

Sean Mize 60 Day Coaching

Day 14

Mindset Training

Audio Length: 38 Minutes

Sean is going to give you concise mindset training. He's going to show you how he prioritizes his time and maintains focus.

Why is he giving this training now? He's found that people struggle with this so he likes to give it early.

Listen to this training from time to time because you might find new things each time.

Sean is able to get more done in the first few hours of the day than most people. You could even get the value of two workdays in one.

Sean puts a picture of what he wants in his mind. Each day, he takes a step to get there.

What holds many people back is not having a long-term goal.

The first thing he does is figure out what he can work on each day that will move him one step closer. He wants to do that first thing.

Sean believes we can only be at full engagement for limited periods of time. Your excitement, creativity, and productive level will go down.

Tony Schwartz

Sean recommends Tony Schwartz training. Sean combines those ideas with his daily and long term goals. He likes to get three things done. Do what's important and then come back fresh.

But what happens if your "rest" is reading your email? You'll be unmotivated and you probably won't come back to be productive. Sean believes you may as well quit for the day at that point.

Email Problem

Sean has found something that works well for eliminating the email problem.

Sean suggests that spending 30-60 minutes per day on email... you could be more productive doing other things.

Sean keeps a log of what he's doing each day. It can reveal if you're spending too long on email.

Find A Method That Works For You

Different things work for different people. Find what will work for you.

Michael Masterson—The Pledge

Sean believes this book is helpful to read.

Where Do You Want To Be?

Work backwards from your one year and five year goals.

Break down your year into chunks. You'll know what you need to do each month to reach your goals.

The idea here is that if you can break it down by working backward, you'll know exactly what you need to do daily.

Sean schedules himself every day based on his monthly, yearly, and five-year goals. Every day is working toward something.

You'll never have to wake up and not know what you're going to do that day.

The Most Important Thing

Do the most important thing, first thing in your workday.

Sean notes that he's specifically talking to online entrepreneurs... other entrepreneurs work differently, for instance those who work in a coffee shop.

You can't be 100% for 8 hours a day.

Sometimes you have to ask yourself if you're able to be productive at a certain point or should you just save it for tomorrow?

Could you get more done in the course of the week if you worked 4-5 hours a day instead of pushing yourself for 8 hours a day?

Sean says he just can't be at his best for 8 hours a day.

It doesn't matter how long you work each day as long as you do what you needed to get done today.

Focus

If you do what Sean already recommended, focus just happens.

If you structure things well, it won't be a struggle to focus.

Set your workday up so people can't interrupt you.

Don't let yourself check your email and goof around while you're supposed to be writing something like a sales letter, for instance.

Chunk when you check email. Focus on one thing at a time.

Sean recommends testing yourself. Try it the old way one day and his way the next day. See how it affects your focus and what you get done.

Sean believes these techniques will work for you if you apply them.