

22 Ways to get the most out of now!

1. Study difficult tasks first
2. Be aware of your best time of day
3. Use waiting time
4. Use a regular study time
5. Study where you'll be alert
6. Use a library
7. Pay attention to your attention
8. Agree with living mate with study time
9. Get off the phone
10. Learn to say no!
11. Hang a "do not disturb" sign on your door
12. Get ready the night before
13. Avoid noise distractions
14. Notice how others misuse your time
15. Ask: What is one task I can accomplish towards a goal?
16. Ask: Am I being too hard on myself?
17. Ask; Would I pay myself for what I am doing right now/
18. Ask: Can I do just one more thing?
19. Ask: Am I making time for things that are important but not urgent?
20. Ask How did I just waste time?

21. Ask: Could I find time if I really wanted to?

22. Ask: Am I willing to promise it?