

Tracy Cherpeski - The Art of Slowing Down to Speed Up - Episode 255

Show Notes

In this Episode:

- Tracy shares how to feel in control of the things within your command
- How to pause and look at what needs to be accomplished
- Time leadership vs. time management
- The 3 Pillars of Time Leadership: Discovery, Analysis, Action
- How to shut down noise and distraction to get things done
- The importance of trusting your intuition
- Tracy shares how to realistically create a list of things that need to get done each day
- Tips on finding where you're leaving money and time on the table to start collecting it
- Tracy shares time-blocking tips
- The importance of checking in with yourself

Notable Quotes:

"To me, inspired action means getting into a flow." -Tracy Cherpeski

"Every time I've denied my intuition, I've been sorry." -Tracy Cherpeski

"I'm not always trying to follow trends. I'm often getting in front of them." -Tracy Cherpeski

"I don't want to be constrained by some little box of time management or concept or have to open an app on my phone and track something." -Tracy Cherpeski

"When you are clear it's so much easier to prioritize." -Tracy Cherpeski

"In my world, I time block everything." -Tracy Cherpeski

3 Pearls of Wisdom:

1. Trust yourself, follow your heart, and bring your logical mind along with you.
2. Ask lots of questions. Get super curious and get curious until you feel satisfied that your curiosity has been satisfied.
3. Slow down.

Resources:

Tracy L. Cherpeski - MBA, MA, CPSC, is a leading executive coach and leadership development expert with over 15 years experience.

Website: <https://www.tracycherpeski.com>

Podcast: <https://www.tracycherpeski.com/podcast>

Facebook: <https://www.facebook.com/TracyLCherpeski>

Instagram: https://www.instagram.com/entrepreneur_mindset_podcast/

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