

Time Management

Make the Most of Yours

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are maximizing every second of every day.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming better and better at time management. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I master my time

I manage my time

I plan my schedule

I always have plenty of time

I make sure I have plenty of time

I plan my schedule in advance

I anticipate how long things will take

I know how long things will take

I manage my time wisely

I manage my time intelligently

I easily manage my time

I naturally manage my time

I am always on time

I always have a few extra minutes

I am always prepared

multi tasking is easy

multi tasking is natural

I can visualize my schedule

I see my schedule in my mind

I always adjust accordingly

I can rearrange my schedule at will

I naturally take everything into consideration

I am incredibly efficient with my time

I am incredibly effective with my time

I am incredibly powerful with my time

I am fantastic with my time

I am friends with time

time supports me

time assists me

You master your time

You manage your time

You plan your schedule

You always have plenty of time

You make sure You have plenty of time

You plan your schedule in advance

You anticipate how long things will take

You know how long things will take

You manage your time wisely

You manage your time intelligently

You easily manage your time

You naturally manage your time

You are always on time

You always have a few extra minutes

You are always prepared

multi tasking is easy

multi tasking is natural

You can visualize your schedule

You see your schedule in your mind

You always adjust accordingly

You can rearrange your schedule at will

You naturally take everything into consideration

You are incredibly efficient with your time

You are incredibly effective with your time

You are incredibly powerful with your time

You are fantastic with your time

You are friends with time

time supports you

time assists you