Time Thieves

Identify your time thieves, what causes you to participate in these habits and potential solutions. After you've tested your solution, write in if they were effective for next time!

Thief	Cause	Solution	Effective?
Ex. Worring	I don't know if this will have a positive outcome.	I'll play the "What If" Game and anticipate what could go wrong and make course corrections if/when necessary.	Absolutely!

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