

## ONELIFETIME MANAGEMENT SYSTEM

# COLOUR CODE YOUR DAYS

**Green** – Green is for GO! This is your work time, the time where you are 110% focused on your earnings, Every activity in the green blocks must be productive and moving you to your goals.

**Yellow** – This time is for education, listening to CD's you MP4 player, reading books attending conferences and any training events based in your area of expertise.

**Red** – Time off, lifestyle activities, beach, golf, movies. Be sure to use this time to relax and recover, you want to be at your peak when you return to your work. Note – too many red days spells danger in the early days.

**Blue** – Time with your spouse, children, family, friends. This time should be clearly defined and allow for quality time with the ones we care about the most. Just like the other colour blocks it is vital you are 110% focused on the activities in the blue area, ensuring your loved ones also share this focus with you. Use this time to do a variety of activities, let different members of the family select the activity that they wish to do – it is best not to make this time TV watching time.

**Orange** – This is your OneLifeTime Management & Planning time, you must allocate 20 minutes each morning (or the previous evening) to this in order to achieve the highest results.

**Pink** – Represents health and exercise, use this time to maintain optimum peak levels of health and well-being. This time is also for any massages, doctors or dental checkups.

Now go ahead and colour a week allocating time to each of these areas.

OneLifeTime Management									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5am									
6am									
7am									
8am									
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									

**Green** - Go! Business

**Yellow** - Education

**Red** - Time Off

**Blue** - Time with Family

**Orange** - Planning

**Pink** - Health & Exercise