



### HELLO...

My mission in life is to guide, support and educate. It's part of my DNA instilled from looking after my unwell mom as a young boy to coaching young athletes, it's what inspires me every day.

And anyway, I can give back to people who have supported me. I will not hesitate at all. So, hence the blog.

I am honoured to bring these 5 minute blogs - I want to be real and keep it simple so you have awareness to take action and make a difference in your life. Everything I share is tried and tested by me and my clients, so I know they works.

If you have questions, reach out to me and I would love to give you an extra boost of support, otherwise please enjoy.



## How to Handle Unproductive Days

Unproductive days are a common part of life, but know this obstacle we face starts within us and nowhere else. So, when we internally create this obstacle, we know we also have the ability to fix it.

And it starts with having an inspired mindset, one that allows us to handle challenges and want to take action. So, your job every morning is to find your inspired mindset!

Here are 4 ways to handle unproductive days and reactivate your inspired mind:

- **Identify the Cause:** Reflect on why your day has been unproductive. Are you feeling tired, overwhelmed, or distracted? Identifying the cause can help you address the underlying issue and prevent it from affecting future days.
- **Prioritize Self-Care:** When you feel self-appreciated and loved, your mindset will be more inspired. Engage in activities that help you relax and find happiness inside, such as journaling, exercising, reading a book, meditating, or spending time with loved ones. Taking care of you is a great way to feel more inspired.
- **Break Tasks into Smaller Steps:** If you're struggling to make progress on a specific task, break it down into smaller, more manageable steps. This approach can make the task feel less overwhelming and help you gain a sense of accomplishment as you complete each part.
- **Set Realistic Goals and Plan:** Start your day with a plan of what you want to achieve and when you're going to do it. The more clear our mind can see what we want to achieve, the easier it is for it to take action. So, set smaller goals, plan your tasks and, as you have little wins throughout your day, you will be inspired to not only keep going but level up the rest of the day.

I hope these tips help you reflect and make changes. As you can see, being productive centers around your present mindset. Your awareness, your acceptance, your plan, your inspiration. Final tip I use... start with a morning journal about good things in your life and your daily intentions, then set your schedule for the day. Bring that attitude and you will achieve your plan and so much more!

**WWW.TIMHALLBRANDING.COM**

- FREE ONLINE BREATHWORK AND MINDSET TOOLS - KICK START YOUR NEW MINDSET TODAY!
  - BOOK A PRIVATE COACHES CALL & CREATE A FULFILLING PRODUCTIVE ROUTINE TO INSPIRE YOU.
  - DEEP BALANCE BREATHWORK JOURNEY TO HEAL & GROW OR DAILY BREATH & VISUALIZE SESSIONS.