



Get a Game Plan

3 Steps to Design Your Winning Week

CLARB

ADVANCING PROFESSIONAL STANDARDS
IN LANDSCAPE ARCHITECTURE

ANNADKORNICK.COM

Get A Game Plan

3 STEPS TO DESIGN YOUR WINNING WEEK

by Anna Dearmon Kornick

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Get A Game Plan

3 STEPS TO DESIGN YOUR WINNING WEEK

What stories do YOU want to tell?

1 _____ what matters most.

2 _____ a winning week.

3 _____ a weekly game plan.

Get A Game Plan

PART 1: WHAT MATTERS MOST

BOULDERS	MY BOULDERS
BIG ROCKS	MY BIG ROCKS
pebbles	MY PEBBLES

Get A Game Plan

PART 2: YOUR WINNING WEEK

- 1 _____ Law: Work _____ to fill the time available.
- 2 The _____ Fallacy: We consistently _____ how much time is needed to complete a task.
- 3 _____-blocking: Creating blocks in your schedule to represent your _____.
- 4 _____-batching: Grouping _____ tasks together and performing them in chunks, or batches.
- 5 _____ Days: Giving each day or some days of your week a specific _____.

Get A Game Plan

PART 2: YOUR WINNING WEEK

- 1 BLOCK YOUR _____.
- 2 ADD _____.
- 3 ADD YOUR _____.
- 4 FIND YOUR _____.
- 5 BLOCK YOUR _____.
- 6 SPRINKLE IN _____.

GMT-06	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6	7
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							

My Weekly Game Plan

HOW I'LL DESIGN MY WINNING WEEK

WHAT I'M PLANNING

WHAT I NEED

WHEN I'LL PLAN

HOW I'M MAKING IT FUN

THANK YOU!



Stay in touch with Anna by following along on Instagram **@annadkornick** and by tuning into **It's About Time**, Anna's podcast on work, life and finding your version of balance with new episodes dropping every Monday morning. Listen and subscribe wherever you listen to podcasts.



Anna Dearmon Kornick is a highly sought after time management expert and keynote speaker, top 1% globally ranked podcast host of It's About Time, and founder of the It's About Time Academy.

A true Louisiana firecracker who has become known for making time management fun, Anna helps busy professionals and business owners struggling with overwhelm manage their time using her personality-driven HEART Method.



There's no one-size-fits-all solution when it comes to time management.

But I will tell you this one simple truth:

WE ARE NOT WIRED TO DO THIS ALONE.

We need community and support -- and people outside of ourselves to remind us what our priorities and promises are.

I know the value in time management coaching for creating custom strategies that work with your schedule, your lifestyle, and your brain.

Let's talk.

**REQUEST A FREE
TIME MANAGEMENT COACHING CALL**

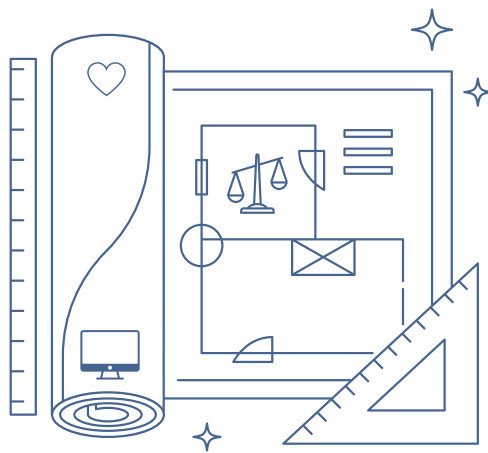


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Want to overcome overwhelm, create your version of work-life balance, and tackle each day with confidence?

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blueprint to *balance*

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