

ONLY PROCEED AFTER YOU HAVE COMPLETED THE PREVIOUS ACTION  
ITEM!!!!!!!!!!!!!!

DID YOU REALLY COMPLETE IT?

ARE YOU CLEAR(ER) IN YOUR PURPOSE?

### **Time and Your Future.**

Entrepreneurs are resource integrators. Ultimately, all we really do is **realign resources to configure value for others**. That's an academic distinction that will become more important as we go.

Perhaps the most vital resource of all is time. We know we have a limited amount AND we don't know how much we have left.

I would like you to think about time management in general and more specifically as it relates to starting a business. As our most precious resource, you must understand your investment of time and your expected return on your investment. Starting a business is hard work. For most of us, finding additional time is going to mean making certain sacrifices. Hopefully, now that you have considered and documented your purposes for starting a business, you should be more willing to invest your time in their pursuit.

Stop procrastination: [Beware the instant gratification monkey!](#) - 15 minutes

This video is one of my all time favorites. It's hilarious and genius at the same time. Towards the end, Tim Urban addresses how particularly difficult it is for entrepreneurs to work when there are no REAL deadlines. In the earliest days of opportunity creation, no one knows or cares what you are doing. In the absence of outside deadlines, our procrastination monkeys prevent us from ever getting the momentum we need to hold ourselves accountable. How can you build the will power to change your life in a dramatic way?

Self Control: [The 3 Components of Self Control](#) - Article

As mentioned in the article about self-control, you probably have more time than you think. From the get go, you will have to reconsider how you manage your time.

Take control of your schedule: [You do have the time!](#) - 10 minutes

Laura Vanderkam ends her talk with this profound conclusion, “When we focus on what matters we can build the lives we want in the time we’ve got.” You have to understand how hard it is to work when there are no deadlines. You cannot simply use the “free time” that is left over. You must prioritize starting a business in your own calendar.

Not having enough time is one of the most common excuses listed for why people don’t start their own business. You have to address the issue of time management and your commitment to The Method of More if you intend on finishing.

Visualization: [Draw Your Future!](#) - 10 minutes

Simply draw your current state and then your desired new reality. See it. Believe it. Do it. Changing your future is actually that simple. Most people’s left-brain stops them from believing that it could be that simple. As a result, they never truly believe it and then don’t do it.

It’s time for me to confess my fixation on all things Tim Ferris. I love his books and podcasts. Most of all, I love his never-ending curiosity of self-improvement. I learned about an affirmation exercise from one of Tim Ferris’s Podcast featuring Debbie Millman.

Ten Years from Now: [Write Your Future!](#) - Article

Drawing your future and writing your future are once in a decade type of activities that can anchor your desired state. However, you need to also do this in daily practice.

Daily Affirmations: [State your Future!](#) - Article

You can literally change your life by writing: "I, First Name, Last Name, will \_\_\_\_\_." X 15 per day.

If we don't give our brain a daily reminder of what we really want, our brain's filters (See Reticular Activation System), will not know what to pay attention to. It's that simple.

**ACTION ITEM 1.B:** Write your future. Draw your future. State your future. Do these in this order and in your journal. Follow Debbie Millman's exercise from the article linked above. When you start your "Day in the Life 10 Years from now narrative," make sure you are generous to yourself. Don't limit your dreams to things you think are possible. Think big! Be greedy. That's right, be greedy. Imagine the way the world would be if you could have your every desire. That doesn't mean you can't imagine it without personal wealth and lots of benefits to humanity. Just make sure you try and incorporate EVERYTHING you could ever have wanted in a single day!

When you've finished writing your "Day," download the app [Boomerang](#). This very simple application allows you to schedule and send emails at a future date. Send your "Day in the Life 10 Years from now," to yourself on this date for the next ten years. Read it every year and watch it come true!

Once you've written the day in the life ten years in the future, make a drawing of your current state and your desired new reality suggested in the [Draw Your Future!](#) video. Don't rush through it or worry about how bad you are at drawing. It's for you and for your brain and you don't ever have to share it if you don't want to.

Finally, create a daily affirmation that succinctly states what that desired future state means to you. Be sparse in your words but not in what they signify. Be sparse because you have to write it down 15 times per day. Start by writing your affirmation in your journal 15 times today.

When you have done all three of these things, send me an email to [Peter@TheMethofMore.com](mailto:Peter@TheMethofMore.com) and share as much as you feel comfortable sharing. At the very least confirm with me that you have completed the action item.