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Time Management vs. Energy Management

1. THE HATS YOU WEAR:



Name of position	% Time	\$ Cost
Spouse		
Parent		
Employee		
Boss		
Family Member		
Volunteer		
Friend		
Spiritual Being		
Coach		
Taxi Cab Driver		
Cook		
Maid		
Other:		
Other:		
Other:		

Since 1948 the % of women in the workplace has increased from 28% to 46.8% while the perceived responsibilities outside work have not decreased.

2. OWNING YOUR ENERGY

What system do you currently use to track your goals and schedule? How is it working for you?



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3. FINDING FULFILLMENT

In your ideal life experience what are you doing with your time?

On a scale of 0-10 (0 being not close to your ideal and 10 being living your ideal) rate how close you feel you are living your ideal life experience. _____

What prevents you from living your ideal life experience?

What is the story you tell yourself about saying NO?

What is the story you tell yourself about asking for help?

Name one area where you are committed to asking for help. _____

Name one thing you don't enjoy where you are committed to saying NO.

4. NOTES



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Laura Treonze, serves as Chief Life Strategist with **LMT Consulting**, which helps individuals and companies create massive success through self-awareness.

LMT Consulting was founded on the core belief that behavioral understanding is the key to personal and professional success. By uncovering natural behavioral styles we help growth-minded individuals build plans that focus on their personal strengths. We provide the tools to help people understand how to show up as their best self in all situations so they can

manage their energy instead of their time, direct conversations instead of reacting to them, and communicate with everyone at a higher level. Unlike traditional business coaching, we know personal lives play a huge role in how people show up professionally. Our coaching programs are specifically designed to help you understand and articulate what you really want so you can create your ideal work-family balance.

LMT Consulting executive and life coaching has transformed and redefined the way non-profits, small teams and corporations “do” business. Our coaching is proven to boost individual confidence, increase self-awareness, improve group understanding, reduce conflict, improve team-building, and enhance commitment in all aspects of life.

It became apparent that the work **LMT Consulting** was doing to help companies, teams and business leaders with behavioral understanding was needed outside of the office and taken to a more personal level. Many of the issues that cause people to seek executive coaching also apply to parents and their interactions with their children. **LMT Consulting** is dedicated to empowering families to live healthier, happier, more resourceful, and resilient lives by increasing self awareness of the strengths of every member of the family, understanding how children process information and how to communicate more effectively with each other through its innovative **“The Social Behavior of Families”** Training.

At **LMT Consulting** **“Our mission is to help people do and be more than they thought physically, mentally, spiritually and financially possible while building businesses and lives worth talking about.”**

Reach out to us today and start on the exciting path of behavioral understanding, awareness and development! Isn't it time for you to **build a business and life worth talking about?**

To learn more about our services, please go to www.lmtworthtalkingabout.com

Connect with Laura on Social Media

