



Rock Your To-Do List: Get to Your Biggest Goals Faster, With Less Stress, in Only 15 Minutes a Day

Lain Ehmann

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- 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..."

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Millicent Doty:

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Joseph Lewis:

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