

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, 1 year, 5 years, 10 years)
- Priorities
 - A – important & urgent
 - B – important & not urgent
 - C – not important & urgent
 - D – not important & not urgent

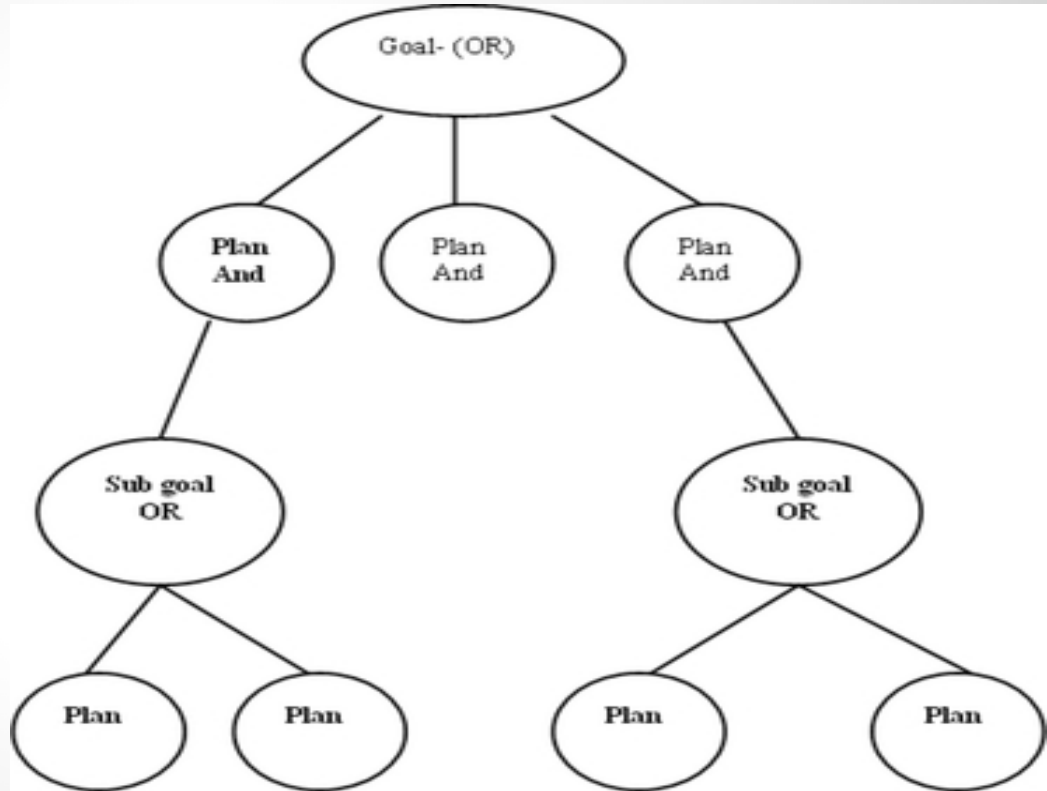
Even more on goals

- 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, Curetogether.com

Lifelogging: Future uses

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

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
 - Spin-offs (rentamile.com, etc)
 - Process optimization with own web apps
 - Consulting