



TIME. LIFE. HAPPINESS.

CREATING REPEATABLE INSPIRATION AND ENERGY

THE 7 MINUTE LIFE MASTERCLASS



REGISTRATION DETAILS

\$997 per person

7 - Weeks / 2 Hours per Session

Live Weekly Virtual Calls

Course Binder and Materials

Book and Life Planner

PROGRAM SERVICES

Intro to 7 Minute Life Ecosystem

Custom Orientation Video

Automated Class Delivery

Progress Tracking for Each User

Work Place Implementation Sheet

Tranformed to Proactive not Reactive

Crafted Curriculum

Downloadable Course Exercises

SYLLABUS

CLASS 1 WELCOME TO THE 7 MINUTE LIFE

- Welcome and Overview of The 7 Minute Life
- Participant Introductions and Structure of the Masterclass
- Learn How to Improve Your Time Management with the Daily Progress Report

CLASS 2 ADVANCED TIME MANAGEMENT TRAINING

- How to Create a Written Daily Plan of Action
- Increase Your Efficiency - Get More of the Right Things Done
- How to Prioritize Your Tasks and Increase Your Daily Productivity

CLASS 3 STRESS MANAGEMENT

- Acknowledging the Mental Health Crisis in the Workforce
- Recognizing the Causes and Effects of Stress
- Dealing with the Daily Hassles of Procrastination, Anxiety, and Mental Clutter

CLASS 4 PRIORITIES, PURPOSE, AND MEANINGFUL WORK

- Understanding the Power of Work/Life Balance
- How to Identify Your Top 10 Priorities
- The Key Elements of Reengaging with Meaningful Work

CLASS 5 PERSONAL GOAL SETTING

- Why Goals are Important
- How to Set Goals - the Importance of Clarity
- Implementing the 7 Minute Life Step-by-Step Goal Setting Process

CLASS 6 MONITORING AND ACHIEVING YOUR GOALS

- Goal Setting Case Study
- Goal Compression: How to Use the 7 Minute Life Goal Setting Worksheets
- Monitor Daily Action with the Daily Progress Report

CLASS 7 NEUROPLASTICITY: THE BRAIN SCIENCE OF CHANGE

- The Human Brain is the Great Decoder
- Neuroplasticity: The (Really Cool) Brain Science of Lasting Change
- How to Create Lasting Change: Innovation, Creativity, & Curiosity
- Recap and Next Actions

ABOUT THE 7 MINUTE LIFE

The 7 Minute Life Masterclass is a life empowering time management system for improving daily focus, preparation and company engagement with co-workers and customers. This system teaches participants how to cut through the noise of being busy to creating a growth mindset with determination to focus on high value activities. With the 7 Minute Life Ecosystem participants will learn how to leverage 1% of their day to think, clarify, plan, prioritize, and choose how they will spend the remaining 99% of their time to make the company successful.

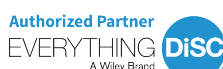
Are you ready for a 7 Minute Life revolution? It's time to revolutionize your life by turning talk into action.

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7 MINUTES IS A WAY OF LIFE!

Your employees all have moments of inspiration and insight, usually in spontaneous, random bursts. But what if you could harness their brain's focusing power and put it to work in a repeatable system that would keep employees inspired and energized. The 7 Minute Life Daily Planner does that.

Change Starts with Think, Write, Do.



REVENUE

RETENTION

ENGAGEMENT

Questions? We'd love to talk. hello@the7minutelife.com

