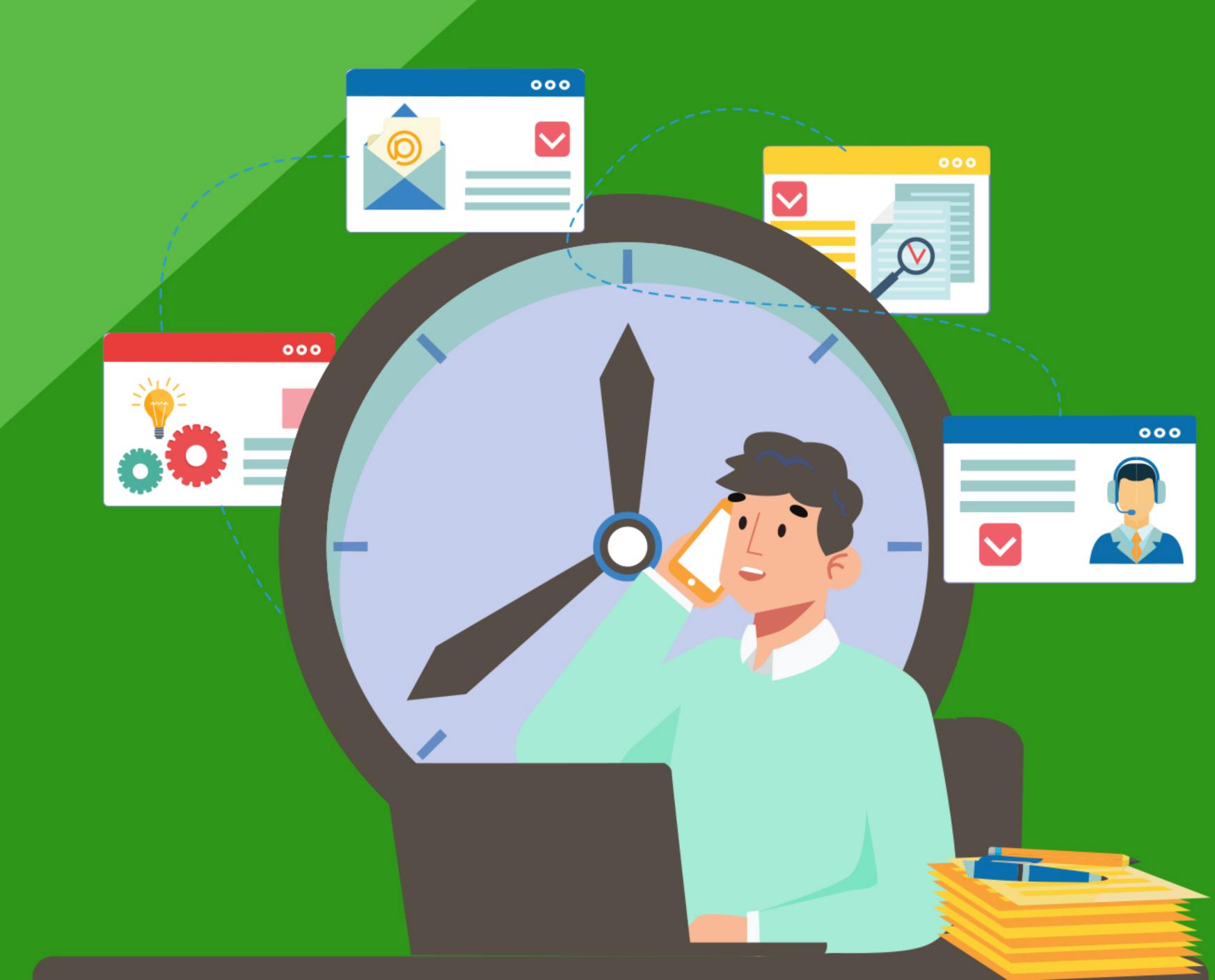
Problem: Missing deadlines

Reason: Underestimating the time needed

Quick fix: Set a time limit to complete a task.

Recognize potential problems and make

plans to deal with them



Problem: Failing to set priorities

Reason: Not classifying tasks

Quick fix: Rank tasks based on urgency and

importance and complete the higher ranked

tasks first



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Problem: Taking on too much

Reason: Balancing multiple responsibilities

Quick fix: Concentrate on one objective at a

time; delegate or say "No" when overloaded



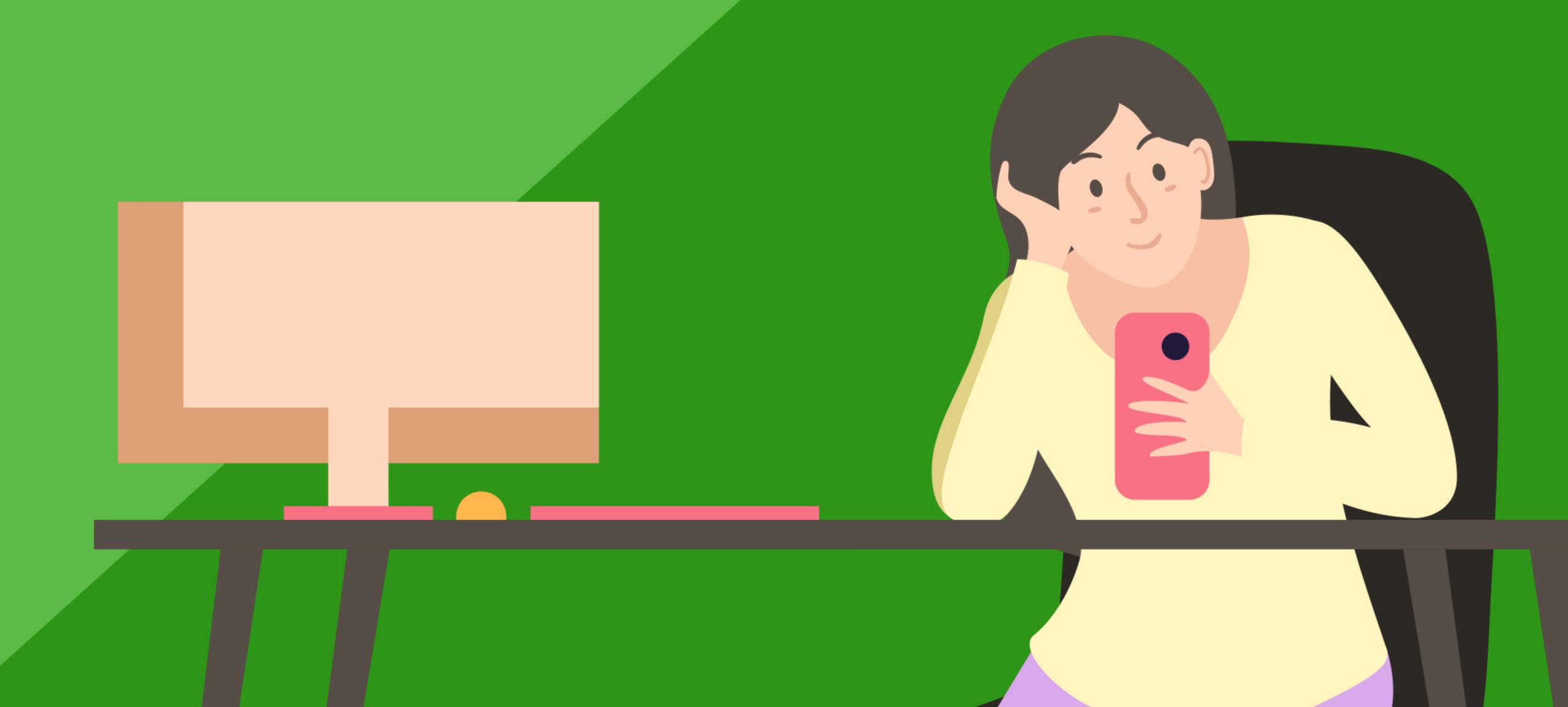
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Problem: Easily distracted

Reason: Poor attention management

Quick fix: Avoid timewasters and stay

focused on the task at hand



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