



What is it
Good time





Good time

Take time to think

Managing our time and the multiple activities of our role is not always so easy, but with the right mindset and behavior you could have some advantages, having simple information that allows you to understand how our brain works, to be able to support it. Be aware that we do not have infinite energy, but energy cycles to use in the best way. That some activities performed must be conscious, and others automatic. Emergencies are not always truly emergency, but they must be managed, without weakening other activities. In every role there are strategic activities that must be protected and preserved, but not taking care of our time has consequences, even on our personal lives.

Time & activities

Managing our time and our role's multiple activities isn't always so easy ...

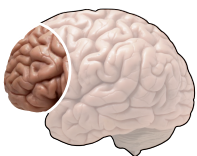
Mindset Behaviors

... but with the right mindset and behavior, you can get the advantages.



How does our **brain** work?

Having basic information, which allows you to understand how our brain works, helps you support it.



Be aware that we don't have an infinite amount of energy, but energy cycles that can be used in the best way possible.

Intentionally

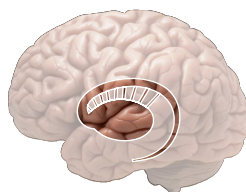
High energy



prefrontal cortex

Automatically

Low energy

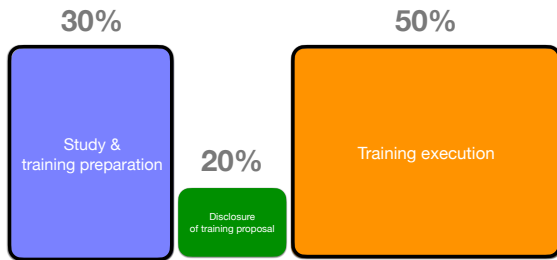


basal ganglia

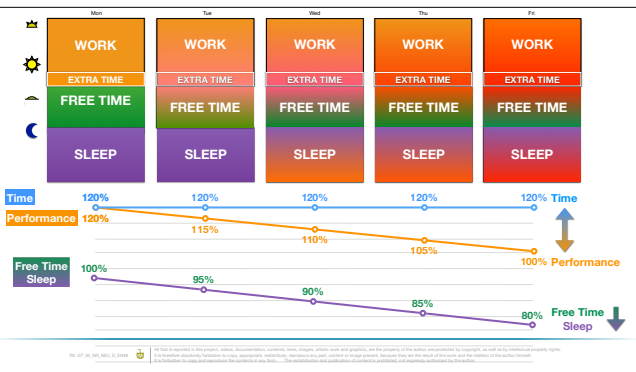
Some activities we do must be done consciously, and others automatic.

EMERGENCY

Emergencies are not always really emergencies, but must be managed, without taking away from other activities.



In every role there are strategic activities, which must be protected, preserved.



Not taking care of our time has consequences, even on our personal life.

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