



# Secrets of Success in Business

with Robert Zuniga

[SecretsOfSuccessInBusiness.com](http://SecretsOfSuccessInBusiness.com)

## Mastering Your Most Precious Resource: Time

### Time Management

There are 168 hours in a 7-day week

Awake 16-hours/ day

Sleep 8-hours / day

You've got 112 hours/week to Live Your Dream Life.

Let's start Planning Your Dream Day with detail:

What's needed? Assuming you've got Your WHY in place.

- Knowing exactly WHAT you want.
- Knowing HOW to get what you want.

**Time Boxing** – set fixed time for certain task

### Categories

Education

Career

Financial Life

Social Life

Spiritual Life

Level of Health

### Time-Line

Short-Term vs. Long Term

### Lifeline Exercise -

- From Birth to Now (key events)
- From Now to 1 years out (2012)
- From 2012 to 5 years out (2017)
- From 2017 to 5 years out (2022)

## Most Importantly

**Be Present in the Moments You've Designed in YOUR Dream Life**

Source: Dave Ellis. *"Becoming A Master Student"*

**North Carolina Health Care Quote – call Robert 704-594-1483**



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## **“Is the Compound Effect Activated in your Life?”**

- The Compound Effect – Explained

## **Habit Assessment –Your Path to Living My Dream**

- Your Ideal Typical Day
- Your Current Typical Day (Your Reality)

## **Robert’s Healthy Lifestyle Goal – Insanity & P90X Workout**

## **Darren Hardy’s 7 Game Changers\***

1. Set yourself up to succeed
2. Think addition, not subtraction
3. Go for Public Display of Accountability
4. Find a Success Buddy
5. Competition & Camaraderie
6. Celebrate
7. Be Patient

*\*Source: Darren Hardy “The Compound Effect – Jumpstart Your Income, Your Life, Your Success Story”*

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