



# REPRIORITIZE YOUR TIME WITH TIME TARGETS

BROUGHT TO YOU BY **TONY ROBBINS RESULTS COACHING**

Review the chart below to learn about the time zones you could be living in. Plus, get recommendations from Tony's Coaches to ensure you're time is optimized for results.



ZONE:	DESCRIPTION:	EXAMPLES:	COACHING TIP:
<b>DIMENSION OF FULFILLMENT IMPORTANT, NOT URGENT</b>	<b>THE THINGS THAT MATTER MOST IN LIFE.</b> They fulfill us. Regular focus here provides us happiness and more energy to tackle the other demands in our day.	Time with loved ones. Reading. Exercising. Thinking. Our favorite hobby.	In an ideal world, we will spend all of our time here, but we know things come up. Even with a busy life, with the right tools <b>you should be able to spend at least ~65% of your time here.</b>
<b>DIMENSION OF DEMAND: URGENT &amp; IMPORTANT</b>	<b>THINGS IN OUR LIVES THAT CANNOT BE PLANNED FOR.</b> Being proactive and anticipating potential roadblocks will lessen the amount of time here.	Flat tire. Paying bills. Work emergency. Family emergency.	Things come up, but try to anticipate what lies ahead. If you have that discipline, <b>you should not spend more than 20% of your time here.</b>
<b>DIMENSION OF DELUSION: URGENT, NOT IMPORTANT</b>	<b>WHEN STRESSED, WE SPEND MOST OF OUR TIME HERE.</b> Writing to-do lists without action or focus on real achievement.	Daily interruptions from colleagues, friends or family.	This is the trap of movement without real action. Try to avoid living here, even when you get stressed. Push yourself to look objectively – if it doesn't have a real result at the end, move on from the busy work. <b>Spend no more than 10% of your time here.</b>
<b>DIMENSION OF DISTRACTION: NOT URGENT, NOT IMPORTANT</b>	<b>WHEN EXHAUSTED, WE SPEND MOST OF OUR TIME HERE.</b> Wanting to feel accomplished, but avoid heavy thinking. Focus here leads to unhappiness without an exit plan.	Eating without hunger. Flipping TV channels. Binging on a TV show. Constantly checking Social Media	Everyone needs a chance to veg out, but these habits can become disempowering and unfulfilling too quickly. <b>Spend no more than 5% of your time here.</b>