



It's impossible to talk about achieving more **productive time** without talking about how to manage **attention** and your **energy**.

Make a list of what is demanding your attention today.

List the top 10 people/projects/tasks demanding your ATTENTION:	On Scale of 1 to 5, how much attention does this take from you? <i>(5 being the most)</i>	How would you rate the multiplying potential this has for the growth of your organization, leadership, or team?
1.)	1 2 3 4 5	1x 2x 5x 10x
2.)	1 2 3 4 5	1x 2x 5x 10x
3.)	1 2 3 4 5	1x 2x 5x 10x
4.)	1 2 3 4 5	1x 2x 5x 10x
5.)	1 2 3 4 5	1x 2x 5x 10x
6.)	1 2 3 4 5	1x 2x 5x 10x
7.)	1 2 3 4 5	1x 2x 5x 10x
8.)	1 2 3 4 5	1x 2x 5x 10x
9.)	1 2 3 4 5	1x 2x 5x 10x
10.)	1 2 3 4 5	1x 2x 5x 10x

If you had a 90-minute block to focus all your attention (without interruption) on your most meaningful work as a leader, what would it be? Use the above as a guide.

What do you need to give **MORE** of your full attention and peak energy to?

What do you need to give **LESS** of your full attention and peak energy to?



Hi, my name is Matthew DeYoung,
Cofounder of Breakthrough Leadership.

I'm a 'Leadership Productivity Hacker' and Executive Coach.
You're probably asking, what does that mean?

Great question! I work with CEOs, Entrepreneurs and Top-Level Leaders who have **almost no time to think about their productivity or use their freedom to achieve meaningful 10x results**. My coaching clients receive strategies they need to **instantly take control over what they're working on**. They put an END to working the emergency tasks other people throw their way. *Productivity on Fire* is the program I coach leaders through one on one to get massive results.

"What are the deliverables from your coaching program?"

- Shave 200 working hours from your year.
- Double your results every 90 days.
- Flip your daily routine to focus 80% of your attention on your 10x goals.

Don't get stuck *doing what you've always done*: ignore that nagging feeling of being underutilized while burning the midnight oil to juggle an insane amount of work.

If you have any concern you've lost your **freedom to dream big, and accomplishing your most meaningful goals**, I can help.

Learn the Leadership Productivity Hacks to you need to defeat the tasks hijacking your attention.

My **Productivity on Fire** program is not for everyone. This is only for CEOs, Entrepreneurs and Top Leaders who can call the shots on their time.

Want to take control of your attention, energy, and time?
Schedule a strategy call:
<https://btlm.co/coachmatt-schedule>

TESTIMONIALS

"I was in an impasse. Now, I am better equipped to handle more obstacles and with grace. I am a better coach to my team. I look for solutions. I found my voice and my ability to knock out obstacles."

- Joshua A., JA Headshots

"Each strategy session was like thinking out loud with a trusted leader. I got immediate action, a plan of attack, continual encouragement and challenge. I'm ready for more."

- Tony F., Univera, Inc

"You need situations like this [program] that can create an environment of expansion, new learning, a spark of new desire and new direction."

- Mike M., YRC Freight Company

"What I got [from this program] was really, how do you define success for yourself? I believe most people don't get what they want because they don't know what they want."

- Todd W., Blue Sky Financial Partners

This program looks to me like it's going to help me move on with my success!"

- Tim C., Fedex Corp.