



Module 9: Follow Through

Lauren: In this video we're going to talk about follow through. Now that you're in front of your calendar and it's Tuesday morning at 9:00 am and you're ready to do the task that is on your calendar, maybe it's to do the laundry or write the email, you're not going to want to do it at all. You thought you wanted to do it when you planned it on Monday Hour One, but then as soon as you get to it on your calendar, all of the resistance is going to come up.

Lauren: The reason why we don't do the thing when we planned on doing the thing is because of our feelings. Either we have an indulgent emotion that is something like confusion. All of a sudden we don't know how to do something or we don't know where to find the resources to do something, we suddenly forget that Google exists or other search engines, or we're indecisive, we suddenly think we have a new decision to make that maybe we shouldn't do the thing at that time, or we'll have the urge to push it off to a better day and time, or to look at social media, or to text our best friend.

Tyson: So the first thing we just taught you was, how to follow through, and it's going to be going through, it's going to be doing the action amidst the indulgent emotions, amidst the urges, amidst not feeling like you want to. Now the second most important thing to remember about follow through is that all your decisions are made in Monday Hour One and not at any other time. You're going to get to Wednesday and there's going to be a point on your calendar where you're saying, I should do that next week, that would fit better there. No, it does not fit better there. This calendar is written in sharpie, you cannot change it. If you do, you will not follow through and you're going back to the primitive brain.

Tyson: You can make decisions in Monday Hour One, your brain will get clever and it will try and justify and make excuses for why you shouldn't, and for why there should be other decisions made throughout the week. You may want to move that little task to four o'clock that you had at three, but don't do it because every little thing that you go back on, it's like you're going back on your word to yourself. It's that integrity piece.

Every time you do follow through, that's when you're building that trust with yourself that you can know you can do anything and that you can schedule and decide on anything and know that you'll fulfill it in the future. So even the little things matter.

Lauren: But wait Tyson, what about emergencies though? There are some things that come up that I need to interrupt my calendar for, right?

Tyson: Not really because there's so many things out there, all the excuses, all the things that we think are emergencies, but really they're not.

Lauren: But is there anything that constitutes an emergency? When can I edit my calendar?

Tyson: I would say that if there is blood involved, then that is a time. If there is a 911 situation, yes, those are the situations where you can divert or that you can go against your calendar or reschedule things, reorient things. So most things aren't emergencies. I mean, there are some were blood, death, and broken bones, those kinds of things they do happen but rarely and we want to emphasize that yeah, this will rarely happen so you can get to your work and focus on that.

Lauren: And that's hard to believe. A lot of our clients really think that, that isn't true. They think there are so many things that come up in life and that they need to learn that those things really just are inconveniences and we don't want to feel those emotions about those things that we think are inconvenient when we make up that they're another emergency, it's another tactic of our brain. So be super strict, especially when you're first starting this out because you'll not learn it otherwise.

Tyson: So we've just come to the end of teaching you all about time management and it may seem like a lot or it may not seem like much at all, it may seem simple, but we promise you that when you apply yourself to having a Monday Hour One, where you are planning your life, and then when you're focusing your time, and when you're willing to follow through on your calendar, you'd be amazed as to how much more you can accomplish.

Lauren: And it's amazing how different your life will be, not just in your productivity, but in actually creating the life you want to live on purpose. When you reclaim that power that you have to decide to do anything you want to do and to not do anything you don't want to do, you're going to be able to really finally live the life that you want to rather than blaming anything external and especially time.

Lauren: So listen, this is super challenging to learn this. It's 100% doable, but I've seen it work so much better when I'm being coached on it and when I've coached other clients on it. I've coached clients through six week programs on this, and seeing the calendar screenshot from before we started working together to the very end of the program is literally night and day. It's incredible the amount of difference that happens with that coaching. And I'd highly recommend that you work with one of our coaches, especially if you've never gotten coaching before

one-on-one because you're going to learn so much about how to manage your emotions, what you're even thinking when it comes to time and getting things done that you'll not even know you're thinking unless you have a coach who is outside of you to show you that it's optional.

Tyson: So, if you're interested in taking your time management to the next level, just click below and we'll take care of you.

Lauren: Time is our most valuable resource, it's non-renewable. So the amount of time you've spent taking this course, it will completely transform your life.