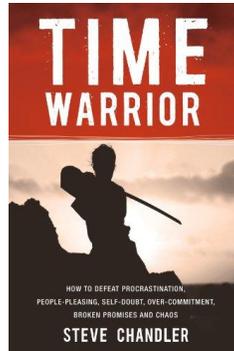


## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

# TIME WARRIOR

How to Defeat Procrastination, People-Pleasing, Self-Doubt, Over-Commitment, Broken Promises, and Chaos



BY STEVE CHANDLER

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303 PAGES

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*"All fear comes from picturing the future. Putting things off increases that fear. Soon we are nothing but heavy minds weighing down on weary brains. Too much future will do that. Only a warrior's approach will solve this. A warrior takes his sword to the future. A warrior also takes his sword to all circumstances that don't allow him to fully focus."* - Steve Chandler from *TIME WARRIOR*

### BOOK DESCRIPTION (from Amazon)

*Time Warrior is a revolutionary, non-linear approach to dealing with time, as bold as it is fresh and new. Forget whatever "guidebooks" you may have read on time management or personal productivity. Time Warrior is much more than tips and tricks. Steve Chandler has given us an invitation—as well as a challenge—to become something far greater than we are now. To become, in essence, a "style tracker" rather than a "time tracker." Tracking your cognitive style is what makes you a Time Warrior, for only your unique cognitive style can liberate you from the treadmill of linear, limited time.*

*This book takes you on a 101-chapter journey intended to transmute the base metals of ordinary linear time-consciousness into the gold of the Time Warrior's non-linear vision. You will learn to create for yourself a newfound and more powerful cognitive style that will make time tracking, multi-tasking and other clock-subservient behaviors an unsavory and distant memory.*

*Time Warriors arrange the "chaos" around them by slowing down—way, way down—and then letting go of people-pleasing, approval-seeking and every shade of mood-based and future-based thinking.*

## CHRIS SWENSON'S MASTER NOTES

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### NOTE INTRODUCTION

I absolutely love this book! One of my all time favorites! Completely packed with an arsenal of ideas to help lead you to your dreams!

So many ideas that this Master Note would be really long if I added them all. So, I choose a few to cover here, hope you enjoy! But, I must recommend taking a deep dive into this book and studying all of Chandler's ideas!

I pride myself on being a Private Practice Warrior! So I love the title of being a Time Warrior too!

Get your copy of the book here, [TIME WARRIOR!](#)

Let's dive right in and discuss some great takeaways from this excellent book!

### FACING OVERWHELM

*"In a simple life in which you only do what's in front of you, there can be no overwhelm, ever. That life is yours to create. And it never arrives, it must be created."* - Steve Chandler from *TIME WARRIOR*

I absolutely love the simplicity of Chandler's ideas from this book; pretty straight forward!

Facing overwhelm...then stop looking to the future and all the stuff you need to do! That just leads to stress and more overwhelm.

Rather, quite simply, do one thing right now and do it well. One thing at a time! Then focus on the next task! That is the space where no overwhelm can survive!

What is that one thing you can do and focus on right now?

### YOUR FEARFUL IMAGINATION

*"I keep daydreaming a scene I'd like to put in a book or a movie. A mad man (Me? Why not?) lives in a mental ward. (Me? It fits.) Each day they let this man into the recreation room. He's in his pajamas. He sits down at the circular table. The attendant gives him a big blank pad of paper and a box of crayons. He takes out the crayons and draws the head of a monster. He stares at the monster, screams, and runs out of the room. The whole thing looks funny to the attendant. It looks, shall we say it... insane. The poor mad*

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*man is scaring himself to death! And crazy as that looks, we ourselves do that each day. We use our crayons (our imagination) to scare ourselves instead of to create.”* - Steve Chandler from *TIME WARRIOR*

What a really cool scene, lol! I would love to act in the movies. Well, for now I will continue on my path, lol!

Another great simple illustration of how we fool ourselves everyday. Fear utilizes our imagination and then projects that movie in our minds. We then react to it as if it is real!

Not only that, we become so focused on this image that we lose sight of our creativity!

Stop letting your imagination run wild with fear; rather direct it run wild with creativity! What programs could you create for your clients? What about that book you always wanted to write? Or that course you wanted to develop?

Stop scaring and get creating!

### **SERVICE IN ACTION DESPITE HOW YOU FEEL**

*“So forget considerations of “happiness” and just get into action. Happiness is something you notice you are feeling later... after you’ve been in action for a while. It’s not something to worry about ahead of time. And don’t hold your happiness hostage to the achievement of a long term goal. If you do that, your happiness is always in the future. Always a hostage. And the future doesn’t exist right now, does it?”* - Steve Chandler from *TIME WARRIOR*

So many times as practice owners we sit back and wait until we feel motivated to take action and then we finally do; this is not the way to get things done!

Plus, many times we do not feel happy or fulfilled UNTIL we have that full practice, that course sold out, or whatever. This is also the wrong approach!

Nearly every author on mental toughness will tell you the key to getting things done is to do it no matter how you feel. Just take action! In fact, Chandler stresses this over and over again in this book. Take action, take action, and do it again!

However, it isn’t just any form of action that he is talking about. Rather action that is being done in the spirit of serving others; service! Something us therapists can really appreciate. Taking action in the service of others!

Finally, if you wait around until you feel motivated or happy then you take action. You will most likely fail. The time has come to just take the action despite how you feel. Then you will create

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



that happiness and fulfillment everyday; Enjoy the process and you will find enjoyment when you get to your goals too!

### 3 MINUTE RULE VS PROCRASTINATION

*“Keep your life creative and simple: what needs to be done now in these three minutes? That’s all you ever need to ask, and you’ll never have anything like procrastination bother you again.”* - Steve Chandler from *TIME WARRIOR*

If you ever find yourself struggling with procrastination, Chandler has a great question for you...”What needs to be done now in these three minutes?”

Then just simply do it!

This idea reminded me of the Two Minute Rule from the book, “Getting Things Done” by David Allen! I would suggest you check that Master Note out as well!

Allen’s rule is also quite simple...If anything you need to get done now takes less than two minutes, then just do it and get it done! No need to procrastinate and let those little tasks pile up into overwhelm!

Here’s to keeping things simple, focus on what needs to get done now in these three minutes, and be sure to knock out those under two-minute tasks immediately! Let’s start saying goodbye to procrastination and overwhelm!

### TAKE DECISIVE ACTION IN THE FACE OF FEAR

*“Thoughts of fear, dread and the worst future I can picture have me ready to not act. Or, as executive coach Dusan Djukich told a room full of people recently, when he was asked what should we do when we are afraid: ‘Take decisive action and your fear won’t matter. Take that decisive action enough times and your fear won’t exist any more.’”* - Steve Chandler from *TIME WARRIOR*

Fear holds many practice owners back from doing what they dream of. Fear of failure, fear of rejection, fear of criticism, and many other forms of fear!

Fear attempts to hold us back and get us to freeze! The answer is to take decisive action and then act! Fear doesn’t care about your happiness; it only wants safety. However, the safety of fear is a lifetime of imprisonment away from your true happiness and fulfillment.

“Do the thing you fear, and the death of fear is certain!” Emerson’s great quote is right on!

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

In fact, it works the same regarding worry and indecision. The key is to look for that next action, then take it! That energy and movement does wonders to battle that uncomfortableness!

The next time you are facing fear, take a deep breath, and then take decisive action!

### PUT AN END TO PROCRASTINATION

*“What are the steps I should take to overcome procrastination? Do the things you’re procrastinating on. Those are the steps I would take.”* - Steve Chandler from *TIME WARRIOR*

Once again, some simple advice from Chandler. Yet, it may not be as easy to carry out! What are you procrastinating? Ok, then just go to do it!

Remember, Chandler stresses the importance of action, movement, and the energy it creates to overcome. Works the same way here.

I have actually tried this and it does work! I just needed to additionally tell myself to get out of my head, don’t think just do! And the voila! Task completed! Don’t complicate it any more than it really is!

### WHY DON’T YOU JUST GO FLY A KITE!

*“I can choose to perceive every circumstance as an opportunity to grow and stay on my mission. And if this opportunity is also challenging, that’s even better. I have a chance to rise up--like a kite rises against the wind. If there’s no wind the kite can’t fly. Have you ever tried to fly a kite when there’s no wind at all? Have you ever tried to have a great life when there’s no challenge? If there’s no challenge for me I cannot become stronger. I cannot grow.”* - Steve Chandler from *TIME WARRIOR*

Why don’t you just go fly a kite! I had to add that as the title of this takeaway just for some humor. Ever have anyone tell you that? Lol!

Anyways, I don’t think that is exactly what Chandler is talking about here. Rather, it is about using your challenges to fly higher in life! With no resistance, you cannot get stronger and improve!

So true! The next time you are facing a challenge in your business, just remember to use that challenge and fly higher like a kite!

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

### LASER FOCUS

*“Push my head under water and I experience an increase in energy because I am immediately focused on what I want to do. I want to get out of the water. So I know exactly what I want to do. And any time I know exactly what I want to do my energy increases. My energy increases the same way the sun’s power increases when I take the diffuse rays and harness them and focus them through a simple magnifying glass and let the focused ray of sun burn an old dead leaf like a science fiction laser. When we focus we are joining the energy that created the world. We forget that we can always do that.”* - Steve Chandler from *TIME WARRIOR*

Many practice owners report having a lack of focus at times. Any mental game struggle you face, that problem will always attempt to take control of your focus and direct you to focus on what it wants! Thereby creating great energy for the problem and imprisoning you further.

When we become clear on what we really need to focus. What is really important to you? What is your mission? What must be done now in these three minutes? Then we are able to direct our focus on those things!

Directing that focus upon those things creates energy for us, fueling that creativity and energy to complete the task!

So, What is really important to you? What is your purpose and mission? What must be done now?

Then direct that laser like focus, take decisive action, and then act like the time warrior you are!

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### ABOUT THE AUTHOR OF “Time Warrior”



STEVE CHANDLER

Steve Chandler, bestselling author of *RIGHT NOW*, *Death Wish*, *Crazy Good*, *Time Warrior*, *100 Ways to Motivate Yourself*, and 30+ other books, is known as America's notoriously unorthodox personal growth guru. He has helped thousands of people transform their lives and businesses. For details on Steve's coaching school, Advanced Client Systems, please visit: [www.stevechandler.com](http://www.stevechandler.com)

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Practice Success in Less Time and with Less Money



## ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](#) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>