

# Get Three Extra Hours

TIPS FOR RECLAIMING YOUR TIME  
AND BENEFITTING FROM THE  
ADDITIONAL BANDWIDTH

A silver laptop is open on a white, reflective coffee table. To the right of the laptop are two white mugs, each with a yellow tea bag. The background features a pink sofa with gold and pink pillows. The overall scene is a cozy, modern living room.

MINTHER NETWORK



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STOP BEING TIME POOR

While many of us are still working on becoming the masters of our own paycheck destinies, we fail to acknowledge that we are most certainly our own bosses when it comes to time allocation. You may feel like there's a huge strain on your time, with so many people and things that need your attention, but guess what...you get to decide the recipients.

No Excuses!  
Point. Blank. PERIOD.

Giving your time away is like handing out free money, and you need to treat it as such. Repeat after me,

“My time is valuable and so am I. I only dedicate my time to things which bring me great joy, and advance what I believe is important in life”.

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## KNOW YOUR MOTIVATORS

What drives you? When was the last time you experienced a moment of pure joy? Where are you headed? Why do you want to get there? How do you plan to get there?

If you're drawing a blank on the answers to these questions, don't worry, you're like most people.

However, like most people, you need to spend more time with yourself. I know it sounds crazy, but it's so true. Most of us don't spend enough quality time with ourselves.

It's important to know what drives you. Be honest in your assessment. Answering the question in a way you think you're supposed to, or in a way that's acceptable to others won't do you any good.

Remember, wherever you go, there you are. Therefore, be honest with yourself because you can't outrun you.



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## CREATE A VETTING PROCESS

When someone or something comes for your time, have an unapologetic, go-to vetting process by which to assess the request.

Otherwise, you're left at the mercy of a well-meaning, yet overzealous person or project that has no regard for what you actually want out of life.

Your vetting process should consist of three questions that highlight time, drivers, and outcomes.

Tweak the examples below until you arrive at what works for you:

- 1) Will this ask or project bring me joy a month from now?
- 2) Does the ask or project satisfy one of my key motivators?
- 3) Will the ask or project produce a measurable win that I can add to my resume or use in a pitch?



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## PAY YOURSELF FIRST

We've all heard of the principle of “paying yourself first” when it comes to finances, but what about when it comes to your most valuable asset...your time.

Carve out blocks of time every week for yourself.

Schedule it on your calendar and don't cancel on yourself.

This time can be used for self care, working on business ideas, meditation, developing a deeper appreciation of yourself...you name it. While it may sound ridiculous to some, these self-dates will pay huge dividends!

In a world where everyone and everything is competing for your time and attention...

Always remember to put your oxygen mask on first!

# Thank You!



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