

Time for Success

Strategies to Organize Time and Space

Making Time for Success 2014: *How Are Your ANTs Holding You Back?*

What is *Making Time for Success*?

A one-hour call once a month to explore themes about how to **make** time for success

What does it cost?

Nothing – It's FREE!

When are the calls?

The fifth call of 2014 is on **Tuesday, June 10 at 3:00 – 4:00 p.m.** (Pacific Time).

The theme is *How Are Your ANTs Holding You Back?*

The sixth call of 2014 will be on Tuesday, July 8 at 3:00 – 4:00 p.m. (Pacific Time).

The theme for July will be *Best Practices for Habit Creation – Part 1*. We'll be reviewing the best practices for habit creation described by Madelyn Griffith-Hayne in her blog <http://addandsomuchmore.com/author/mghcoach4add/>.

What are themes?

A theme is the topic we explore during our interactive call.

The theme for June 10 is *How Are Your ANTs Holding You Back?* Daniel Amen created the acronym ANTs to describe the **A**utomatic **N**egative **T**houghts that hold us back. During this *Making Time for Success* call we'll explore how our ANTs affect the way we manage our time, our space, and our lives. How could your ANTs be holding you back? Read more about this topic at <http://www.timeforsuccess.net/blog>.

What is the format of the call?

The facilitator, Kathie England, will provide an overview of the theme, introduce key strategies, and then open the call for questions, ideas, sharing, and creativity.

Who can join the call?

Anyone who pre-registers via email at kathie@timeforsuccess.net (at least two days before the date of the call)

After you have registered, you'll receive the phone number and access code for the call plus the agenda and any other hand-outs used during the call.

Who will want to participate in the call?

People who...

- ...want to be more successful
- ...aren't satisfied with the status quo, want to take action, and are ready for change
- ...are curious, creative, and enjoy exploring what's possible
- ...are intelligent and willing to take a risk now and then
- ...are looking for solutions and are energized by ideas
- ...are ready for adventure – who knows what we'll discover during the conversation?
- ...are engaged, open, and looking for opportunities to ask questions
- ...would like a safe playground to explore opportunities and incubate ideas

Who facilitates the call?

Kathie England, Professional Certified Organizer Coach® and Certified Professional Organizer®, president of Time for Success, Inc. launched in 2002.