



I DON'T HAVE TIME

BY EMMA GREY & AUDREY THOMAS

GET STARTED GUIDE

We wrote *I Don't Have Time* to fit around readers' lives. The book is designed so it can be devoured in one sitting or read in smaller bites. Many of our readers tell us they go back and read it for a second time, and pick up more concepts and tips.

Here are some ways you'll get the most out of reading the book:

BE KIND TO YOURSELF

Some of the concepts in *I Don't Have Time* can be confronting to work through. After all, we've spent years ingraining habits and behaviours and reinforcing excuses that the book now urges us to discard.

We wrote this book so you can **feel better about yourself**. Not worse! When you spot something that is true for you, and when it's holding you back, decide to be grateful that you're realising this now and focus on your future transformation.

USE YOUR PHONE

Take pictures of particular passages in the book that really mean something to you. Share them on your social media and discuss the concepts more deeply with your friends. Stick the passages up at work or on your bathroom mirror as a reminder of the things you're aiming to let go, or strive for.



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WATCH THE SELF-TALK

Become much more aware of the way you speak to yourself. Notice the times your self-talk is limiting and remember how powerful your subconscious mind can be. As you're working through the 15-minute experiments, cheer yourself on.

BE PLAYFUL

No-one's forcing you to do this. It's meant to be fun! Adopt a habit of curiosity. I wonder what would happen if I ...

CONTACT US

We truly love to hear from readers, and find out what you thought of our book. Please feel free to ask us questions by email [enquiries@IDontHaveTime.net]. We regularly update our blog and if you have any burning questions, let us know. We'll answer them anonymously, if it's something that might benefit others too.

ADDITIONAL SUPPORT

The **My 15 Minutes 90-day program** delivers a 15-minute experiment into your inbox every day for three months. Enjoy the fun of challenging yourself to overhaul your health and wellbeing, relationships, career or business, finances, personal development, home environment and fun and recreation. Start any Monday, and find out more here: www.my15minutes.com.au.

Emma and Audrey x