

# Needle Movers: Focus on What Matters So You Can Focus on What Matters

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<b>Evaluate</b>	<b>Personal</b>	<b>Professional</b>
What Matters to You? (Be specific)		
What is Keeping you from Focusing on what Matters?		
What do you need to Accomplish in Order to allow More Time to Focus on things that Matter?		
<b>Divide</b>		
What are “necessary” time sucks?		
What can you delegate/time block/or batch work?		
Commit to a block of time to work your plan. (Consistency compounds)		
<b>Introduce</b>		
Where are you going to write down your goal? (Do it early. Do it daily.)		
Who are you going to tell to hold you accountable? (say it out loud!)		
<b>Transform</b>		
Take back your Time-When are you alone? (Be specific)		
What does the finish line represent for you?		
<b>Needle Mover 1</b>		
<b>Needle Mover 2</b>		
<b>Needle Mover 3</b>		

## Tips and Tricks-Embrace the following:

- Hype Songs
- Different Perspectives
- Day Dreaming
- The Remix
- The Comeback
- Eating Dessert

