



**ART OF COACHING PODCAST™ EPISODE 190
WHY IT SEEMS LIKE WE NEVER HAVE ENOUGH TIME**

Describe your current relationship with time. Do you feel like you're always pressed for time or do you have enough to do what you want & like?

Rank your values / priorities in order of importance (family, friends, career, faith, etc.). Next to that list, note how much time per day you dedicate to each. What does this tell you about how you spend time & how it aligns with your values?

When it comes to time management, who owns your time: you, your job or someone else? Interpret this question however you like.



Where can you cut the fluff? What are you currently spending time on that could be eliminated to create time for more important things?

How do you value your time? Even if you've never thought about it this way, how would you go about thinking about the price of an hour of your time?

Are you able to unwind? If not, why not? What do you tend to fill your time with instead? If so, what do you do to unwind? Have you always been able to do so?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



Art of Coaching Podcast™
info@artofcoaching.com



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