

How to Instantly Free Up at Least 4 Hours a Day!



Stressed Self to Best Self™
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Here are 3 Ways You Can Instantly Free Up at Least 4 Hours of Your Time - Everyday!

Time is money & freedom.

Time is one of our most valuable resources.

And yet, we somehow manage to waste a great deal of it everyday. There are lots of “shiny objects” out there, as well as important things demanding our time and attention.

Let's take a look at 3 simple but powerful ways you can free up at least 4 hours a day – time you could spend increasing your productivity, time you could spend meditating or exercising, time you could spend with family and friends...or all of the above!

1

According to Digital Information World, the average person spends 2 hours and 22 minutes a day on social media! Sit down and calculate how much time you ***really*** need to be spending on social media.

If you have your own business, you can either spend about an hour once a week managing your social media using a platform to schedule posts for the next week or two. Or, you can hire

Take Control of Your Time

someone to do that for you. Once you determine how much time you really need to spend checking your social media, take advantage of the timer on your cell phone or watch. Before you check social media, set the timer (15 minutes or less) and do this no more than twice a day.

TIME SAVED: Up to 90 minutes a day!

2

According to a recent Adobe Survey, the average person spends 143 minutes (that's 2 hours and 23 minutes) per day checking personal email! Again, evaluate how often you *really* need to be checking your personal email and set a timer to limit yourself. Unless you're waiting for some very important news, you probably don't need to check your personal email more than twice a day. Take advantage of the timer on your cell phone or watch and set aside two 20-minute time slots a day.

If you're a professional or run your own business, obviously checking business emails is a key part of your day. However, you can also be strategic with that and allot specific times

Instantly Free Up Your Time

during the day – with a time limit – to check your work emails. You can also apply this strategy to your personal emails.

TIME SAVED: Up to 103 minutes, that's 1 hour & 43 minutes a day!

3

Nielson (the TV ratings company) reported the average American is now watching up to 6 hours of video per day (TV, DVDs, online streaming, downloads, etc.). Keep a log for a day or two and write down all the offline and online video content you watch and the amount of time you spend watching it. Now, do some pruning and really cut out content that's not enhancing your life in some way. Even if you cut the time in half, just think of what you could do with the extra free time!

TIME SAVED: Depending on how much time you're spending watching offline and online videos, you could save up to 3 hours a day or more!

Wow! With just these 3
strategies you can
potentially free up more
than *4 hours a day!!!*

2 More Time Saving Bonuses

From Chapter 17 in my
book, *Stress Self to Best
Self[™]: A Body Mind Spirit
Guide to Creating a
Happier and Healthier You.*

Bonus Time Savers

1

On average, people spend 6 minutes a day looking for their keys. That's about 3 hours a month of wasted time.

Solution: Hang a key hook or get a bowl to set on a table at the main entrance of your house and put your keys in it as soon as you get home.

2

Women without shoe racks are 7 times more likely to be late for work.

Solution: Get a shoe rack! 😊

What's Next?

Wherever you are on your Stressed Self to Best Self™ journey, I'm here to help!

- ◆ My **newsletter** contains tips and strategies to help empower and inspire you.
- ◆ Join the **Free General Membership Level**. You get access to over 160 articles to help improve your bodymind health, your business and your life! You also get 5 amazing bonuses! [Click Here](#) to learn more.
- ◆ Watch my free [Guided Meditations](#) to calm your bodymind plus [EFT Tapping Meditations](#) to help you relieve stress and boost your brain power within minutes!
- ◆ [Click Here](#) to find out where you can get copies of my books!
- ◆ If you're ready to take your business and life to the next level, be sure to check out my **Online Courses**. [Click Here](#) to learn more.

Remember, only you have the power to choose to Go From Your Stressed Self to Your Best Self™!