

SKILFUL TIME MANAGEMENT

WHAT IS TIME MANAGEMENT?



IT'S

- ★ a useful skill for individuals and teams
- ★ about achieving the task effectively
- ★ about how we run our lives

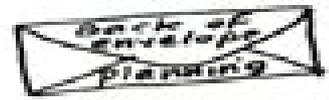
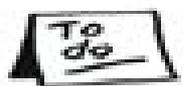
WHY



- ★ so we can be more effective Dharma practitioners
- ★ so we can evaluate the system we are already using

FOUR GENERATIONS OF TIME MANAGEMENT

Any-old-how



- ★ 'To Do' lists
- ★ Memory
- ★ Bits of paper in the pocket

Possible disadvantages

umm... I'll try to get that money to you on Saturday, uh... if I can get round to it...

- ★ Life is disorganised
- ★ Miss out on opportunities
- ★ Disappointment, vagueness and stress
- ★ Let others down

Skilful Time Management By Levin Peter

Didier Musso



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