

Staying Productive During COVID -19 Shelter In Place and Beyond

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Machen MacDonald, CPCC, CCSC

- ✿ Award-Winning Strategic Coach
- ✿ #1 Bestselling Author
- ✿ Licensed Advisor since 1989
- ✿ Advisor Advocate since 1995
- ✿ ProBrilliance Leadership 2004
- ✿ Married 27 years, 3 Great Kids
- ✿ Strategic Struggler
- ✿ Frequent “Failer”



What did you come here to get?



- Certainty
- Calm
- Confidence
- A good idea
- A plan
- To be entertained 

3 Buckets



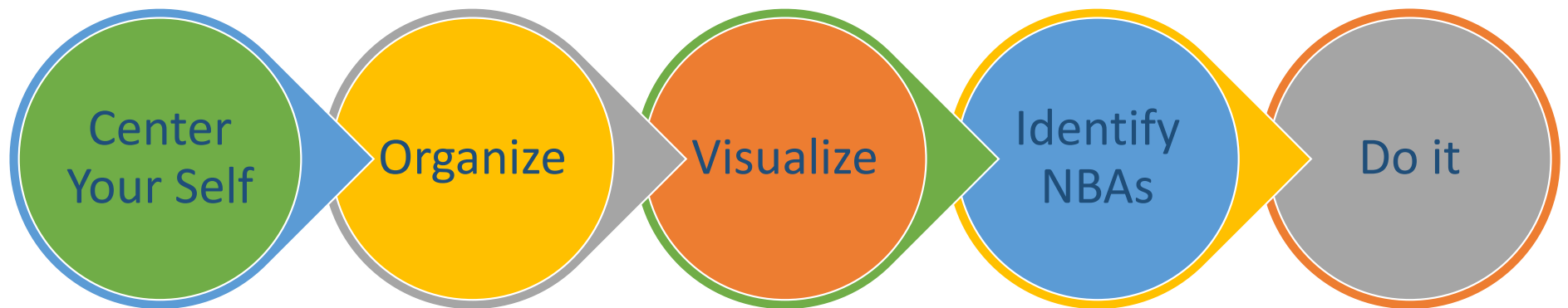
The Stockdale Paradox

“You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be.”

~ James Stockdale, U.S. Navy Vice Admiral



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N O W H E R E

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- ✓ Breathe
- ✓ Exercise
- ✓ Meditate
- ✓ Pray

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- ✓ Read
- ✓ Affirmations
- ✓ Nature
- ✓ Gratitude

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T - Track Your Past

O - Organize Your Present

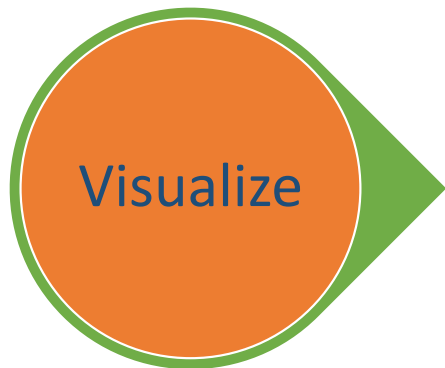
P - Plan Your Future

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I – Intention
M - Magic
A – Affirmations
G – Gratitude
E - Expansion

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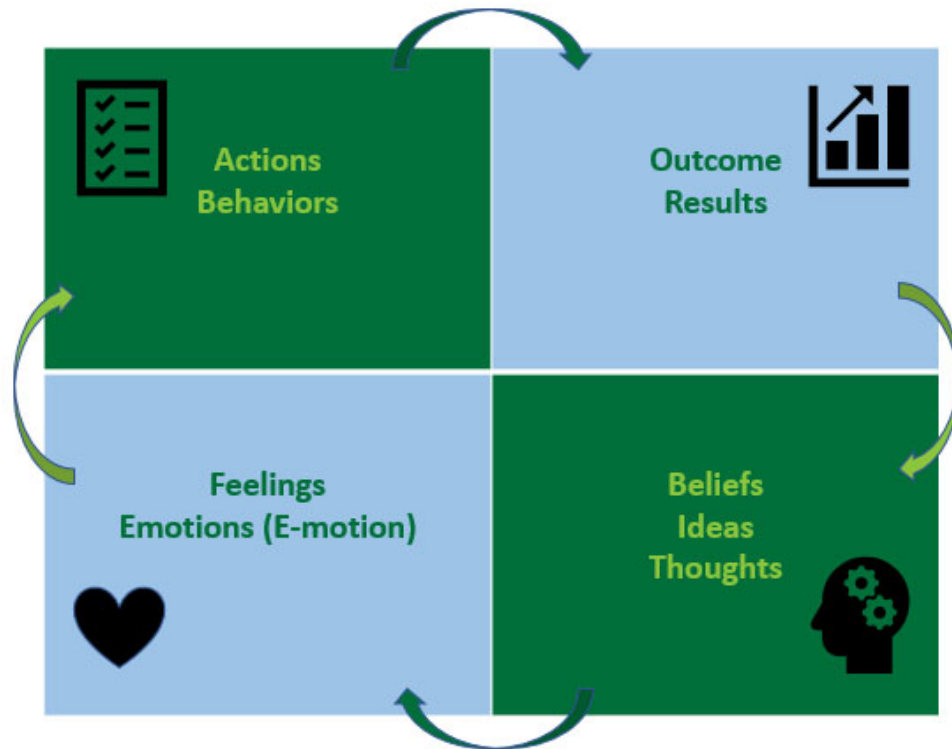
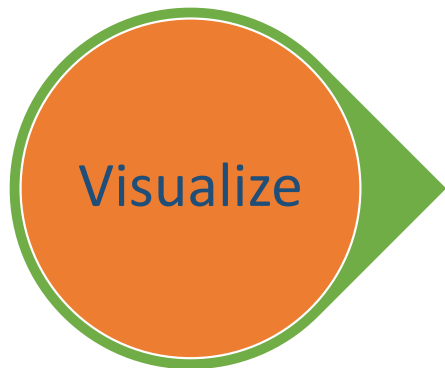


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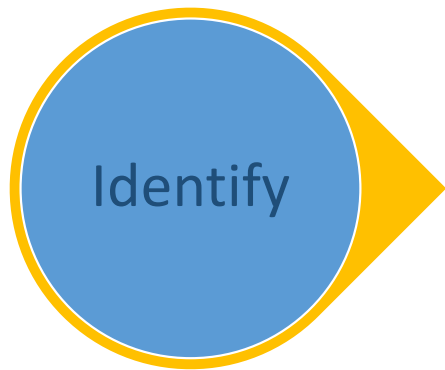
Visualize



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Next Best Actions (NBAs)

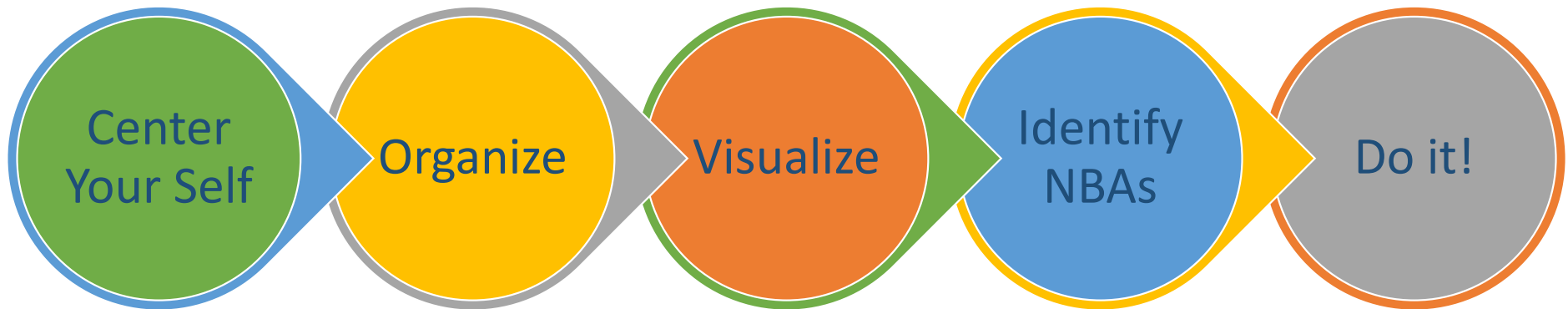
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Time Block It

- Ideal Day/Week
- Theme
- Energy & Rhythm
- Segment Intending
- Pomodoro

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8 Ways
3 Buckets

TOP
IMAGE

BITs
E-Motion
Actions
Results

Lists
Projects
Actions
Calendar

Time Blocking
Themes
Segmenting
Pomodoro



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Leadership Institute
Let's Provoke Your Brilliance!

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30 Minutes with Machen
Focused Strategic Clarity Session
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“Finish each day and be done with it. You’ve done what you could. Some blunders and absurdities crept in. Forget them as soon as you can. Tomorrow is a new day; You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.” ~ Emerson

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