

Practical Framework - 03

Loopholes of Time in My Life Now

A) How many times have you told the following time waste sentences and what are the consequences of it?

SL No	Sentences You told?	How Many times have you told it?	Told to Whom?	What is his / her instant reply?	What is the end consequence?
Ex	I will do it later	12	To my Client	OK Sir but please do it as early as possible	Client stopped taking my service and choosen others.
01	I don't have time now				
02	I am very busy now				
03	I will call you back				
04	I will do it later				
05	I will think over it				

B) Why are you not getting sufficient time to do your favorite things now?

Reason - 01	
Reason - 02	
Reason - 03	
Reason - 04	
Reason - 05	

C) Where is your Golden time wasting now? Write all the sources.

1) _ _ _ _ _

2) _ _ _ _ _

3) _ _ _ _ _

4) _ _ _ _ _

5) _ _ _ _ _

6) _ _ _ _ _

7) _ _ _ _ _

8) _ _ _ _ _

9) _ _ _ _ _

10) _____

11) _____

12) _____

13) _____

14) _____

15) _____

16) _____

17) _____

 **Block all these Time Wasting Loopholes** 