

# Time Leadership Session 2

**During last week's Time Leadership session we re-discovered some often-forgotten truths:**

- **A good life is one where we spend time doing things we value (i.e., scuba diver diving for clean dishes). That's the 'main thing'.**
- **Society is hectic and puts us on the 'spin cycle'. (e.g., I can't tell Michael Enright the time yet was repeatedly looking at my watch)**

# Time Leadership Session 2

- **Identifying our values (and, optionally, developing a Credo) enables us to allocate our time effectively. My very personal Credo is on the website.**
- **We can use the 5 D's to create 'free time' that's spent better.**
- **The importance of the giants in our lives**
- **Whatever you value is what you value; Values-Based Time Leadership is non-judgemental.**

# Homework for Session 2 (optional).

**This homework was assigned to assist you in identifying what you value.**

**You did it for YOU not me. My guess is you've pondered these questions your whole life.**

1. Create a list of your values and/or develop a Credo. The latter is hard at first.
2. Think of the things that you want to stop or to start doing.
3. Identify the activities (e.g., visiting friends) that give you energy and those that drain your energy.

# Topics - 1

- Weekly planning: You have limited control of your life and especially the world.

This session was scheduled for February of last year. Making long range plans on a limited number of items still makes sense (e.g., vacations, financial plan to save for retirement etc.).

- And you do have **SOME** control. For example:  
Flowers will arrive in 2019. How do I know that?
- Weekly planning: Why New Year's Resolutions don't work (e.g., 26 pounds).

# Topics - 2

- Weekly planning: Instead review Credo and values / goals weekly - like having 52 New Year's.

Schedule: TENNIS BALLS, GOLF BALLS AND SAND.

- Weekly planning: Latest research re 3 ESSENTIAL factors contributing to a long life:

**Exercise**, **Social contact**, **Quiet time** - meditation / walks in green spaces.

- Procrastination - book writing example, causes of procrastination (fear, perfectionism etc.)

# Topics - 3

- Urgency and importance (exercise is a unique example re urgency). Goal: spend most of. Your time on Important and NOT urgent things.
- Making time for exercise...or else you will be forced to make time for disease...what time?
- Be a contrarian - e.g., stay home on long weekends.
- Carving out 'ME' time - women have a hard time in particular - crazy expectations

# Topics - 4

- “I’m interested in too many things” / overload
- Schedules / Calendars - good tools
- To do lists - how I use
- Email - heaven and hell in one place!

# Topics - 5

- Keeping it simple - Queen's MBA 'Diner's Club' in 1982. Minimizing prep / maximizing fun. The 45 SECOND meeting: replaced a one hour useless and expensive meeting.
- Open microphone forum: tips and tricks discovered / used by the audience
- Do it for yourself and others / leaving a legacy

# Leaving a Legacy

Sing-a-Long

**“In My Fashion”**

Gordon Lightfoot, 1982

*FYI: I like lots of other musicians, but Gordon's lyrics are great.*

In my fashion,  
I have been a good man  
I have loved, and I have lost  
Ever after, I will be remembered  
In my fashion, in my way

There have been times,  
I have seen the Reaper  
In the bad times,  
and in the good  
I have bent down,  
I have touched the ground  
Saying prayers and touching wood

In my fashion,  
I have been a father  
I have loved, and been loved in return  
From the ashes,  
I have kept the home-fires  
Burning after all was said and done

***Spoken Word:***  
***no audience participation***

Now take a look at me

Do I look like the kind of guy

The kinda fool who went to school

And had to stand on a stool,

Because he couldn't come to terms

with a slide rule

Take a look around again

Is it any different now than it was then?

## *Join in singing again*

In my fashion  
I have been a good man  
I have loved and I have lost  
And ever after I will be remembered  
In my fashion, in my way

# My Wish for All of Us

That we **ALL leave a legacy,**  
built on (*amongst other things*):

- passion and compassion
- integrity and authenticity
- fun and learning.

A legacy that is the result of choices enabled by your  
**courage to live by your values.**

**Nothing great is ever achieved without courage and  
the Values-Based Time Leadership values.**

# **My Wish for All of Us**

**Please live life**

**“in YOUR fashion” and “in YOUR way”.**

Thanks for sharing your time with me thereby creating the joy I feel in delivering this workshop.

There's lots more to share with each other.

What a learning opportunity! If there's an appetite, let's develop next steps.