

## PRODUCTIVITY CPR™

There are three key areas to consider when sculpting your life: where you are aiming, how you show up and what you do. Think of as it as **Productivity CPR**. to keep you thriving and avoid burnout.

**C** – Control Your **Compass** – Set Intention - Where are you aiming? Are you heading in the right direction? Start with Awareness. Check Alignment. Move into Action.

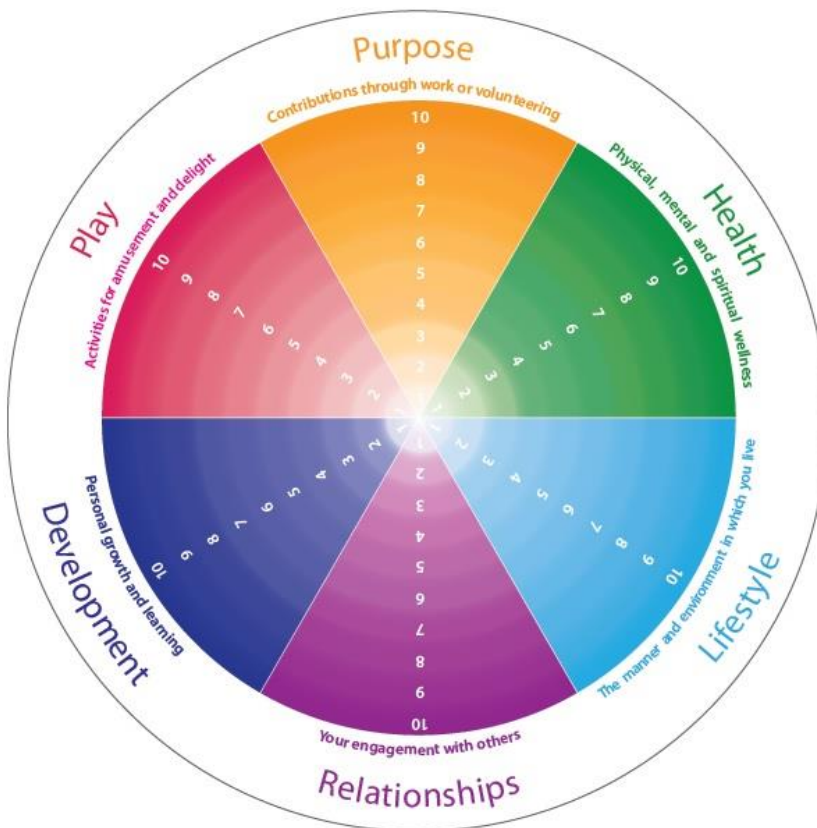
**P** – Prime for **Performance** – Manage Attention - What do you need as a human animal to thrive? How able is your mind, body and spirit to support you?

**R** – Redesign Your **Rituals** – Execute with Excellence - What routines and rituals will you count on to be efficient with your resources and effective in your outcomes? Resources include money, space, time, information, possessions, relationships, knowledge, attention and energy.

## COMPASS – Set your intentions!

### LIFETIME MANAGEMENT™ - Satisfaction Survey

1. Note your level of satisfaction with each area of life by giving it a score of 1 to 10, with 10 being ideal.
2. Place a dot on the appropriate number in each area. Connect the dots. How full and round is your circle. Dips in the circle reveal areas that would benefit from increased attention. What will you do more of, less of, or simply stop doing?



I will do more of this...

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less of this....

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and no more of this....!

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**PERFORMANCE - Manage your attention!**



For each element assess the quality and quantity of what you do today and identify what you would like to better. Come to understand *your* Productivity Table Stakes™ - what *you* need to do to show up at your best. This all can make sense intellectually, but to feel an even greater motivation to honour your Productivity Table Stakes, explore how you feel in your body when you give them due attention. This is the root of intrinsic motivation and how new habits become just what you do.

<b>MINDSET</b>	
<b>SLEEP</b>	
<b>FUEL</b>	
<b>MOVEMENT</b>	
<b>LIGHT</b>	
<b>COMFORT</b>	
<b>ATTENTION</b>	
<b>CONNECTION</b>	

**RITUALS - Execute with excellence!**

What routines and rituals will you implement to improve your ability to execute? Design systems that feel good to interact with and create flow in your day.

<b>PRIORITIZE</b>	<b>MANAGE</b>
<b>SCHEDULE</b>	<b>SET BOUNDARIES</b>
<b>SYSTEMATIZE</b>	<b>COMMUNICATE</b>



I adore working with busy professionals to create **sustainable personal productivity** and **cultivate compassionate cultures** which enable contributions from every member of a team. If you know a person or organization who could benefit from a talk, workshop or coaching, please feel free to connect us. Wishing you all the best on your journey and that you

*have fun while getting things done!*