



5

Hidden

Things

That Will

STEAL

Your Time

5 Hidden Things That Will Steal Your Time

Everyone gets 24 hours a day. The difference? Top performers use theirs with intention.

They create the illusion of unlimited time by focusing on what matters most. While they hit big goals and move forward fast.

Others stay buried in busywork. Find themselves pulled off course by hidden time wasters... that drain focus, raise stress, and burn through hours with nothing to show for it.

Many of us want to do our best but fail to do so because of some sneaky, hidden, and ignored time wasters.

Once you spot these hidden time drains, you can start to remove them. **Reclaim your time** with smart strategies and new ways of thinking.

Which ones sneak into your day without you noticing?

1

The “I’ll Just Knock This Out” Task Trap

You start a quick task thinking it’ll only take a minute. But it doesn’t. It takes five... then fifteen. A simple action turns into a time sink because you didn’t plan for it. And it took more than you thought. These “small” tasks end up consuming your day

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2

The Research Rabbit Hole

You start with one question. Hours later, you're 12 tabs deep, still searching for the perfect answer. It feels smart—but you're not moving. Information piles up. Action doesn't.

3

Tools Without a System

You have apps, boards, calendars—but no clear way to use them. So you spend more time managing the tools than doing the work. Organization feels productive. Without a system, it's just noise.

4

Perfection Paralysis

You wait for the right time, the right words, the perfect plan. But that moment never comes. So things stay half-done while you chase a version that doesn't exist. Time keeps slipping, and nothing gets finished.

5

Overcommitment to Low-Value Work

Low-value work fills your time with tasks that seem helpful. But they don't boost your income, impact, or long-term success. You take it on because it's quick, familiar, or easier to control. The more you handle it, the less time and energy you have for work that helps your business grow.



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Here's Some Bonus Time Stealers

6

The Urgency Addiction

You move fastest under pressure. You wait until the last minute because the rush works for you. But urgency runs your day. You react instead of lead. Eventually, that high turns into burnout.

7

Identity Overload

You're the one people count on...the problem solver, the fixer, the helper. You take it all on because it's who you are. But that role leaves no space for your priorities. People-pleasing seems great at first, but it drains your time, energy, and focus.

I dealt with most of these time stealers, but Perfection Paralysis and the Urgency Addiction hit me hardest. One kept me waiting. The other kept me rushing. Both drained my time in different ways.

If you're like me, you do these out of habit... often without thinking about it. Awareness is the first step to taking your time back.

What are the top one or two that show up for you?

Start changing this habit with a mindset shift and tiny actions toward a new habit. It will take time, so don't beat yourself up if you don't progress as fast as you'd like...

You Got This!



You're invited to join our **FREE**
Masterclass



“The Art of Working Less”

**Learn the Secrets to Working Less, Earning More,
and Enjoying Life!**

During the masterclass, you'll learn:

- The 15-Minute Framework for achieving work-life harmony. Take control of your calendar and take back your time.
- How to spot and cut out distractions. *Stop the energy-drain.*
- The strategies that amplify your efficiency and output. *Get more done.*
- How to easily take days off. *Relax and recharge without the stress of playing catch-up.*
- The key to increasing sales and revenue in *less time.*

Yes, Save My Seat



Meet Ann Rusnak



From childhood dreams of entrepreneurship through lemonade stands to a thriving home-based design business, my path seemed set.

But success's shadow loomed large. I was winning in business but losing in life, with health and family time paying the price.

A wake-up call in an ambulance taught me hard lessons about balance. I reinvented my approach, creating a system that turned minutes into profits without sacrificing my well-being.

Now, I share this magic through the 15-Minute Time Maximizing System™, showing entrepreneurs how to achieve more income without the burnout, and a life enjoyed to the fullest.

Raves



"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III



I knew I was putting things off that needed to be done now. Today I'm making my schedule and have attained goals, not only in my business but in my personal life too.

~Amy Smoyer



"You have helped and my team focus on what is important to business profitability, so we stayed focused to complete projects on time. The ROI far exceeds the cost of the program!"

~Tracy L. Jones



"This week had been a game changer. Thanks to Monday's training, I told myself daily I ROCK! and intentionally carved out time for my business and stuck to it. I closed my office door and got busy. That yielding in 4 new one to one appointments on my calendar. Yeah Me!

~Laura Moore McNeely

