



Time Revolution: Raising Awareness to Stop Wasting Your Time

STUDY GUIDE

I. Introduction

A) Promotional content

TIME is your most valuable resource —period. In fact, **Time is your Life!** When you waste your time, you waste your life.

Yet most people do not really understand time, nor do they use their time optimally to have the greatest impact.

This includes seemingly successful business owners, ministry leaders, pastors, and ordinary folk.

If you don't have time to do the things that matter most—you are living way below God's design for your life.

Day after day, the cycle repeats. You push aside your dreams, delay important goals, settle for suboptimal results, and tell yourself, "I'll get to it later." But later never comes.

Stop taking laps around the desert. God has a better plan for you.

What if you could do half as much, twice as well, and see 4x the results?

Would you be interested?

In my free LIVE masterclass on Tuesday March 11, I will unpack this much more.

During this masterclass, we will discuss:

- The journey from overwhelmed to empowered
- Three massive mistakes that waste a lot of time
- A 3-step framework to regain control of your time
- **7 Time Success Secrets™ to leverage your time**
- God's Dream and 3 Business Success Secrets™ to catapult you forward

As The Time Doctor, I've invested years helping thousands of people become better stewards of time, knowing TIME is your most valuable resource.

I know firsthand what it's like to feel stuck—to have big dreams squelched and feel paralyzed by distractions, responsibilities, and uncertainty. But I also know this:

When your WHY is big enough, the HOW will work itself out.

Through decades of experience, I've gathered simple yet powerful keys that will completely transform how you see and use time. These principles will help you restore joy, satisfaction, and fruitfulness in your personal life, family, and work.

This is your wake-up call. You don't have to stay trapped in cycles of busyness, overwhelm, and frustration.

God has a bigger vision for you—and it starts with how you steward your time.

His desire is for you to be fruitful, not busy.

If you're ready to stop struggling with time, start making the most of every moment, and finally manifest the Big Dreams God has placed within your heart, then this masterclass is for you.

B) Definitions:

- TIME is your most valuable resource —period.
In fact, **Time is your Life!** When you waste your time, you waste your life.
- A REVOLUTION is a significant and sudden (dramatic) change in government, social structure, or way of thinking. Revolutions can be violent or non-violent.

C) Three Important Questions

- What is YOUR biggest time waster?
- **How can you work half as hard and do what you do twice as well to see 4x the results?**
- What is it worth to you financially if you could save > one hour/day of your time (> 365 hours/year)?

D) Bold Statements

Busyness is the #1 plague in the world today!

- It is doing more damage than COVID ever did.
- It is super contagious.
- It sneaks up on you subtly.

- It hurts your family, health, happiness, & success.
- It costs ordinary people > \$1,000/month
- It costs leaders > \$10,000-\$100,000/month
- B.U.S.Y. stands for Burdened Under Satan's Yoke

E) You're in the right place if you...

- Feel a sense of discontent (There's more)
- Struggle with balance & prioritizing time
- Desire stronger relationships
- Are suffering the ill effects of procrastination
- Desire more clarity, focus, and direction
- Waste a lot of time with distractions
- Feel like you are spinning your wheels
- Are frustrated with your level of impact and influence
- Long to live your life with more purpose and passion

This is not for you if you...

- Are satisfied with how you are stewarding your time and life
- Are resistant to substantial changes in your thinking and beliefs
- Rapid personal growth is not a priority for you in this season of your life
- Are unwilling to COMMIT to do whatever it takes to experience a revolution in your time and life

F) Expectations

- Today, your life will change forever
- The LORD is releasing the sights and sounds of Heaven
- God is expanding your mind, heart, and spirit to new dimensions
- Struck by spiritual lightning
- Explosions of holy knowing
- Transformation
- Freedom

G) GOAL: Just as a garden needs care and attention to flourish, our lives thrive when we intentionally steward time well. **Choose to move from the chaos of busyness to the beauty of fulfillment.**

H) Joseph Peck, M.D.

- The Time Doctor, The Connector, and The Journal Guy
- Founder/President of Empower 2000
- Purpose: Empowering Dreams
- **Kingdom Mandate: Power Network God's army around the world.** Connect people, ideas, and resources in Christ for creative miracles.

I) **The Time Doctor Is IN!**

- Author of *"I Was Busy, Now I'm Not"*
- Proven track record of amazing results with TIME and DREAM coaching
- Personal journey from busyness & overwhelm to peace
- Successful transformation of my relationship with time
- Empowering tens of thousands of people each year
- Teaching others to Teach Others (222 = 2 Timothy 2:2)
- Recognized by many as a leader of leaders and visionary for visionaries

Questions from The Time Doctor

- When was the last time you went to see a Time Doctor for a health exam?
- On a scale of 1-10, how busy are you?
- **What are your goals regarding TIME?**
- What are you doing to love YOURSELF, so you can love your neighbor fully?
- As a Christian, is patience a good thing?

II. Journey from Overwhelmed to Empowered (for Joseph)

The Big Picture

Family and Education Background

Set Free

Benefits of TIME FREEDOM

Looking Beyond for Perspective

Increased Intimacy —> Increased FAVOR

Good fruit

Much good fruit

III. Three Massive Mistakes that Waste a Lot of Time

A) Mistake #1: Underestimating Rest and Reflection

What It Looks Like

- Constantly rushing with no breaks
- Little or no TIME MARGIN in your days, weeks, and months
- Overwhelm and distraction
(too much to do)
- Neglecting self-care
- Rushed or little spiritual time

Why People Make That Mistake

- Cultural emphasis on busyness
- Lack of awareness of the importance of REST and Reflection
- Lack of knowledge (Hosea 4:6)
- FEAR of falling behind or not accomplishing enough
- Fear of looking in the mirror
- Self-sabotage
- NO COACH

The Cost of Continuing to Make That Mistake

- Increased stress and burnout
- Weakened relationships
- Financial problems or scarcity
- Slow personal and spiritual growth
- Missed opportunities

What Happens When You Stop Making That Mistake

- Better focus and decision-making

- Greater peace and fulfillment
- Increased productivity
- Better effectiveness
- Result: More Time, More Money, and Better Relationships

Testimony: I realized that the more time I invested with God, the greater return I will receive from that investment. Moving forward, I will make it a priority to invest my time wisely with God. – E.B.

Time Success Secrets™ #1

To be spiritually healthy, you must ruthlessly eliminate hurry from your life!

- *Psalm 46:10 - BE STILL AND KNOW that I am God; I will be exalted among the nations, I will be exalted in the earth!*
In the Greatest Commandment, Jesus said the whole Bible can be summarized in one word — LOVE ([Matt 22:37-40](#)).
Love and hurry are incompatible.

Time Success Secrets™ #2

Good habits are the key to all success!

- Bad habits are the unlocked door to failure.
- Successful people do daily what unsuccessful people do occasionally.
- The secret of your future is hidden in your daily routine!
- What one new habit can you establish this month that by doing it, everything else will be easier or unnecessary?

Time Success Secrets™ #3

The trichord of leverage is Rest, Reflection, and Revelation!

- Rest leads to Reflection and Reflection leads to Revelation.
- REST is at the foundation of Leverage.
- Slow and steady wins the race!
- "The unexamined life is not worth living." — Socrates
- Good reflection includes regular reviews (evaluation).
- *For thus says the Lord GOD, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength." (Isaiah 30:15)*

Time Success Secrets™ #4

FOCUS is the key to redeeming the time!

- The focusing question: **What is ONE thing you can do that by doing it everything else will be easier or unnecessary?**
- Three guiding questions to redeem the time

- What is going to be the fruit or the result of this activity in five years?
- What will be the fruit of this activity in eternity?
- The real key: **Father, what do you want me to do right now?**

B) Mistake #2: Failure to Set Clear, Written Goals

What It Looks Like

- Lack of focus: Too many projects
- Overwhelming schedule & to-do lists
- Aimless task-switching
- Frustration from lack of progress
- Broken commitments
- Poor follow up
- Recurring disappointments

Why People Make That Mistake

- Belief that goals are too rigid
- Difficulty prioritizing tasks
- FEAR of commitment
- Lack of knowledge (Hosea 4:6)
- Lack of discipline & accountability
- NO COACH

The Cost of Continuing to Make That Mistake

- Whirlwind: Increased stress and chaos
- Stagnation with important projects
- Missed or delayed achievements
- Decreased motivation, loss of hope
- Failure to achieve goals & dreams
- Generational curses

What Happens When You Stop Making That Mistake

- Enhanced focus and direction
- Greater satisfaction from milestones
- Better use of time and energy
- More breakthroughs
- More Time, More Money, and Better Relationships

Testimony: I learned that I can **include God in my business, work, tasks, and goals.**
And I realized how much time I waste on things that don't truly matter. — C.C.

Time Success Secret™ #5

Failure to plan is a plan to fail.

- Most people don't plan to fail, but most people fail to plan.
- If you don't control your calendar, it will control you!
- Every 10 min of planning saves 60 min of implementation.
- Study of Harvard grads
- **REVIEW: Weekly, Monthly, Annually // Abandon Annually, Measure Monthly, Withdraw Weekly, and Divert Daily.**

C) Mistake #3: Not Practicing Intentionality with Time

What It Looks Like:

- Overcommitment without evaluation
- Engaging in unaligned activities
- Financial lack, Family stress, Health challenges; little impact at work
- Failure or delay achieving goals
- Low expectations, Reduced hope
- Feeling busy yet unfulfilled

Why People Make That Mistake

- Lack of clarity — unclear personal and work goals and dreams
- Desire to please others
- Lack of focus
- Lack of discipline and accountability
- Reactive instead of proactive planning
- NO COACH

The Cost of Continuing to Make That Mistake

- Burnout and decline in well-being
- Neglect of relationships and interests
- Financial struggles
- Family problems
- Health challenges
- Disconnection from values and purpose

What Happens When You Stop Making That Mistake

- Alignment with values, goals, and dreams
- More meaningful engagements
- Greater productivity on priorities
- Favor with God and people
- Peace that passes all understanding

Testimony: Changing my perspective on time and eliminating hurry from my life felt like stepping on the brake. I **made the decision to take back control** and began a process of renewing my mind about how I invest my time, ensuring that I am not overwhelmed with busyness, even with good things. — G.T.

Time Success Secret™ #6

90% of life is showing up at the right place at the right time!!!

- What is the other 10% of life?

IV) 3-Step Framework to Regain Control of Your Time

A) Step #1: Prioritize Rest and Reflection

Why It's Important

- Recharge (Refresh) spiritually, physically, emotionally, and mentally
- Gain clarity in decision-making
- Reduced feelings of overwhelm
- Enhance awareness of God's presence
- Deeper, more meaningful relationships
- Greater Peace
- Greater sense of purpose and destiny
- Dramatic increase in impact

What It Looks Like:

- Go to bed early and get up early
- Journal daily — Keep track of your daily physical rest, WFJ, inspired thoughts
- Schedule regular breaks and quiet time
- Reflect on your priorities and values weekly, monthly, and yearly
- Invest in self-care and spiritual renewal

Testimony: God is faithful; He has been reminding me to **return to the basics**. I realize He has been preparing me to manage my time better and answering my prayer about wanting to slow down and be present for my children. — T.T.

B) Step #2: Set Clear, Written Goals

Why It's Important

- Provides direction and purpose
- Prevents aimlessness in tasks
- Enhances focus on what matters
- Keeps you from wasting time
- Increases your productivity and effectiveness tremendously
- Greater sense of fulfillment
- Higher motivation and drive

What It Looks Like:

- Define specific, measurable goals in 7 key areas of your life (Faith Family, Fitness, Fellowship, Finances, Fun, and Future)
- Break your goals into smaller actionable steps
- Review your goals weekly

Testimony: "I am learning how to ask God questions. By changing my thinking, I can change my life, and I've discovered simple actions that make me more effective and productive." — P.C.

C) Step #3: Stay Attuned to God's Guidance

Why It's Important

- Greater peace of mind and tranquility
- Ensures alignment with divine purpose
- Prevents burnout from self-reliance
- Clarifies decision-making processes
- Boosted confidence in choices
- Stronger sense of life's purpose

What It Looks Like:

- Read or listen to the Bible daily
- Undergird all you do with prayer
- Journal daily using Joseph's 5-step method
- Read and meditate on The Joseph Principles by Steven K. Scott
- Be intentional with how you use your time
- Trust God's direction in your daily activities (Proverbs 3:5-6)

Testimony: “I understand that God specializes in **bringing dead things back to life** and breaking fear and procrastination. He will help me step into everything He has called me to do.” — C.S.

Time Success Secret™ #7

Journaling is the key to unlock your dreams and destiny, BUT...

- Journaling is the lead domino for my life. It’s my most important habit. I am addicted to journaling because...
- When done properly, journaling helps you experience God in extraordinary ways for extraordinary fruit.
- Most people live unexamined lives.

V) God’s Dream and 3 Business Success Secrets™ to catapult you forward

A) **God's dream is...**

catalyzing a Global Dream Community where people everywhere join together to help one another succeed in life—life as God made us to live it. It’s a culture full of courage to face the impossible, love that overcomes fear, and the tangible Presence and Power of God that make the supernatural a daily experience. It’s a culture where people genuinely know and commit to help one another discover the gold God put in each of us—then to walk alongside each other to see the fullness of that gold expressed.

- God’s strategy to disciple nations is Empowering Dreams —> Transforming Communities. He has no Plan B.
- God’s strategy to Empower Dreams is through Coaching, Journaling, and life-changing Webinars. He has no plan B.

Business Success Secret™ #1

COACHING is one of the best ways to accelerate your personal and professional growth, BUT...

- In every area of life, today’s leaders are looking for leadership coaching—a coach to cheer them on, challenge them to go deeper and reach higher, and help them stay the course toward fulfilling their life mission and purpose.
- Just as every great athlete has a coach, so does every great life.
- TRANSFORMATIONAL LEADERSHIP doesn’t happen by accident. It requires intentional growth and direction.
- **Master’s Mind Coaching™ (MMC) is the most powerful type of coaching!**

Business Success Secret™ #2

Strategic Journaling is a great way to dream with God and LEVERAGE your time!

- Nothing is more important than learning to recognize the voice of your Heavenly Father.
- God's Love Language is OBEDIENCE. Journaling is a great way to tune into W-GOD — to Listen, Trust, & Obey.
- Every minute of planning saves you 10 minutes in implementation.

Business Success Secret™ #3

He who controls the media controls the culture!!!

- The internet is the most powerful type of media.
- Social media is the most powerful tool on the internet.
- Webinars are the most powerful type of social media.
- Webinars are the new interactive global TV.
- Webinars are the #1 online teaching, marketing, and connecting tool — bar none.

VI) Conclusion

If you take only one thing away... **know that you can live purposefully without the overwhelm of busyness.**

So, the big question is... How can you best apply this to reclaiming your time and unlocking your God-given potential?