

NO B.S. Time Management for REAL Men!

A Special Report from [REAL Man Fitness](#)

By Zach Even - Esh

Most men don't exercise because they have either convinced themselves they don't have the time or they jam pack their day with time wasting activities that cause you to keep pushing off your health!

You can probably look back only a few years and see all the new, time wasting crap you have in your life now. Think about, the cell phone, checking e mails several times every hour, watching unnecessary TV shows, letting other guys (probably single guys with a 9 – 5 job, no family / kids and no obligations) call you and just “catch up” with one another.

First, take a look at these energy wasting, time wasting activities. Do they need to be part of your life?

My immediate suggestion: Keep your cell phone on only for your family, if it's a number you don't recognize let them leave a voice mail.

Don't waste 15 minutes on the phone with your buddy who has “just one question for you” when you could have cranked out a [REAL Man workout](#) in 15 minutes!

Do you really need to catch that episode of that ridiculous reality show? Why not spend that time playing with your kids, do something with your wife, or get to bed earlier than normal giving your mind and body some much needed rest?

Spend your time productively by eliminating one nonproductive task every week.

Practice absolute consistency each week. Every week you will eliminate one thing that is sucking the time out of your day which could be spent more productively doing something else.

Right now, fill in the lines below with the top 5 time sucking, time wasting activities that are causing you to skip workouts or miss out on time with your family.

1. _____
2. _____
3. _____
4. _____
5. _____

I want you to make a copy of this list and post in several places throughout your home so you can constantly be reminded of these time wasting, life wasting activities!

For me, I had to stop taking phone calls from friends on week nights while I work from home, and I politely told them I would call them on the weekend while I am NOT working.

I shut off my cell phone once I got home and was with my family, and, I never answer my phone unless I recognize the number. 99 % of the time I don't answer my phone anyway. If it's important they can leave a voice mail.

I stopped checking my e mail like some e mail addict! I stopped wasting time searching nonsense on the internet. Instead, All my internet time is spent building my business or researching something business related so I can improve my life and business.

I was very aggressive with these actions, no holds barred, I went full force and got rid of the "shit" so to speak. Now, I am much happier, my business is more successful, I spend more time with my family and have more time to read books or just chill out (something I was unable to do before I took massive action).

“Time vampires will suck as much blood out of you as you permit. If you’re drained dry at day’s end, it’s your fault”

~ Dan Kennedy ~

If you can't find the time during the day to do what you want, and that includes on high priority your exercise session, then it truly is your fault, just like Dan Kennedy says!

Start eliminating the time wasting shit and you will free up and open a whole new world that you never thought possible.

So let's take a look at what truly is wasting your time. You created your top 5 list above and these activities should be what you view as something that takes away from doing what you want, when you want to do it!

You also want to condition yourself to a schedule. I know that scheduling is tough when you have a family. You might even say it's damn near impossible. Well, as humans, you already know that we are creatures of habit. We tend to do the same things at the same time in the same fashion every time we do "it".

So, to get you on the fast track to building that bad ass body, you will now use your free time to exercise, which came from eliminating one time wasting activity!

I would suggest making your exercise time one in which you feel best emotionally and physically.

We all do what we like, or, we at least do these things easier than if we do not enjoy the activity. This might be first thing in the morning after a quick bite to eat and then you train. Or, it might be like I do, come home from work, eat quickly and then crank out my workout.

The bottom line is that I KNOW when I am going to exercise every day without fail. It's part of my routine and if it doesn't get done my day gets screwed up. So I make sure it gets done because without my workout my natural flow just isn't there!

The people I know who are highly fit and highly successful all have schedules for their workouts. They never skip workouts and you don't see them training at all different hours of the day each time they train. It's like clock work, everything is always on schedule.

When you exercise, do NOT try to multi task now that you've eliminated some of your time wasters. Remember, as I mentioned in Chapter 4, you must focus on the workout. Blindly going through your workout with no emotion or focus leads to little, if any results.

I'm sure that you would prefer to get on the fast track to getting results so stay focused!

Delegate!

There are many things you can have others do for you allowing you to free up your time. You can probably tell by now what my priorities are. They are my family, my health and having free time to do what I want, when I want.

Little things like mowing the lawn, shoveling snow, landscaping, cleaning your house, washing your car, etc. – all these “little things” can take away 2 or more hours from your day! What if that's a weekend? Do you REALLY want to spend your weekend working? Yes, that is work, no two ways about it.

You're exhausted by the time the evening rolls around and then you don't have the energy to enjoy your life. Hire a kid to mow the lawn, cruise through the drive thru car wash, hire a landscaping company to fix up your lawn every 3 or 4 months and hire a cleaning team.

Now you've just saved yourself hours and hours of work. Feel free to enjoy your newfound free time as you wish. The choice is up to you and [REAL Man Fitness](http://REALManFitness.com) is about helping you create a life of REAL health!

Relax in the Morning

Most men do the rush – rush morning routine. They jump out of bed, have a quick shower, skip breakfast, maybe have some coffee and then they're flying out the door on the way to work.

This is NOT the best way to start your day off as you can probably tell. The way your day starts off is often indicative of how the rest of your day will / can go. Here's what I do the night before heading to work. These little things have improved my entire day in the physical and emotional sense.

The night before, I organize my lunch and snacks. This way I am not rushing in the morning to make myself lunch, or, show up to work without a healthy lunch and snack. This often leads you to head out for a quick bite to eat of something which more often than not is unhealthy.

I also iron my clothes the night before. So when I wake up I can take it easy in the morning. I play uplifting music while I shave and shower, then I enjoy a nice breakfast and a cup of coffee with plenty of time to sit down and enjoy my meal and my morning!

This will take discipline on your part and you'll need to set aside a 20 minute block of time at night so you're ready for the next day. Rushing around in the morning is horrible as it raises blood pressure, puts you in the wrong "mood" and mental state and for those who don't know how to avoid this rush around, their day will likely spiral downward since their day already started so crazy.

Remember, we're about creating the life you want, and this means optimizing your time available so you need to practice time management, which in simple terms means you are leveraging your time better!

Scheduled Vacation Time

You can't be very healthy if your life revolves around working and catching up on everything all the time. Mentally and physically this will wear you down! Health, in my opinion, begins from the inside and works its way outward!

One more thing you must do, I mean, **MUST** do! Take a mini vacation (extended 3 or 4 day weekend) every 3 months. Go away somewhere with your family or friends and recharge. No work should be done at all, and if it's physical activity, let it be something completely different than your typical routine.

Maybe it's playing golf, going surfing, hiking, snorkeling or cruising on wave runners! The goal is to put the brakes on your mental gears and allow the entire body to have a vacation! It works like a charm and you'll feel better that you gave yourself the freedom to relax.

You'll also find that as you accept the fact that you should treat yourself well and relax, you will take off some time from your normal "extra" work time. It feels great and you will gain more and more control of your life!

In a nutshell, here's the direction you need to take:

1. Identify time wasters and immediately take action to eliminate one time waster every week
2. Focus on what you want to do with your extra time rather than focusing on what you can not do because of your busy schedule. "What you focus on grows."
3. Create a schedule and practice consistency – eat the same foods on a regular basis, exercise at the same time of day on a regular basis, take aggressive and consistent action towards achieving your goals.
4. Be prepared to change. In order to be more than who you are you need stop being who you are!

Zach Even – Esh is the author of ‘The REAL Man Fitness Program’, a no nonsense fitness program for busy men who want to be strong and fit and still have plenty of time in their day to enjoy life and not be a slave to the gym.

You can gain more top secret access to The REAL Man Fitness Files by visiting <http://REALManFitnessProgram.com> and you can also check out the best equipment for building a rugged man’s body in the comfort of your own home at <http://REALManFitness.com> (there’s another special gift awaiting you there as well ☺)

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