



Monday Hour One Workshop

Your compelling
reason

Agenda

Your compelling reason

Practice here

3 things to keep in mind

The benefit of a Monday Hour One practice

The “how”: 5 simple steps

Q&A + takeaways

Practice here

1. Most resisted
process I teach,
until...

"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."

2. Take what
works; leave the
rest

3. This is a practice

You can't *not* get better



Reactive



Deliberate

The “how”

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

Obstacle → Strategy

Pro tips

Bring in Oprah

Be your own PM

Future You

Schedule from the right place

Choose, then have your own back

For follow up resources:

piquecoaching.co/khanacademy