

How to Make The Most of That Extra Hour

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01

BLOCK THAT TIME

Open up your calendar and schedule that extra hour. Maybe it's at 6 am (formerly 7 am) each morning or when the kids are napping or during lunch. Keep it consistent at least for the week to make the most of each power hour.

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02

TAKE STOCK

Take stock of what you already have. An hour is enough to boost what you already have - but not necessarily long enough to start something new.

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03

PREPARE

You'll make the most of your hour if you can use it solely for implementation. So to gather links for your profiles or addresses for thank you notes in advance of sitting down to implement.

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04



After you've finished your five power hours, celebrate. Sure, at some point, you'll want to measure your ROI on the five hours but for now, pat yourself on the back for making the most of those extra minutes.