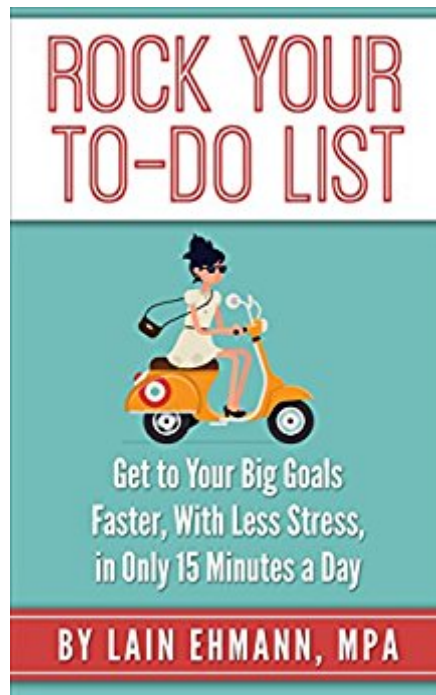


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# Rock Your To-Do List: Get To Your Biggest Goals Faster, With Less Stress, In Only 15 Minutes A Day



## Synopsis

Have you ever rewritten your "to-do" list, hoping it would help you get more done? Do you look for the "perfect" planner, calendar, or organizer because you're convinced if you just found the "right" one, you'd be more organized and productive? Do you wonder why your life is so overwhelming when everyone else seems to be getting so much done? What if the problem wasn't YOU, but the systems you're trying to use? A self-proclaimed "Type A" personality, author Lain Ehmann tried it all. From "Getting Things Done" to the Franklin-Covey system to minimalism, she tested program after program, looking for the one that would finally work for her. But no matter what she tried, she'd end up at the same place: With a to-do list a mile long, and no clue how to fit her non-standard life into the squares on the planner calendar. Then one day, she asked herself an empowering question: What if the problem wasn't HER, but the systems? What if the real issue was trying to force her life into the system, instead of trying to find a system that fit her life? Suddenly, it all made sense. She threw out everything she'd learned about time management and started from scratch. Using the biggest lessons of productivity and efficiency from luminaries like Brian Tracy, Lain developed her own flexible, unique program from the ground-up. "Rock Your To-Do List" is that program. If you've constantly been frustrated by traditional productivity and time-management programs, RYTDL is for YOU. You'll learn:

- How traditional time-management programs fail us
- How you can accomplish MORE by doing LESS
- Why to-do lists are your secret weapon to productivity
- How to create SMARTY goals and more!

If you're ready for a flexible, powerful program that fits your life instead of forcing you to fit your multi-faceted, 3-D life into a 2-D planner, you'll love the RYTDL program. From the introduction: "As a life and business coach, my goal is to help you get your deepest and most valued dreams out of your head and onto your to-do list. This is interactive, so I'm going to be giving you assignments along the way. Grab a pen and paper right now so you are ready to take notes. Even though I can't see you, just like Santa, I know when you've been good or bad. So let's just make it easy on ourselves, and when I ask a question, you just go right ahead and answer, just like I could hear you. Because I can. ;) In this book, I'll be presenting a bunch of different topics as they relate to your to-do list. We'll be talking about big ideas like priorities and goals, and small ideas that may seem so simple that you wonder how in the heck they're going to help. You might, at times, think I'm a little bit loony. Well, I am! But I've also helped dozens of people, just like you, gain control over their schedules and lives. I can help you, too. Some of the ideas I present will go 180 degrees against everything you've learned about productivity. Some of what I say might make you a bit mad or irritated, or make you say, 'Well, if she only knew about MY life... this will never work for me!' But before you toss this book in the

recycling bin or give it to the parakeet to use for training purposes, I want to challenge you. Give the Rock Your To-Do List process two weeks. Read through this book, incorporate and adopt the principles and actions I share, and put them to use. In two weeks' time if you have not significantly lowered your stress level and increased your productivity, you can go back to the old way of doing things. While these ideas and principles will work in the office or workplace, or for someone who works for pay from home, the Rock Your To-Do List program is designed to help you accomplish those "other" tasks and projects "from redoing the basement to starting a new business or getting back in shape..."

## **Book Information**

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## **Customer Reviews**

I thought this was going to be another get things done book but it wasn't. I had a light bulb moment reading this book when I realized it contained the secret to why I wasn't being as productive as I would have like to have been. One simple technique and insight changed everything for me. It wasn't that I was doing my daily to-do lists wrong. I just wasn't very intentional about it and felt overwhelmed. This book helped me figure out the problem and how to correct it.

This book is much more than a book about to-do lists â “ you can apply it's principles to all parts of your life and change everything with itâ™s simple, easy to follow techniques and tips. If youâ™re a fan of to-do lists, you're going to love this book because it will help you do to-do lists much more effectively. It doubled my productivity in the first couple days of application and helped me break down each project I was working on. The authorâ™s conversational tone and personal stories with her family and kids made the book an easy and fun read.

This is one of those books that I never plan to buy. But by some divine intervention, the book crossed my path and I clicked download! As a fellow mother juggling tonnes of different tasks daily, I can totally empathised with what Lain is writing about and what she went through. I am in the midst of trying several "calendar and planner" systems. Hence it is very timely that I came across this. Like I said right, divine intervention! Lain wrote this book for women as she found out that most systems out there are created by men and men and women do not have the same priorities and to-do lists. However, I am not too sure that Men would not benefit from this book. In fact, I am pretty sure that they will too. Essentially, this book is about taking charge of your to do list. How to use it as a tool to help you achieve some goals. There are some very useful tips inside such as making SMART goals, the 80-20 rule amongst others. I have read some of the books in her recommended resources as well as other time management or goal setting books so this is a new discovery. However, her step by step approach to conquering and rocking your to-do list (to quote her) would benefit most if not all mothers or women juggling many different priorities. I was expecting a whole planning system after I read the introduction but this book only focuses on creating and using a to-do list. I highly recommend this book to people who needs to juggle many different tasks and are feeling overwhelmed by everything. Lain writes in a very friendly way and would encourage you to move step by step towards your goals.

First of all what I LOVE about this book is that it is only around 50 pages so that you can get all the info quickly. The second thing I really like is that the author convinces me in no time that it is not my fault that I never get to finish my to-do list. And thirdly what I really like about this book is that her solutions are based on solid research and facts. Before I got half way through her book I was nodding my head; work smarter, not harder. We've all heard that before. But Lain really teases this one out. Iâ™m sold on her ideas and have downloaded all the freebie worksheets and will give this a whirl for sure. Five stars for me cause I started to feel lighter just reading her suggestions. I can really see this work!

It isn't very often you come across a time management type book which is prepared to courageously challenge the status quo and offer up something refreshingly different. What I like about this book is that it focuses on helping you achieve what's important to you, while not ignoring the mundane tasks that are part and parcel of being a busy parent or business person. Life doesn't always fit into a nice quadrant or a priority list. It must be lived in the moment and be open to change as and when it arrives. The basis of what the author is talking about is on doing what's right, not on doing more, and having fun in the process. Her discussion on the 80/20 principle highlights this point. She also dives into the productive virtues of a to-do-list which has a practical twist to it. The authors style is playful and very helpful. Her tips of doing different things to produce different results are practical and take into account the busy lives we all have. It's for these reasons I really liked this book.

I have always been a big fan of to-do-lists, but like most people, I would mock up a random list the night before without giving much thought to why I was doing half the things I was trying to accomplish. Thankfully I came across this book that provided a different perspective on how to make a to-do-list, why to make one and the proper way to engage in carrying it out. To-do-lists are great but can ruin your day with unproductively if approached in the wrong way. Fortunately Lain provides actionable steps and suggestions for making it simple and getting more done without being overwhelmed and stressed. I would certainly recommend this little book to anyone who is looking to get more organized with their list making and put the right tools into action for best results!

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