

YOU GOAL GIRL!

For the Week of:

The Ivy Lee method - developed by Charles Schwab in 1918 - is a strategy for helping people become more productive. It works like this - at the end of each night write down your SIX (and only 6!) most important tasks to accomplish the following day in order of importance. The next day, you begin working on the tasks in order one at a time only moving down the list once a task is complete. Whatever tasks you don't finish move to the following day. The strategy works because it reduces decision fatigue, saves you time, and forces you to prioritize your goals. The story goes that Charles was so pleased with the results that he paid Mr. Lee \$25K, equivalent to about \$400K today!

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Notes

