



# DREAMBANK DREAM ACADEMY MAKING TIME FOR WHAT MATTERS COURSE OVERVIEW:

## SESSION 1: WELCOME TO MAKE TIME

TUESDAY, JUNE 8, NOON-1 PM

This week, you'll learn about the Make Time framework, take stock of how you're currently spending your time and identify what you want to prioritize your time for during this course.

## SESSION 2: HIGHLIGHT: START EACH DAY BY CHOOSING A PRIORITY

TUESDAY, JUNE 15, NOON-1 PM

Learn how planning less can actually give you more time for the things that matter. In these videos, you'll start the essential everyday habit of choosing your top priority at the start of your day and reflecting on it at the end of the day.

## SESSION 3: LASER: BEAT DISTRACTION TO MAKE TIME

TUESDAY, JUNE 22, NOON-1 PM

If you want to make time for what matters, you need to learn to beat distraction. But you can't rely solely on willpower. In this session, you'll learn how to create barriers to distraction — and take self-determination out of the equation.

## SESSION 4: ENERGIZE: USE THE BODY TO RECHARGE THE BRAIN

TUESDAY, JUNE 29, NOON-1 PM

Energy is a key ingredient for making good use of our time. But the defaults of our modern world can make it hard to build and maintain that liveliness. This week, you'll explore simple tips for taking care of your body so your brain has the fuel it needs to stay motivated throughout the day.

## SESSION 5: THE BIG REFLECT

TUESDAY, JULY 13, NOON-1 PM

This week, we'll wrap up the course by looking back at what you did and looking forward to how you'll make time in the future.