

TIME MATTERS EXPERT SERIES:

*How to focus your productivity so you can reach your goals
And
Create your peaceful joy-filled life.*

ACTION SHEET



Marni Battista

Marni Battista, founder of Dating with Dignity, has professional training in dating and relationship coaching as well as training in the Core Energy Coaching Process from the Institute of Professional Excellence in Coaching (IPEC).

A certified Life Coach through the International Coaching Federation, Battista is also a Master Practitioner at administering an Energy Assessment—"The D-Factor"—which helps clients pinpoint exactly why they are or are not "date-able" and what types of messages they unconsciously broadcast to men based on their thoughts, feelings, actions and attitudes.

Notes from the interview:

1) How and when did you make the biggest shift in your own focus?

- I finally decided to look at my own patterns that were keeping me stuck and unhappy. Once I got clear on my value and lovability the world of possibility completely opened up to me. I realized I could create any life I wanted and I wanted to make sure that I lived a life of no regret that totally fulfilled my soul.
- Get rid of the negativity because it makes it hard to focus.

2) How and when did you make the biggest shift in your own productivity?

- When I became a single mom, I got really clear that it was all about me and there was no one to blame any more. Before then I always had help and I never thought about productivity. Once my time was on a custody schedule and I needed to be present with my kids when I had them, I had to use my time well. It was a lot of trial and error before I figured it out.

3) How does embracing your femininity impact time abundance?

- When I first got divorced I was trying to do it all myself. I was out to prove that I didn't need anyone. I was very Type A, goal oriented, and masculine and it exhausted me.
- Once I was able to be in the feminine which looks like practicing asking for help and receiving help, letting go of controlling all the time, being resilient, compassionate, connected I felt a lot better.
- I started asking "If my strength is connection, how can I live in that strength that will allow me to get things done?"
- I started to see how I could use my connection skills (and more feminine qualities) to have more time abundance.
- Know what your needs are so you can delegate.

4) Why is self-worth important to time abundance and how is it different from self-esteem? Why does this matter?

- Self-esteem is connected to achieving a goal and therefore becomes conditional upon achieving a goal (Kristin Neff, Ph.D.). This means our self-esteem is conditional upon being productive.
- Self-worth is absolutely internal and unconditional. When you have self-worth you know you are good enough and it does not change based upon what is achieved. We can then be empowered to live within the structure of having goals and we don't judge ourselves based upon our accomplishments. This is more sustainable, grounded way of being which leads to having more energy.
- Overwhelm is self imposed. We get overwhelmed because we have said yes to too many things.

5) What are the 3 keys to being perpetually irresistible? (And how does this apply to women who are already in relationships?)

- Happy woman, happy life—when we feel good and confident we are happier and attract success in all areas of life.
- 3 keys to being perpetually irresistible: You need all 3!
 - 1) Self-worth
 - 2) Sex appeal/Femininity—essence of vibrance, vitality, flirting with life
 - 3) Savvy people skills—good communication, compassion, social cues, following through to completion

6) What is your personal “secret move” or unique recommendation for easily increasing focus?

- Have a system that works for you that is intentional and structured.
- I have a planning system that I created with the best of what I have used.
- I write down everything that I have to do and I block off half hour blocks every day and time block everything in.
- Then I can see how my to-do list is a fantasy and what is realistic.
- I don't schedule much past 3 p.m.
- Be conscious of your own energetic profile and schedule your life in rhythm with that.
- Give yourself permission to make down-time be whatever works for you.

7) What is your personal “secret move” or unique recommendation for easily increasing productivity?

- I set an intention or focus for the week and then I make sure I can achieve it—I have a key performance indicator that is measureable and achievable.
- I set up a positive emotional environment for myself with affirmations.

8) What is your best tip for entrepreneurs and professionals who want to easily meet their business goals and have a productive peaceful joy-filled life?

- Follow through to completion. Make your tasks measureable and achievable and follow through to completion.
- It frees up your intellect so it doesn't have to manage your unfinished tasks and you can relax and be more present.
- Make your intentions bite sized if you are someone who knows what to do but doesn't do it. If you need to, get coaching and get support if you get stuck here. You can learn the skill of completion.

9) What is the unique transformation you offer with your work?

- I work with women who date the same guy over and over again with a different face and help them figure out why they do that so they can stop it once and for all and have a very powerful relationship.

10) How can our listeners learn more about you and your work?

- I have a training for your audience on how to be perpetually irresistible. It will help you to learn how to select dating partners wisely and help you get clear on what 3 things you need to do to become a man-magnet. You can find it at www.timemattersexperts.com/replay and look for Marni's picture and free gift button.

Your notes: