APPLICATION TOOL

Use this tool to bring the podcast lessons to life in your world

LEADERSHIP LAB
HOSTED BY DR. PATRICK LEDDING

MAKING 5 CHOICES THAT CAN CHANGE EVERYTHING WITH KORY KOKonG

KORY KOgon
In today’s world, it’s both easier and harder than ever to be extraordinarily productive. Kory Kogan joins Patrick in the Leadership Lab to discuss what drives productivity in today’s world and the 5 choices that we all need to make.

- The challenge of time management has been reframed to decision management, attention management, and energy management.

- The Time Matrix (shown on the following page) helps people discern what is most important so they can make better decisions about where to put their time, energy, and attention.

- Going for extraordinary everyday means going to bed at the end of each day feeling satisfied and accomplished.

- Spend 30 minutes each week and 10 minutes each day planning how to spend the rest of your time. Make sure that you put the big rocks in your schedule first.

- Defend being overwhelmed by technology but using 3 Master Moves: 1) Win Without Fighting, 2) Turn It Into What It Is, and 3) Link to Locate

- Our energy is replenished when we eat well, sleep enough, connect with others, move often, and take the time to relax.
The 5 Choices to Extraordinary Productivity are designed to help you make the best decisions everyday. These decisions will allow you to better manage your attention and energy. Ultimately, they will help you to achieve the most in life.

The Time Matrix model shows that we spend our time in one of four quadrants, depending on how urgent and important activities are. Take a moment to consider what percentage of your time you spend in each quadrant. What can you do to improve how you spend your time?