

5 Ways to
CULTIVATE WORK-LIFE
HARMONY
For Social Media Marketers

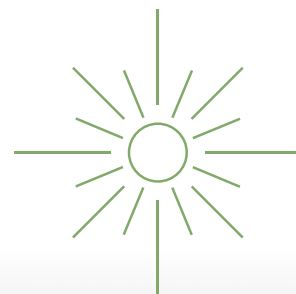
JENNA PICHE
TIME MANAGEMENT COACH





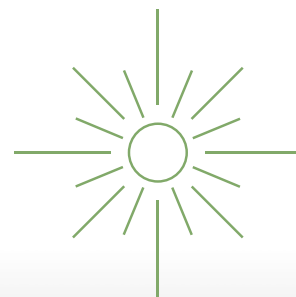
The Hustle Fallacy

being busy = more productivity



42% plan to stop working in social media in the next 2 years

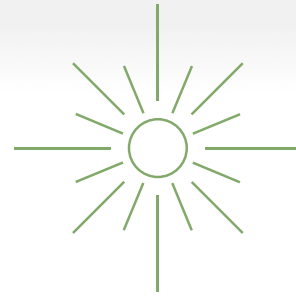
-SPROUT SOCIAL STUDY, 2023



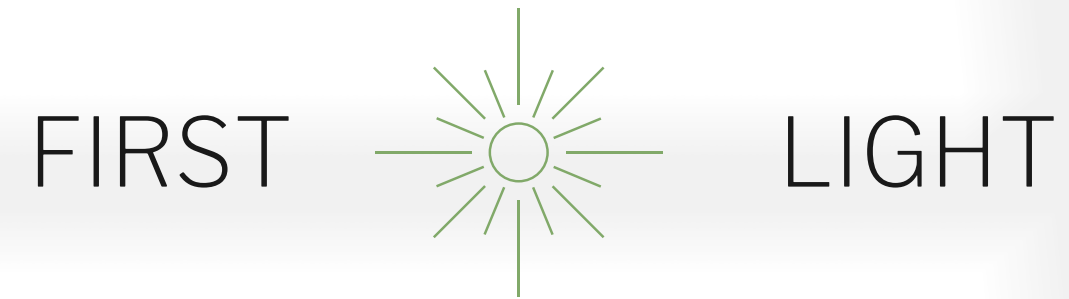
42% plan to stop working in social media in the next 2 years

63% are either experiencing burnout or have within the past 3 months

-SPROUT SOCIAL STUDY, 2023

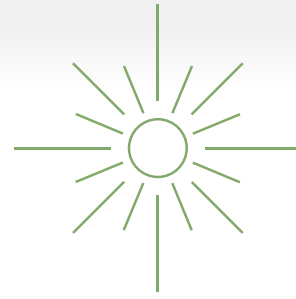


The Double Win

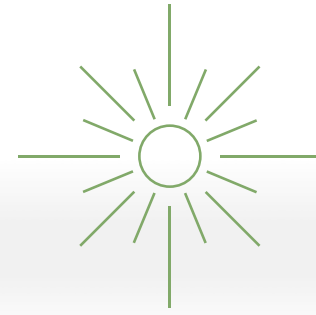


Be More Efficient.
Use Your Time More Wisely.

Shut Off Work and
Prioritize What Truly Matters.

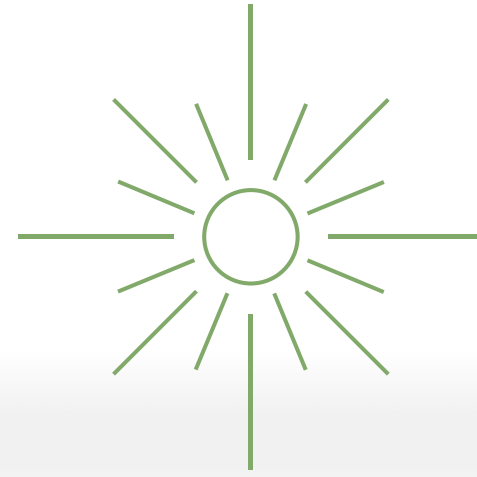


Time is our most precious
nonrenewable resource.



*“At some point you gotta be real
with yourself about the gap
between the life you want to live
and the life that your daily habits
are leading you towards.”*

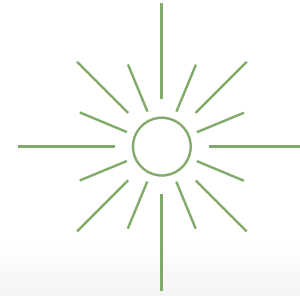
Michell C Clark



CHIME Time Optimization Framework

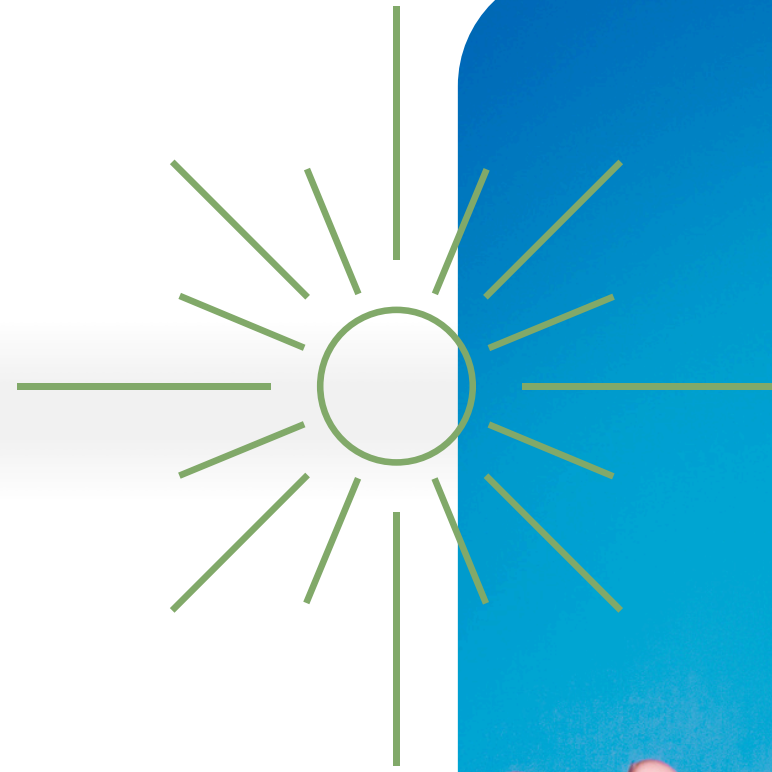
1. Calendar Control
2. Habits & Systems
3. Identity & Core Values
4. Mindset & Approach to Time
5. Energy Management





5 Ways to
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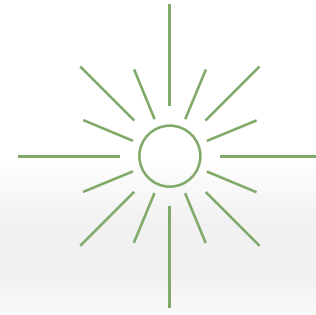
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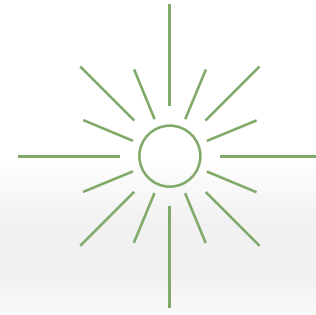
Mistake #1

Trying to do
EVERYTHING



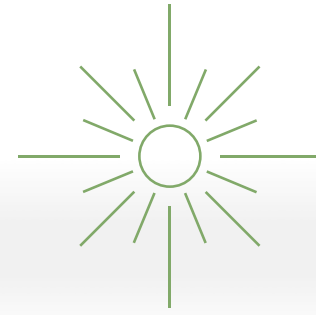


Why Do We Feel So Overwhelmed?



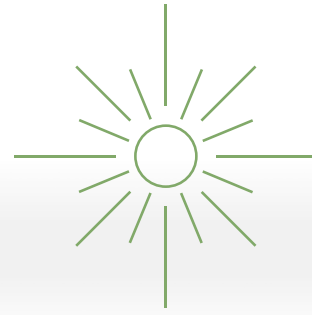
Why Do We Feel So Overwhelmed?

- In one study, 60% of workers said they have more than 60 personal and professional tasks on their lists each week.

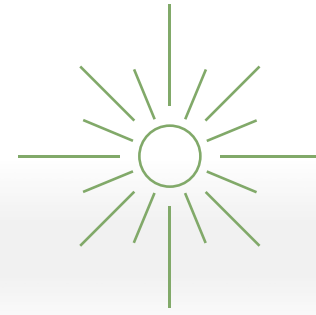


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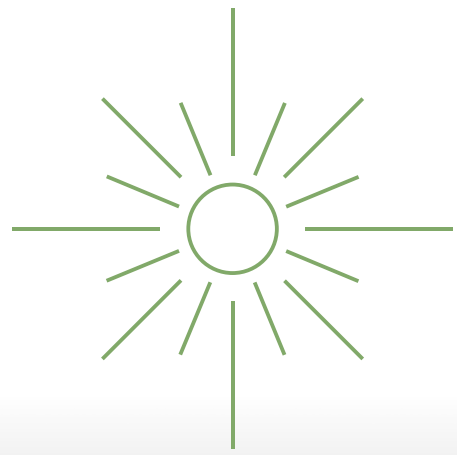
- In one study, 60% of workers said they have more than 60 personal and professional tasks on their lists each week.
- Research shows more than 40% of the items we put on our task lists are never completed.



Not all tasks are created equal.

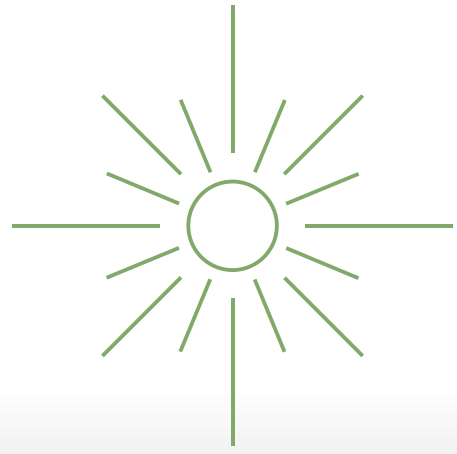


We waste time doing the wrong things
or
we know what to do but don't do it enough.

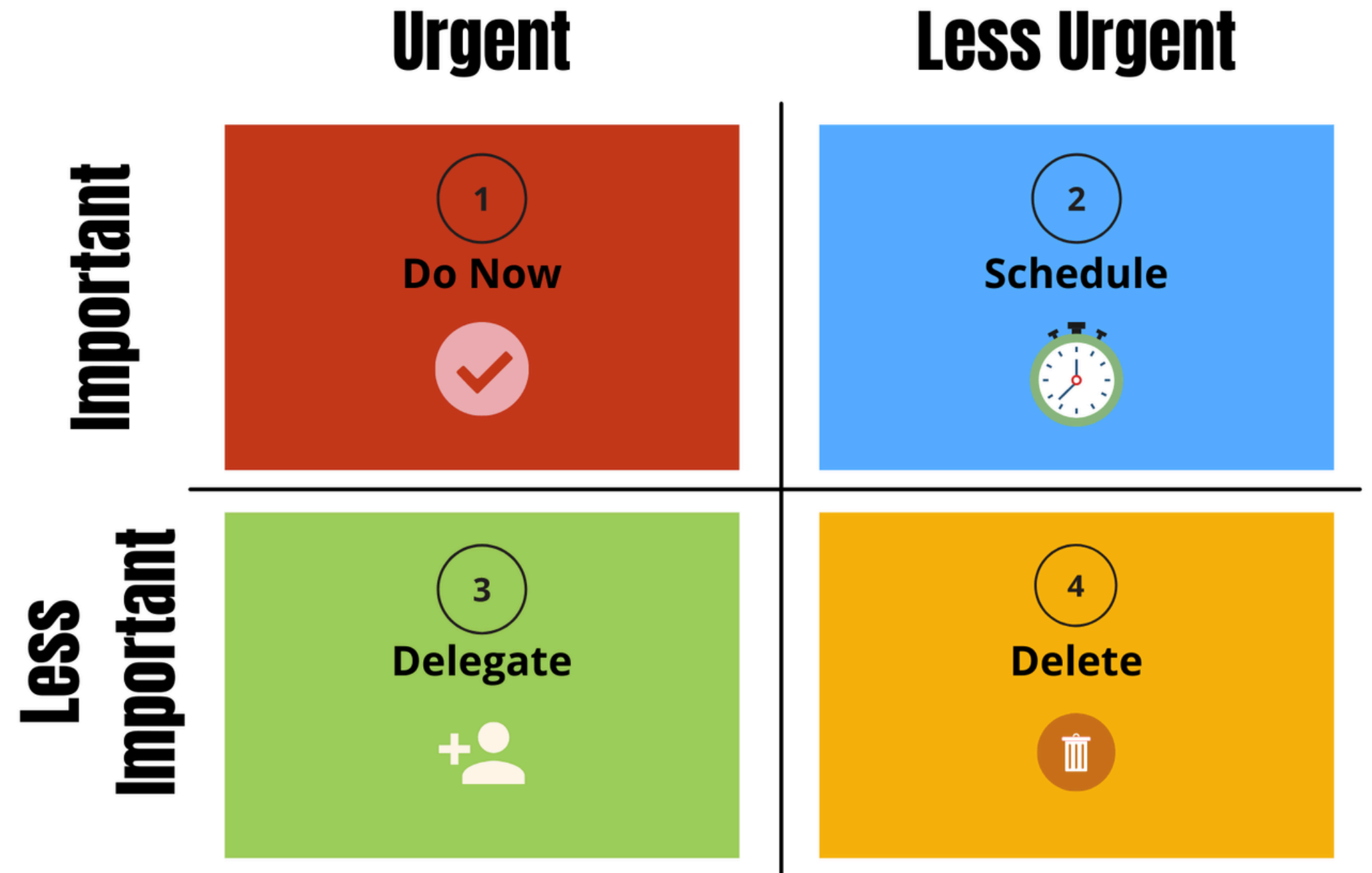


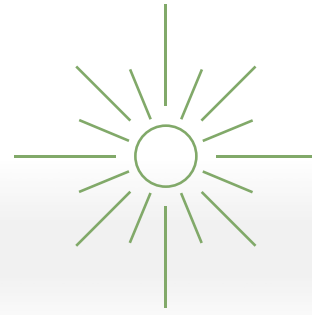
The Daily Big 3





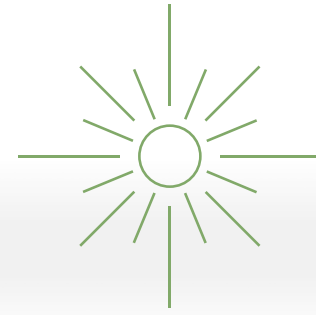
The Eisenhower Matrix





Goal Progress:

**What's the next best action I can take to
move this forward?**

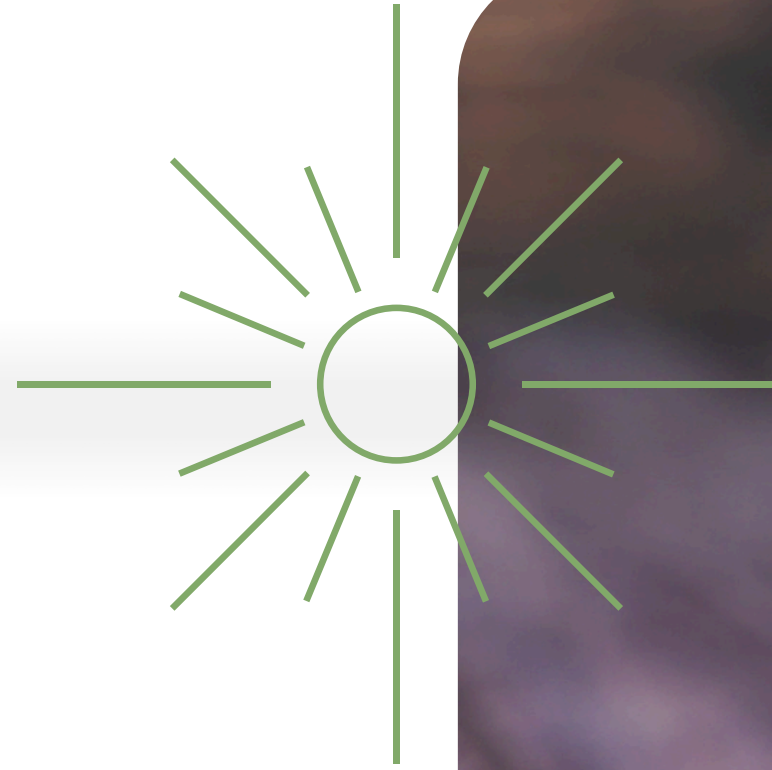


The ONE Thing:

What can I do right now that will make everything else easier or irrelevant?

Action Step

Set a Daily Big 3
Schedule Focus Time in AM

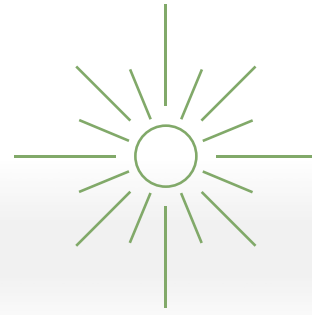


Mistake #2

Not Setting Boundaries

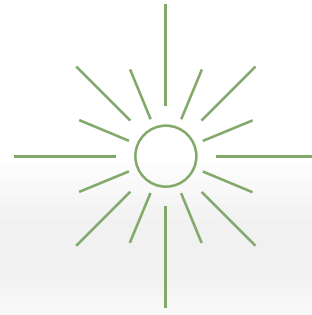






Work expands to the time
allotted for it

Parkinson's Law



Work **contracts**
to time allotted for it.



Action Step

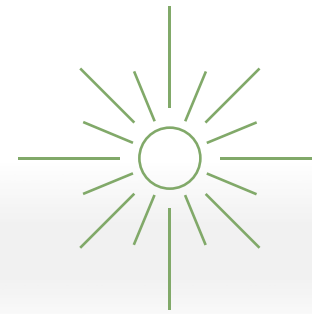
Choose a consistent start and stop time for work.
Mark it on your calendar.

BONUS

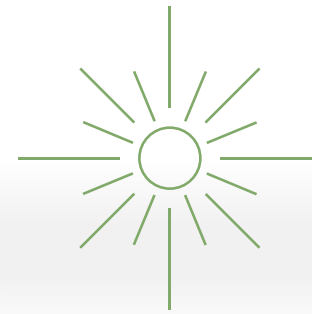


Not
Prioritizing
Rest





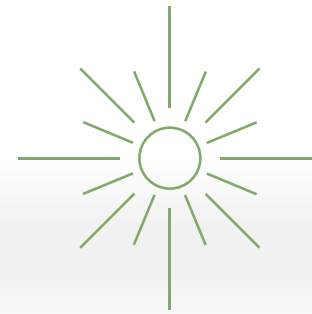
Managers couldn't tell
the difference
between employees
who worked 80 hours
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Even in a 50-hour work week, we're only getting about 37 productive hours.



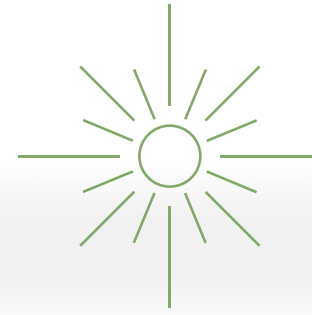
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1 hour of overtime is only worth about 30 minutes of returns.



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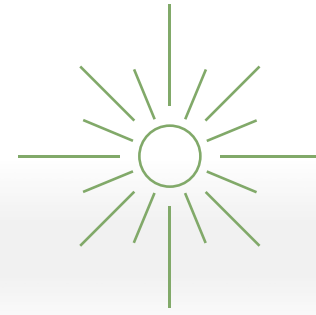
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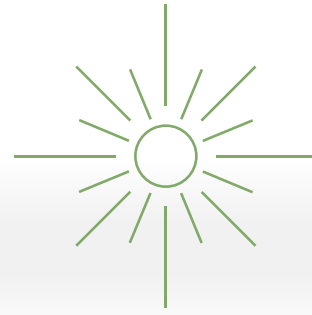


No noticeable benefit of working beyond 50 hours/week. Those who worked 80 hours didn't achieve another 30 hours of productivity.

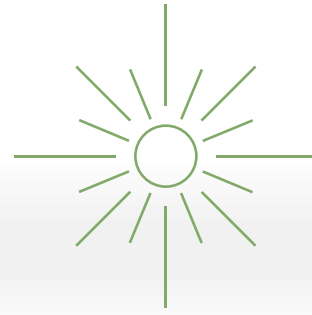


When you're sleep-deprived:

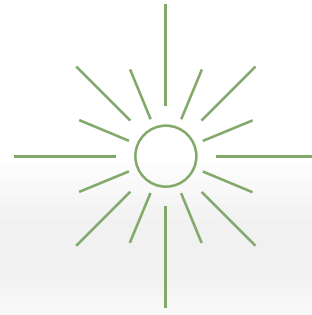
The work takes longer
The quality suffers



Rest isn't a reward for hard work,
it's a prerequisite for greatness.

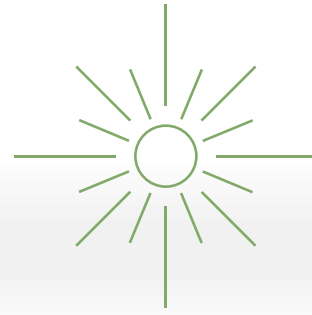


Wake up time:_____



8 hours

Wake up time:_____

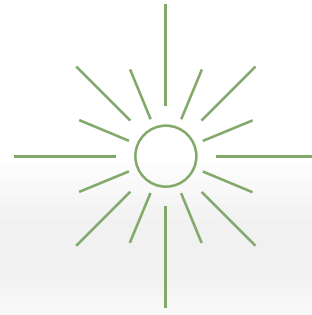


Bedtime: _____



8 hours

Wake up time: _____



Reverse Alarm: _____

Bedtime: _____



8 hours

Wake up time: _____

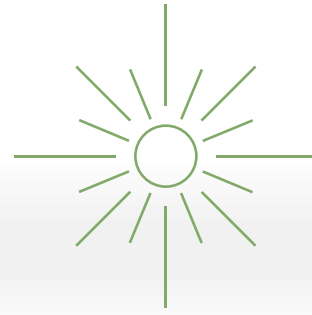
Action Step

Choose a consistent bedtime.
Set a Reverse Alarm.

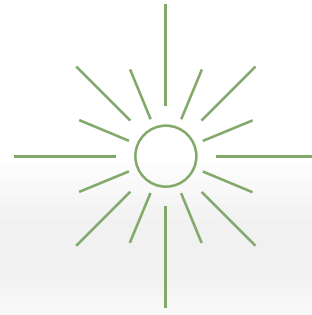
Mistake #3

Accepting
Everything
That Comes
Our Way





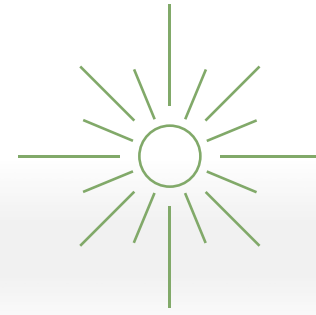
Relentless Removal



Relentless Removal

What's on your calendar that's
not serving you?

- Meetings
- Commitments



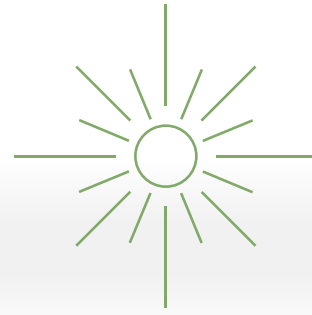
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What's on your calendar that's
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NOT-to-do List

- What's distracting you?
- Bad habits to break



Relentless Removal

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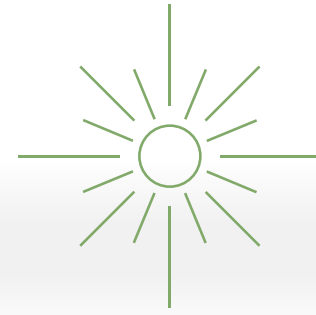
- Meetings
- Commitments

NOT-to-do List

- What's distracting you?
- Bad habits to break

Negotiating Out

- The Positive No



What's missing that
brings you joy?

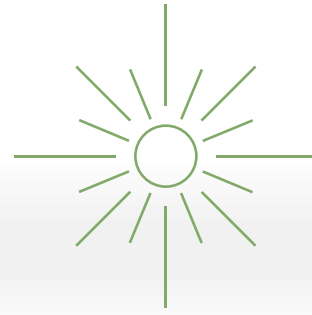
Action Step

Spend 30 minutes in
RELENTLESS REMOVAL.
Filter all new requests.

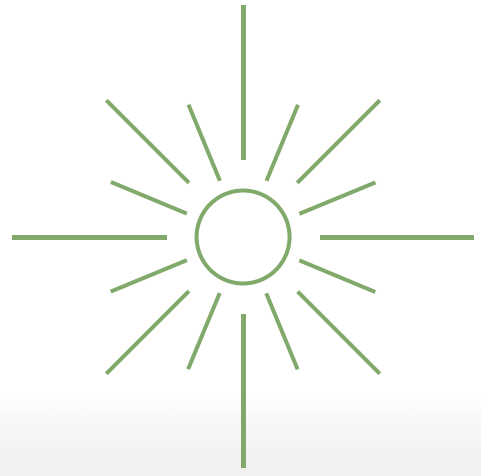
Mistake #4

Thinking I'm
the Only One
Who Can Do
This



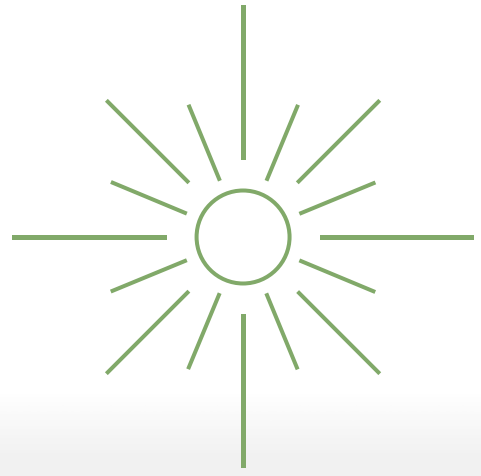


Perfectionism is the
enemy of Progress.



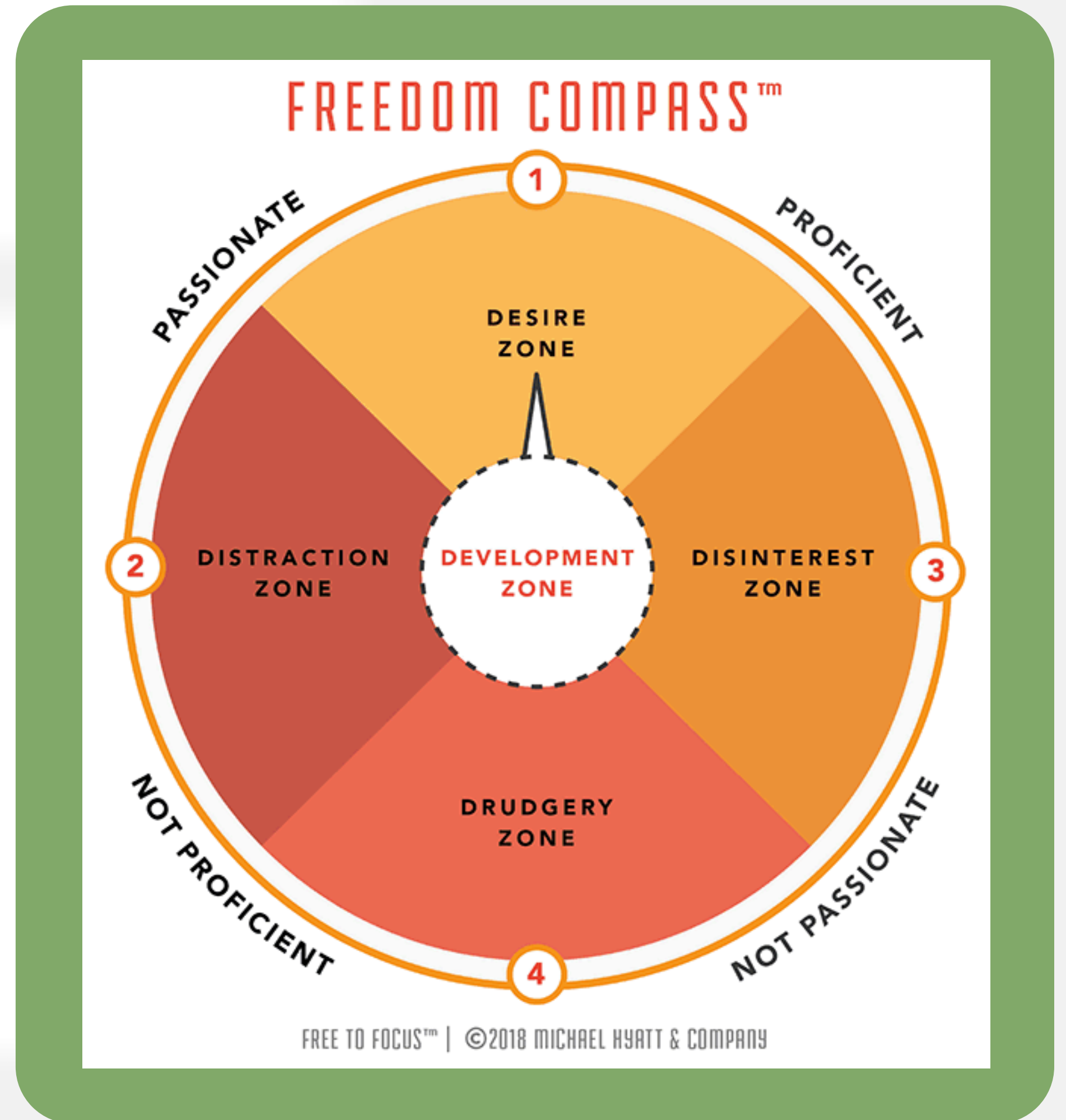
Freedom Compass

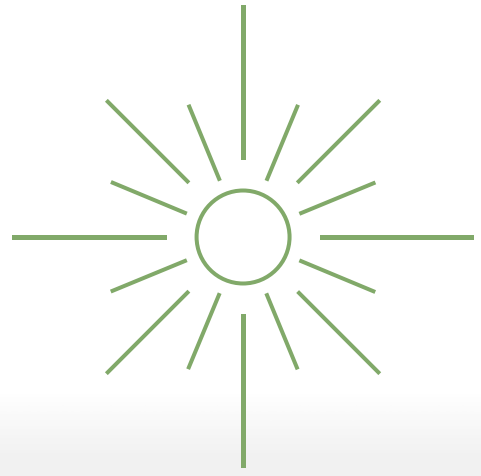
What if you stopped doing those
tasks that drain you?



Freedom Compass

What if you stopped doing those tasks that drain you?



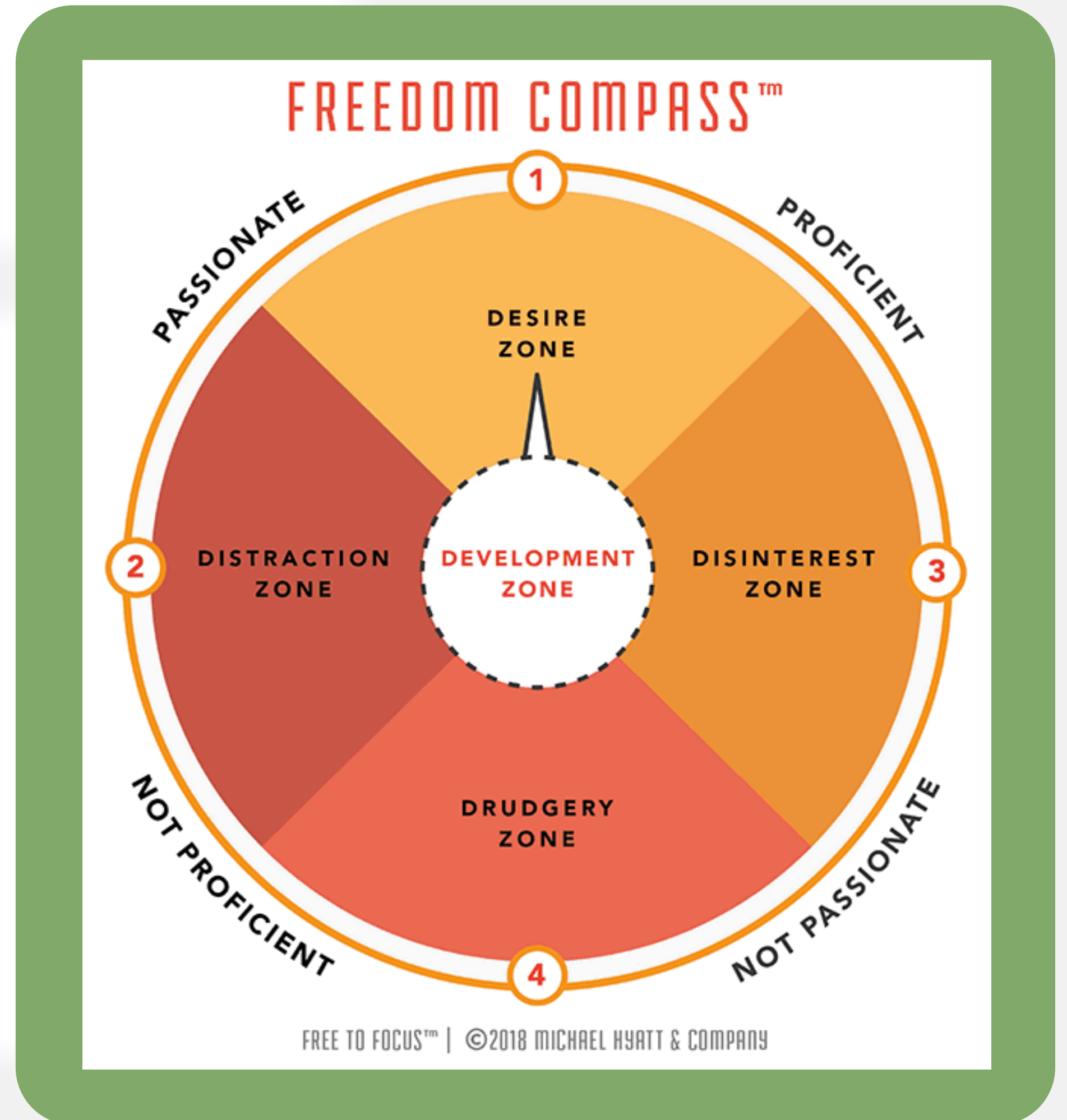


Freedom Compass

What if you stopped doing those tasks that drain you?

Drop Drudgery zone tasks by:

- Eliminating
- Automating
- Delegating



Action Step

Pick one draining task.

How can you:

eliminate, automate, or delegate it.

Mistake #5

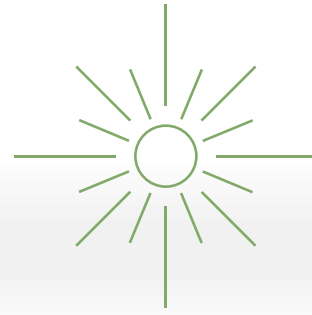
Taking 1
Day at a
Time



I stay fit by running late.

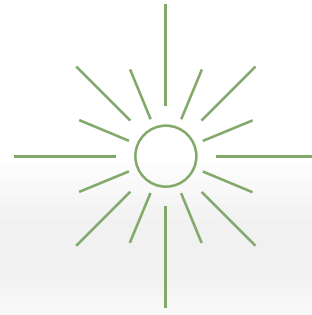


someecards

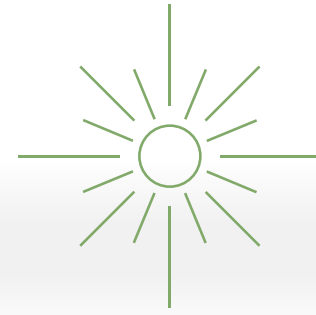


*“An hour of planning can save
you 10 hours of doing.”*

-Dale Carnegie



*Where are we taught how to
work effectively?*



Weekly Preview

After-Action Review:

- What went well? What didn't? Why?
- What will I Keep, Improve, Start and Stop Doing?

Preview Coming Week:

- Weekly Big 3
- What's coming up?
- Personal Commitments
- Meal Planning

Plot & Plan:

- Daily Big 3
- Time for Rest

Action Step

Create a Personalized Plan to
Work Effectively

5 Action Steps



1) Set Daily Big 3



2) Create Guardrails



3) Relentless Removal



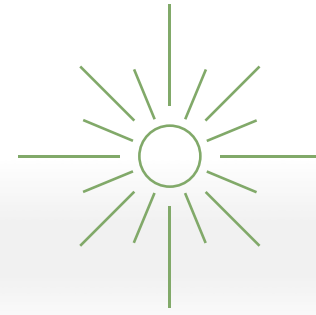
4) Eliminate,
Automate, Delegate



5) PLAN:
Weekly Preview



BONUS: REST



“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your identity.”

James Clear

youtube.com/@JennaPiche

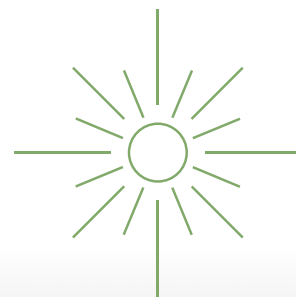


Weekly Preview



The 20-minute Proactive Weekly Planning Practice to SAVE YOU HOURS each week.

firstlighthealth.co/weekly-preview-template



Win A

FULL FOCUS PLANNER

Tag @Jenna.Piche

