



Circadian rhythm



STAGE OF
**WAKE
FULNESS**

Active

Alert

Focused

Relaxed

Sleepy

Awake

R.E.M.

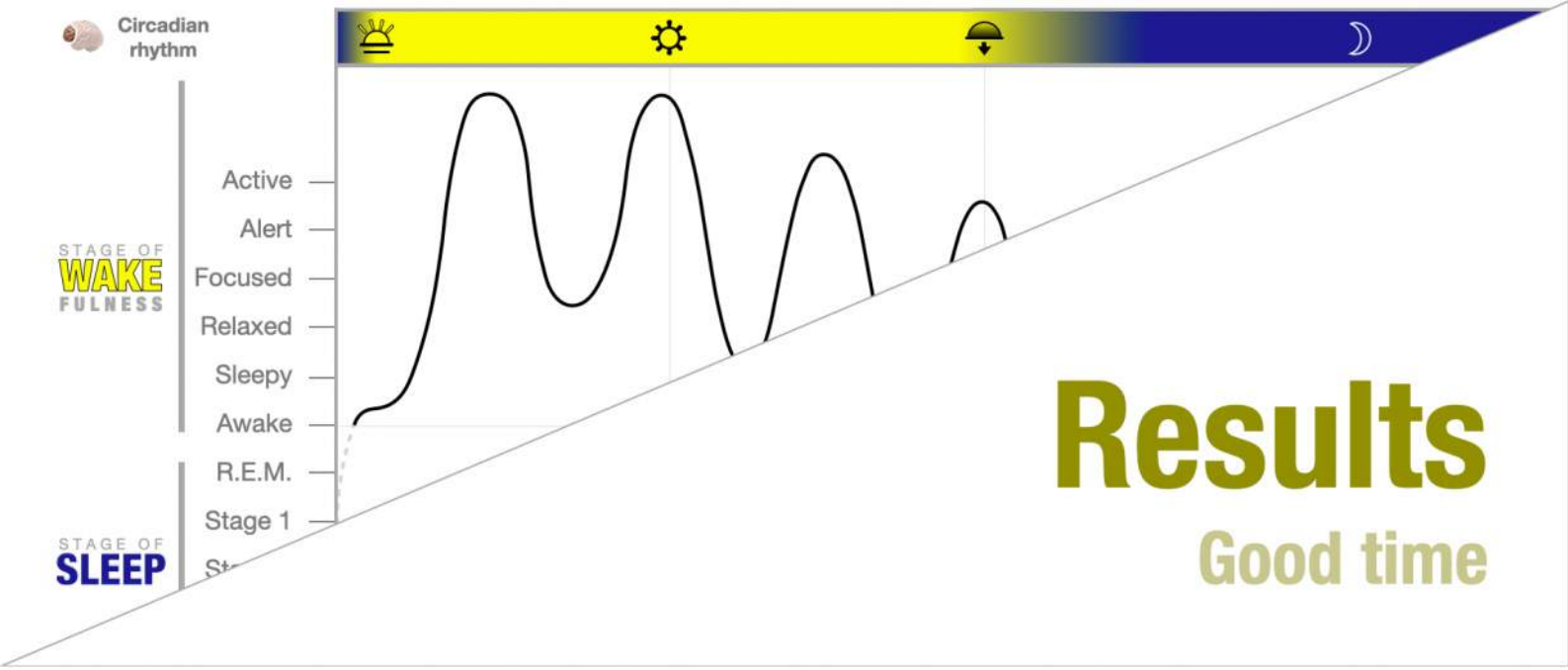
Stage 1

St

STAGE OF
SLEEP

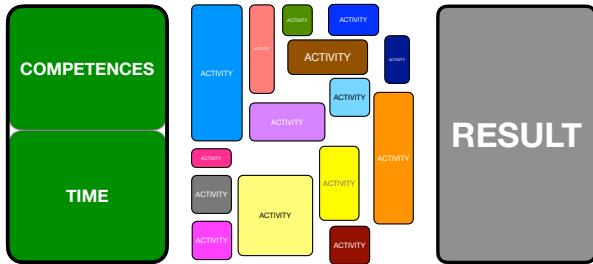
Results

Good time

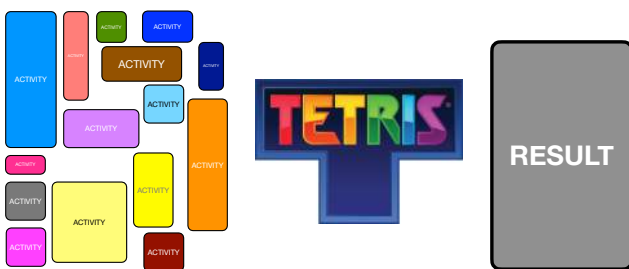


Time & Activities

It's not always easy to manage your time.



Thanks to our skills, used over a defined amount of time, we can produce the agreed-upon result. We do this by carrying out different tasks, differing in importance, commitment and amount of time needed.



It resembles a game, born a long time ago, still in vogue today: Tetris.



With the Minneapolis case study, we saw how much behaviors affect outcome ...



NEW BEHAVIORS

Orientation points

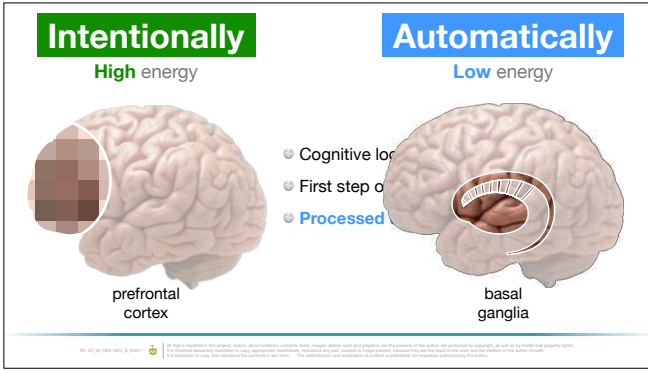
VISION OVERVIEW

EVOLUTION BEHAVIORS

ACTION RIGHT / WAY

TIME SENSIBILITY

... How important it is to have a general vision, knowing how to adapt our actions, and having our time as a compass.



We know how to distinguish intentional activities from automatic ones ...

Remember

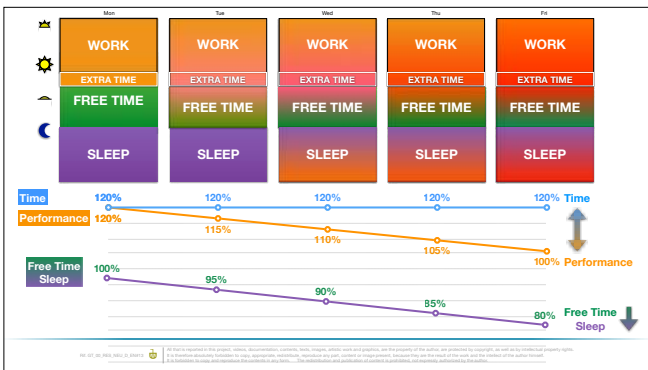
Amount of energy

2 + 2 = 4
17 x 43 = 731

High and low activities

Alternation

... knowing how to alternate between them in the proper way.



We understand what the consequences of not knowing how to manage our time may be.

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

Warren Buffett
billionaire and philanthropist

Warren Buffett, famous American billionaire and philanthropist, said during an interview: "I can practically buy anything, but not my time. I have to take extremely good care of it."

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