

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 6

Relax & get effective



6.3

DAILY HACKS

Habits for an effective life

The Process:

Create an achievement list:

- Apply the Eisenhower approach, prepare a list of the top 3 things to achieve the next day & add list tasks you're delegating to the Universe.
- Schedule your tasks to your Power Hour & pomodoro segments
- Strictly practise Power Hour & Pomodoro methods
- Set segment intentions before starting each one

Share in group:

#achievementlist

#powerhour

#pomodoro

-share your processes - how's it going?

#notice

- which old habits are hard to break?

Buddies

- Get together to fine-tune your #achievement list process
- How can you make this new habit super easy to get into?

Meditations

- Setting an Aligned Intention

Live Call:

- Review
- Brainstorm
- Bring your manifesting questions!



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