

## Key Takeaways from *4000 Weeks – Time Management for Mortals*

Dr. Todd Russ identified these key takeaways from the book, *4000 Weeks – Time Management for Mortals* by Oliver Burkman.

He shared these takeaways along with many other insights in a CrossTrain Webinar held in January 2024.

Our Time of Grace  
is finite

Plan for tomorrow  
but Rejoice in the  
blessings of today

Be Present

Work Life balance  
is never achieved

Make Choices –  
Busyness is a  
choice

Are you running  
from something?

Productivity is not  
the same as Time  
Management

Let go and “Be Still  
and Know that I am  
God...” Psalm  
46:10

This will be “more  
challenging” for  
some – How has  
God wired you?

If you would like to talk more about this topic or see how your unique strengths impact how you make decisions on your use of time, contact GIA to schedule a 30 minute conversation.