

# Total Life Management

Maximize Your Life Performance

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# Why are we here?

- People perform below their level:
  - Never reach their full potential
  - Waste health, performance, productivity
  - Lower earnings potential/lost growth opportunities
  - Unaware of their current progress/risks

→ **Cannot afford doctors/coaches/mentors  
to help maximize their potential**

# Solution

- Let's learn to:
  - Break life into smaller pieces
  - Set life/performance goals
  - Collect data
  - Correlate and improve

→ **Bottom line upfront**

# This session

- Stay pro-active
  - High energy, interactive session
  - Quick questions anytime
  - Brainstorming (setup TLM for John/Jane Doe)
  - Tricks and optimizations
  - Tools

# What's a goal?

- Unit of Achievement
  - Attributes: Name, deadline, priority, % completed, delegated to
- Good goals are:
  - Measurable, achievable, inspiring, delegated to right people

→ **Let's come up with a few goals now**

# More on goals

- Timeframe (daily, weekly, monthly, quarterly, yearly, 10 year)
- Priorities
  - A – important & urgent
  - B – important & not urgent
  - C – not important & urgent
  - D – not important & not urgent

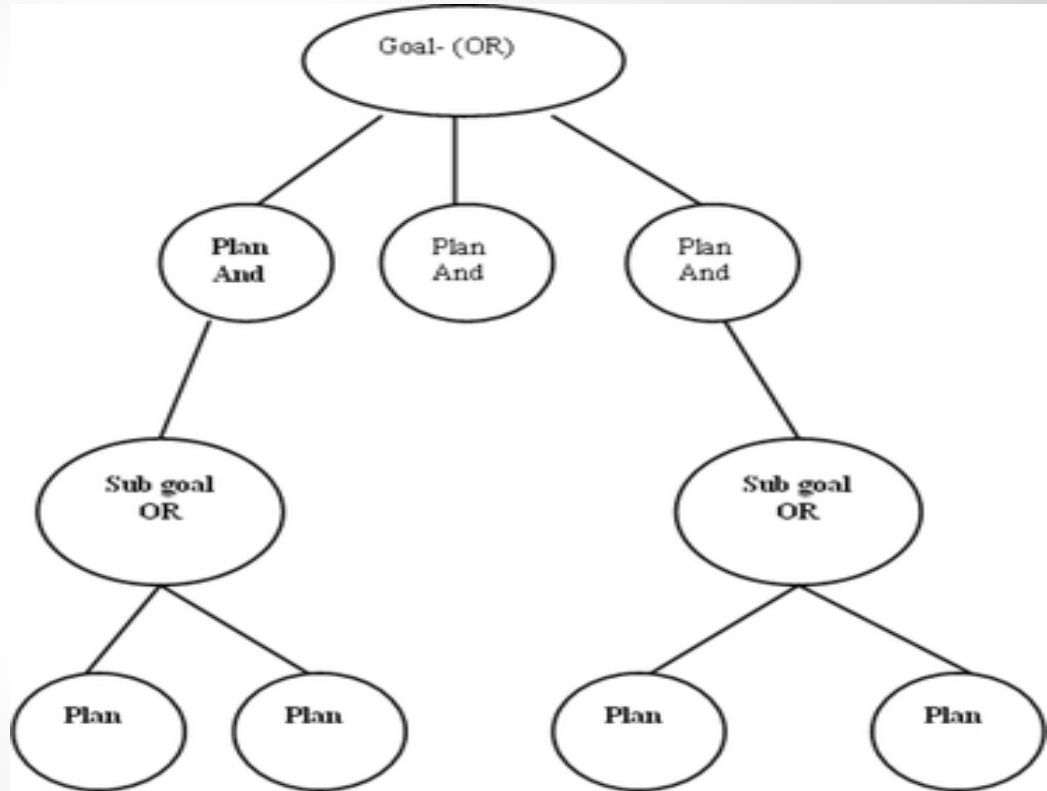
# Even more on goals

- Types (Career, Friends/Family, Religion/belief, Health, Hobbies, Self-development, Community, Corporate)
- Status (near term, future, completed, delayed, discarded)
- Delegated to

→ **Let's improve our goals now**

# The Grand Plan

- Hierarchy
  - Longest term first
- Priority
  - 15% A-priority
- Delegate
  - Trade favors





# Tricks

- One goal to support 2-3 upper level goals
- Turn it into a Knowledge Management System
- 80/20 rule
- Track and correlate

# Project management

- Subset of TLM
  - Corporate goals
- 4 cornerstones of a project
  - Time, budget, target, “so what”?
- Prioritize the cornerstones

→ **“We'll put a man on the moon”**

# Track, correlate, optimize

- Timelogging, lifelogging
- Group and Integrate
- Correlate
  - Well-being, climate, mood, etc

→ **What goals can be grouped?**  
→ **Which ones can be correlated?**

# Next: Lifelogging and QS

- Track everything
- Lifeloggers
  - Gordon Bell (over 20 years, MyLifeBits)
  - Steve Mann (life-streaming, wearables for 40 years)
- Quantified Self
  - [Patientslikeme.com](http://Patientslikeme.com), [Curetogether.com](http://Curetogether.com)

# Lifelogging: Future uses

- Analysis
- Memory augmentation/Perfect recall/objective witness
- Mindfile for mindware
- Sentimental value

→ **What to see some of my videos?**

# Lifelogging: Legal issues

- Two-party vs one-party consent
- Public vs private space
- Permission to share

# Further reading

- Getting things done
  - Good, but starts too late
- “The Time Trap” by Alec Mackenzie
  - Classic time-management book from 90's
- “7 Habits of Highly Effective People”
  - Mostly common sense ideas

→ **Other materials, anyone?**

# Software

- Data collection (Evernote, OneNote)
- Project/goal management (Basecamp, GoalsOnTrack)
- Task management (Wunderlist, Nirvana, Trello)
- Task/issue tracker (PivotalTracker, Jira)

→ **Other suggestions, anyone?**



# Thank you - questions?

- roman@WebServiceCenter.net
- MyPrime app, Uportal iFocus
- WebServiceCenter
  - Empowering startups
  - Process optimization with own web apps
  - Consulting

→ **This talk: Thumbs up or down?**