

Circadian rhythm



STAGE OF
**WAKE
FULNESS**

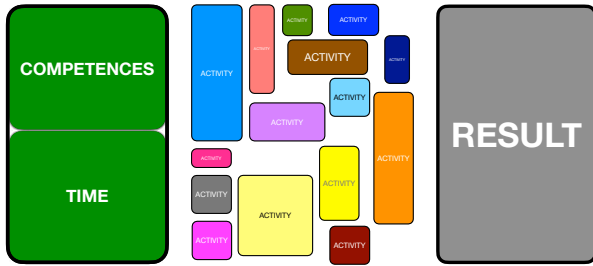
Active
Alert
Focused
Relaxed
Sleepy
Awake
R.E.M.
Stage 1
St

STAGE OF
SLEEP

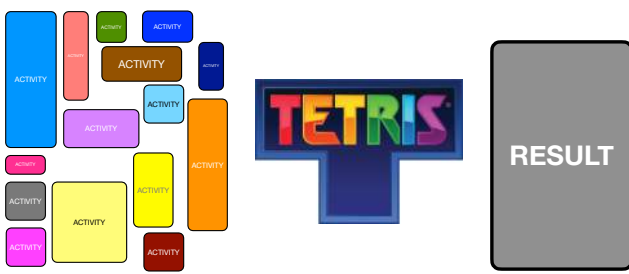
结果
美好时光

Time & Activities

管理你的时间并不总是那么容易



凭借我们的技能，在规定的时间内使用，我们成功地产生了商定的结果。我们通过开展各种重要性、承诺和所需时间不同的活动来做到这一点。



它就像一个很久以前诞生、至今仍然流行的游戏：俄罗斯方块

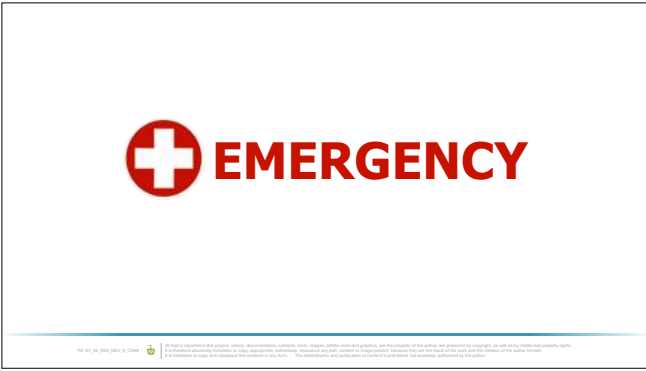


通过明尼阿波利斯的案例研究，我们看到了行为对结果的影响有多大。



拥有一个大局观，知道如何调整我们的行动，并以时间为指南针是多么重要。

观察急救中心的动态.....



...我们已经了解了如何管理非凡的活动...

EVALUATION on general vision
SEQUENCE of development
ESTIMATE of the lead times

PRIORITY

...而不惩罚普通人。

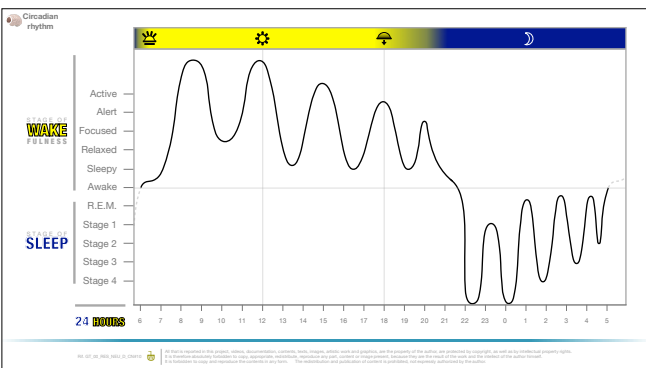
My daily work

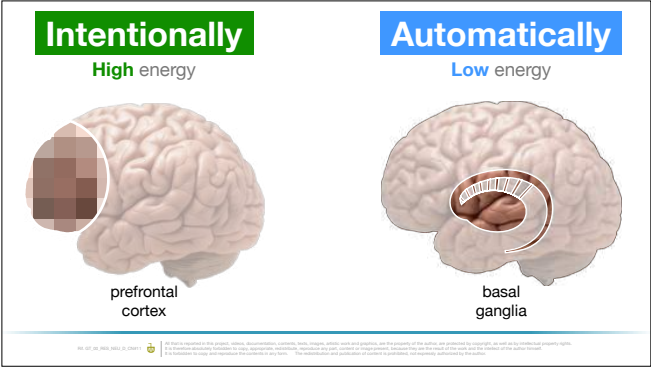
- BEHAVIORS** Priorities & temporal needs
- TIME** Timetable (+/-)
- COMPETENCES**
 - Competence 1
 - Competence 2
 - Competence 3
 - Competence ...

我们了解我们的大脑如何管理时间以及如何适应时间.....

How does our **brain** work?

.....在昼夜节律的帮助下。





我们知道如何区分有意的活动和无意识的活动.....

Remember

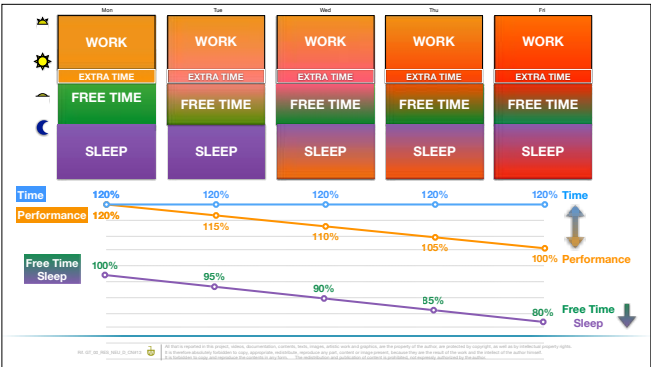
Amount of energy

2 + 2 = 4
17 x 43 = 731

High and low activities

Alternation

...知道如何以正确的方式交替它们。



我们了解不知道如何管理时间可能会产生什么后果。

"I can pretty much buy anything, but not my time. I must take great care of it."

Warren Buffett
billionaire and philanthropist

美国著名亿万富翁、慈善家沃伦·巴菲特在接受采访时表示：“我几乎可以买到任何东西，但买不到我的时间。我必须格外小心地照顾它。”



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