American Management Association's
Time Management

**Time Management Is Self-Management**

- Shift Focus from Managing Time to Managing Self
- Identify Typical Time Wasters
- Identify Personal Strengths and Development Opportunities to Control Time

**Planning for Success**

- Define Goals Based on Your Role
- Establish Important and Valid Priorities
- Create a Realistic and Productive Schedule
- Use a Robust Planning Process to Analyze and Review Plans

**When “They” Cause the Problem**

- Attend Meetings with Purpose and Add Value
- Set Clear Expectations with Colleagues, Customers, and Your Boss
- Manage Interruptions from Others

**Concentration and Focus**

- Build Both Productivity and Efficiency
- Re-evaluate Multitasking Strategies
- Overcome Procrastination
- Manage Technological Distractions

**Creating Boundaries and Balance**

- Prioritize and Choose Activities to Balance Life and Work
- Create Your Own “No” Script