



Monday Hour One Workshop

Agenda

What it means to practice here

Why Monday Hour One is the shit

What to keep in mind as you implement

The “how”: 5 simple steps

Taking it to the next level

Q&A + takeaways

Practice here

Most resisted
process I teach,
but...

"I've been more focused and productive today than any other Monday morning in awhile. I even put everything in my calendar. Winning the day, week, and my life."



"I'm really enjoying the system. It's like NEXT NEXT NEXT LEVEL productivity. Wow."



Reactive



Deliberate

This is a practice

You can't *not* get better

The “how”

- 1. Write the results that you want to create by the end of the week**
- 2. Write down *everything* you'll do to support those results**
- 3. Choose how much time to give each task**
- 4. Put them on your calendar**
- 5. Follow through, and watch your thoughts**

Obstacle → Strategy

Obstacle



Strategy

Taking it to the next level:

Half-Finished to Done, LIVE is **the** place for business owners who are ready to take their projects from half-finished to done.

Pro tips

Bring in Oprah

Be your own PM

Future You

Schedule from the right place

Choose, then have your own back