

# How To Make Better Choices With The Time You Have

Do you ever feel like you're constantly running out of time? Like there's never enough time to do everything you want to do? If so, you're not alone. In today's fast-paced world, it's easy to feel overwhelmed by the demands on our time.

But what if I told you that you could have more time? Not by adding more hours to the day, but by learning how to make better choices about how you spend your time.



## What to Coach?: How to make better choices with the time you have by Marcus Walfridson

★★★★★ 5 out of 5

Language	: English
File size	: 1179 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 50 pages
Lending	: Enabled
Screen Reader	: Supported
Paperback	: 24 pages
Item Weight	: 4 ounces
Dimensions	: 8.27 x 0.06 x 11.69 inches



That's where this book comes in.

In this book, you'll learn:

- How to identify your priorities
- How to set goals and create a plan to achieve them
- How to overcome procrastination
- How to delegate and say no to non-essential tasks
- How to create a more balanced and fulfilling life

If you're ready to start making better choices with your time, then this book is for you.

### **What Others Are Saying**

"This book is a must-read for anyone who wants to get more out of life. It's full of practical advice that can help you make better choices about how you spend your time." - Brian Tracy, author of *Eat That Frog!*

"This book is a game-changer. It's helped me to identify my priorities and create a plan to achieve them. I'm now more productive and less stressed than ever before." - Julie Morgenstern, author of *Organizing from the Inside Out*

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To Free Download your copy of *How To Make Better Choices With The Time You Have*, click [here](#).

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Don't wait another day to start making better choices with your time. Free Download your copy of this book today and start living a more fulfilling and productive life.



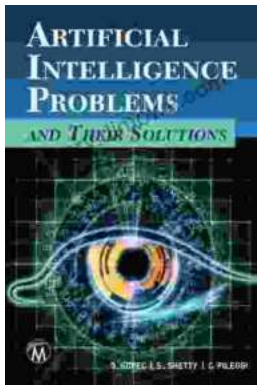
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