

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1872

## MM: 5 Tips for Better Time Management

No matter how good you are at managing your time (and maybe's other's as well), you can always improve...

And when you improve your organization and daily routine you become more productive and often-times far happier at how you're living your life...

That's why on today's #CabralConcept 1872 I'd like to share with you 5 Tips for Better Time Management - Enjoy the show and let me know if you can think of a 6th you'd like to share in the comments!

## EPISODE TAKEAWAYS

# 1

### Plan Tomorrow Today

If you don't plan tomorrow today (the night before) you're going to lose your productive hours and fall further behind

# 2

### Become Robotic

Once you set a plan into motion stick with it without distraction

# 3

### Engage Your "Why" Daily

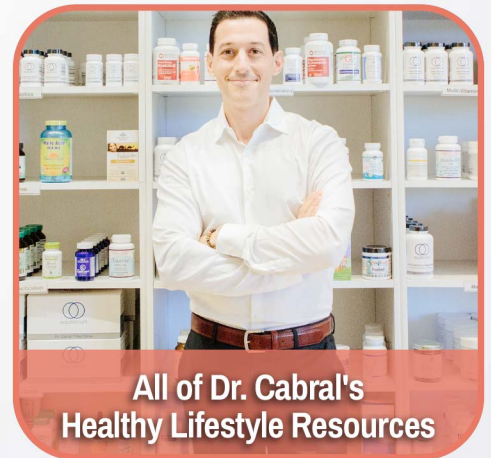
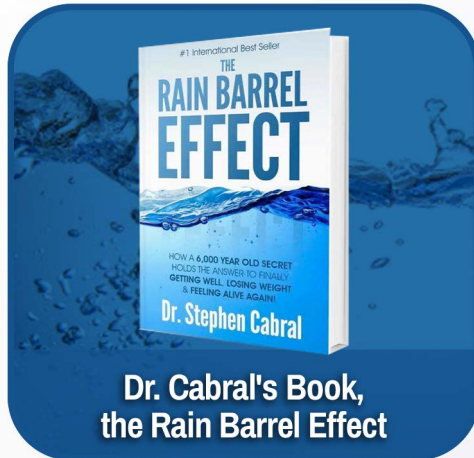
Whenever you need renewed motivation go back the reason you're going after your goals in the first place

## RESOURCES

- Podcast on Maslow's Hierarchy of Needs
- Additional Podcast on Maslow's Hierarchy of Needs
- Podcast on Knowing Your Why



# DR. CABRAL'S MOST POPULAR RESOURCES



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