

*Would you like to be more productive with the time you have? Achieve more with less effort? What about some help through delegating time-consuming tasks? Use this simple matrix to help you prioritize your time better.*

**THE CONCEPT:** Time is best spent in the shaded quadrant – **LOW Effort and HIGH Impact tasks**. Read below and then use the empty template over the page to divide up your own task-list and boost your productivity.

**HIGH Impact**

**LOW Impact**

**LOW Effort (Easy)**

**HIGH Effort (Hard)**

**QUICK Wins!**

**Spend 5 mins brainstorming these every week. Then:**

* Do as many as you can (without compromising the bigger picture)
* If you can, identify one of these to complete daily!
* What tasks *feel* or *seem* HIGH effort, but can actually be completed quickly? (eg. a task you've been avoiding)

**FILLER Tasks**

* First ask if this low impact task is *really* necessary?

**If yes, use these tasks to:**

* Make use of those 15-30min gaps between meetings!
* Give you a break from bigger tasks
* Give yourself a boost by completing something!
* Keep productive when you're feeling tired or low energy…

**Hard SLOGS!**

* Phew! Is this task *really* necessary?
* Who else might enjoy this task, could do it faster or could you delegate to who would benefit from the experience?
* What OTHER ways are there to approach this task? Get creative!

**If you HAVE to do it, find a way to:**

* Break it up into smaller, manageable tasks & take regular short breaks!
* Bring some fun to it (eg. add music)
* Get super-focused (eg. work from home)
* REALLY reward yourself when it's done

**Big PROJECTS**

**This is probably the bulk of your work or main role, so make sure you:**

* Block out time to do the work!
* Plan, prepare & clarify required outputs
* Agree goals, dates & break down big tasks into smaller chunks - creating smaller, lower effort tasks
* Identify tasks on your list that are interdependent eg. need to be finished before you start the next one. Mark these as a priority

Low EFFORT High

Low IMPACT High

# HIGH Impact, LOW Effort

# HIGH Impact, HIGH Effort

# LOW Impact, LOW Effort

# LOW Impact, HIGH Effort

What have you learned so far that you would like to make a note of? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Now it's time to put YOUR tasks into the relevant categories on the chart overleaf - so you can really make use of this new time management technique.

**INSTRUCTIONS:** So, while you may need to spend the majority of your time on big projects or tasks, it's worth spending a few moments to identify your quick wins and maximize productivity. Use this empty template below to divide up your own task-list and see what you learn:

1. First list out your tasks for the week and then add them into the appropriate quadrants below.
2. Next ask, are there any deadlines you have to meet this week? Is there anything you absolutely MUST get done? **Highlight these** and see which quadrant they are in.

**HIGH Impact**

**LOW Impact**

**QUICK Wins!**

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**Big PROJECTS**

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Low EFFORT High

Low IMPACT High

**Hard SLOGS!**

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**FILLER Tasks**

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**LOW Effort (Easy)**

**HIGH Effort (Hard)**

1. Finally, look at your chart and consider where you spend most of your time. What % of time do you spend in each quadrant? How would you like to **spend your time differently**? What actions could you **implement** in the next week?

## 1st Key Observation/Learning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Action 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 2nd Key Observation/Learning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Action 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 3rd Key Observation/Learning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Action 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Why not put your completed chart somewhere obvious - so you can refer to it as the week progresses?*