

The “60-60-30 Solution”

The 60-60-30 Solution is a way to organize your work time so you achieve maximum results, then take a break to renew your energy and focus. Start by planning a powerful 60-minute focus block, to do when you first start your work day. Tip: Do the activities you identified in our first exercise “The Productivity Pyramid.” Tip: Make sure you take a completely “disconnected” break at the end of your focused work periods. Change channels completely, and create a “clean state” for renewal.

Your First 60-Minute Focus Block - High Dollar Value & High Lifetime Value Activities:

Your Second 60-Minute Focus Block - High Dollar Value & High Lifetime Value Activities:

Your 30-Minute Renewal Block - Completely Disconnect, Relax & Renew Your Focus: