

# THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business  
and your leadership team.

## THE PLAY OF THE WEEK

How are you spending your time?

The truth is, many of us are caught up in the day-to-day grind, tackling to-dos but neglecting our future selves. We dream of bigger things, but our calendars don't reflect the time we need to invest in those dreams.

Here's the secret: *Investing time in 'Future You' doesn't have to be a grand, overwhelming gesture.* It's about making small, intentional decisions—blocking off 20 minutes here, signing up for a course there. It's those small actions, taken consistently, that compound into significant results.

We all have the same 168 hours in a week. How you invest them determines the future you'll build.

Start by being intentional with your time and ask yourself, am I spending it, or am I investing it?

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## GET ON THE ICE

Here's how to start investing your time:

- **Audit your time:** For five days, track everything you do, down to the minute. How much time are you truly investing in the future you want?
- **Create thinking time:** Dedicate at least 20 minutes each day to future-focused thinking. Turn off distractions and use this time to strategize, reflect, or plan.
- **Set mini-investment goals:** Start small. Whether it's reading a chapter of a book, making one important call, or brainstorming new ideas, each tiny investment adds up.

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## QUOTE OF THE WEEK

*"Don't watch the clock; do what it does. Keep going."*

— Sam Levenson