

Time for Success

Strategies to Organize Time and Space

Making Time for Success 2013!

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 next to the last call of 2013 is on **Monday, November 18 at 4:00 – 5:00 p.m.** (Pacific Time). The theme is ***Your Willpower Muscle – How Developing Your Willpower Muscle Can Help You Take Back Your Time***. Most people feel like willpower failures according to the Kelly McGonigal, the author of *The Willpower Instinct*. She says the American Psychological Association reports that “Americans name lack of willpower as the number-one reason they struggle to meet their goals.”

During this call we will explore the three types of willpower challenges that Dr. McGonigal discusses in her book – the “I will” power challenge or something you’ve been avoiding, the “I won’t” power challenge or a habit you want to break, and the “I want” power challenge or an important goal in your life that you’d like to give more focus and energy. We’ll look at strategies you can implement with each of these challenges.

What are themes?

A theme is the topic we explore during our interactive call. The last theme of 2013 is:

- *What If... The Question That Opens Possibilities* (Monday, December 16, 2013 at 4:00 – 5:00 p.m. Pacific Time)

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