From 100 Hours to 1 Hour a Week: The Secret to True Freedom with Sebastian Cruze

with Sebastian Cruze · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Sebastian Cruze went from 100-hour work weeks at his web design agency to running an SEO company in one hour a week.

- [ ] Write down the direction your work is moving towards, even if your purpose isn't fully clear yet.
- [ ] List what you love doing and where you deliver the most value; that's your zone of genius.
- [ ] Mark the work you're good at and paid for but not best at, and stop building your business around it.
- [ ] Notice beliefs like "if I don't work every hour, I'm lazy" that keep refilling your schedule.
- [ ] Each week, ask what one thing would make everything else easier or unnecessary, and do it first.
- [ ] Before adding another app, check that your work is headed towards your north star.
- [ ] Pick your two hours of peak focus each day and spend them on your most valuable activity.
- [ ] Block "no time" in your calendar each week with nothing scheduled.

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