

THE **effectology**[™]
M E T H O D

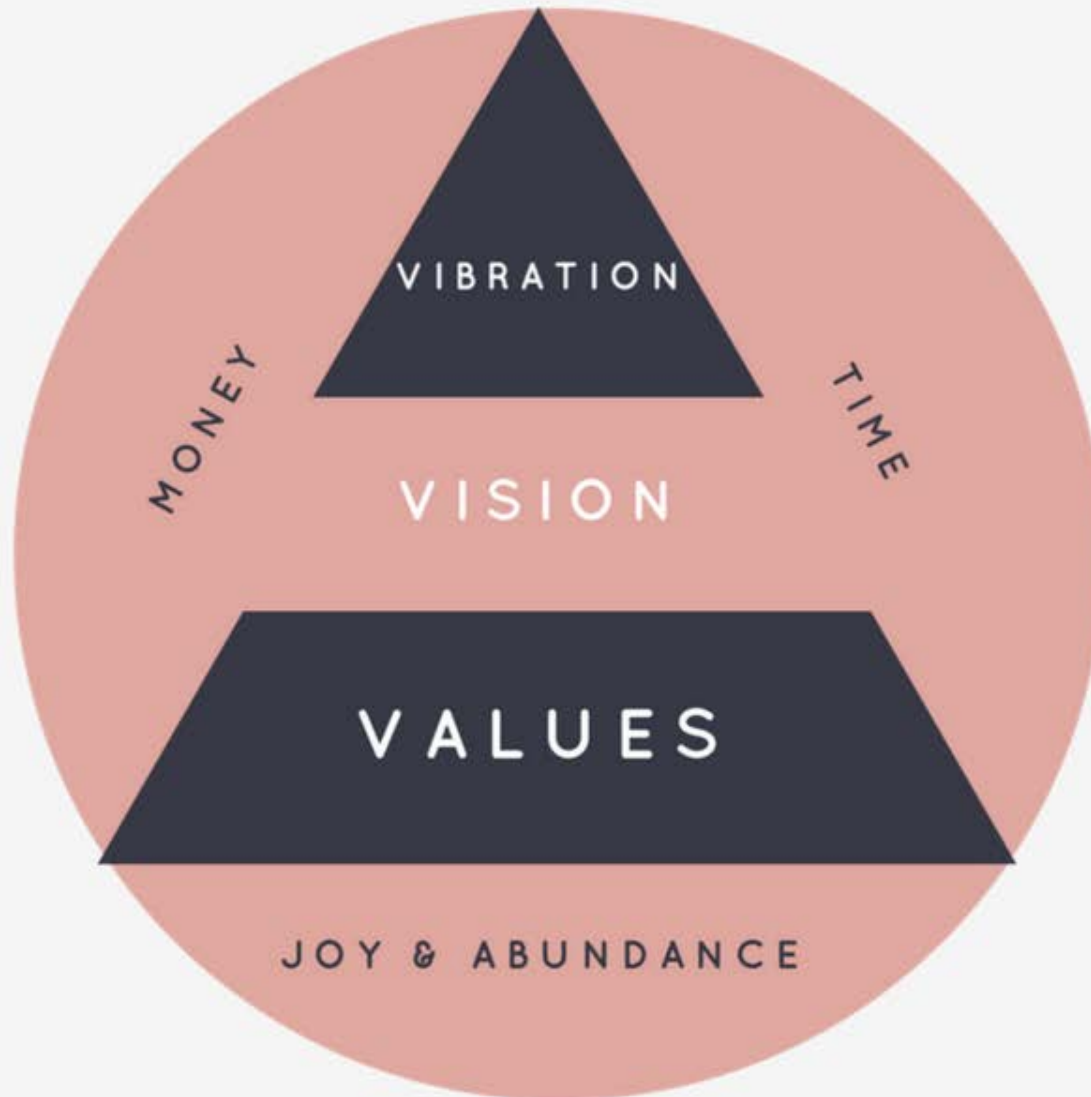
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D



Module 6

Relax & get effective



6.1

CORE EFFECTIVENESS PRINCIPLES

Time Mastery Secrets



6.2

STRUCTURE CREATES FREEDOM

Free your time, free yourself



6.3

DAILY HACKS

Habits for an effective life



6.1

CORE EFFECTIVENESS PRINCIPLES

Time Mastery Secrets

Effectiveness
Efficiency
or
Productivity?

Your Willpower
and
Focus
are limited

Your power
lies in your
Alignment

”

Time Is Relative

Einstein's Theory of Special Relativity

Time is
an illusion

Parkinson's Law
always applies

Protect the
Golden Goose

Self-care

is

Self-love

The Process:

#goldengoose

- What's your non negotiable self-care?
- How much do you need & when?
- Book it into your calendar
- Define the rules of the game - how can you protect yourself from things that drain you?

Share in group:

#goldengoose

- what are your activities & how have you made your commitment to yourself iron-clad?
- share your appointments & commitments to yourself
- share your rules of the game

Buddies

- Get together & share notes on your #goldengoose ideas, thoughts, commitments, rules of the game & plans.
- Help each other make it more easy & do-able

Meditations

- Focusing within & removing outside distractions
- Feeling Loved

Live Call:

- Golden Goose Protection Society
- Discussion
- Bring your manifesting questions!

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