

How High Performers

Reclaim 10–15 Hours a Week

WITHOUT WORKING HARDER

Most high performers don't actually have a time problem. **They have an attention problem.**

Their days become fragmented by reactive schedules, constant notifications, context switching and unconscious escape habits. They spend too much time maintaining the machine, and not enough time intentionally creating.

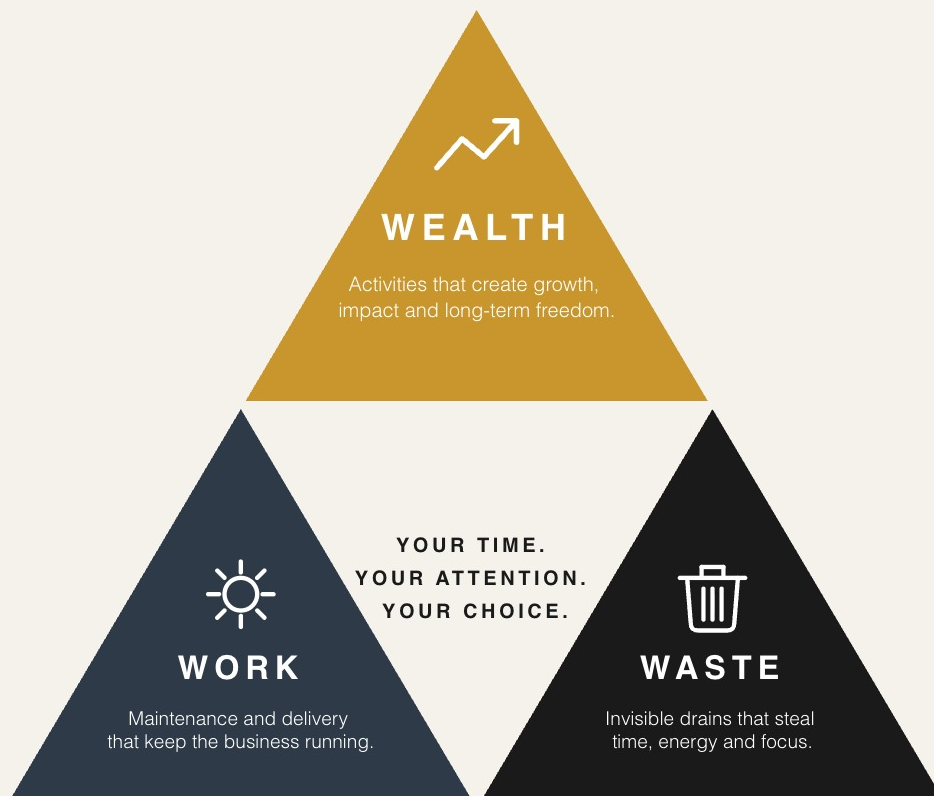
The result? You finish the day mentally exhausted, yet the important things never truly moved forward. Not because you're lazy. Not because you lack discipline.

Your attention is leaking in ways you don't fully realise. Most people are losing **2–3 hours** every single day without ever noticing it go.

Reclaiming that attention is the fastest way to create more time, more clarity and more momentum, without adding a single hour to your week.

The 3Ws Framework

Every hour of your day falls into one of three categories. The framework is simple. Applying it honestly is not.



WEALTH

- Sales conversations
- Strategic thinking
- Creating & building
- Outreach
- Key decision-making
- Building systems
- Making offers
- High-value relationships

WORK

- Admin
- Client fulfilment
- Emails
- Meetings
- Operations
- Logistics
- Task management

WASTE

- Doom scrolling
- Reactive checking
- Overconsumption
- Unnecessary meetings
- Context switching
- Procrastination disguised as productivity
- Mental escape

The hard truth from the workshop: cash flow problems are rarely a work problem. Chris shared the example of tradespeople sitting on £30,000 of unsent invoices while stressing about a £20,000 cash flow gap. The work was done. The Wealth activity, invoicing, never got the time. Most people spend far less time in Wealth than they think.

Where Did Your Last Two Weeks *Actually* Go?

Forget tracking forward. Look back. Think honestly about the last one to two weeks and estimate how many hours you spent in each of the three categories. **Not the version you'd like to report. The real one.**

CATEGORY	HOURS LAST WEEK	HOURS THE WEEK BEFORE	HONEST WEEKLY AVERAGE
Wealth GROWTH · IMPACT · FREEDOM	HRS	HRS	HRS
Work MAINTENANCE · DELIVERY	HRS	HRS	HRS
Waste INVISIBLE DRAINS	HRS	HRS	HRS

— THE COMPOUND EFFECT

1 HR / DAY WASTED 365_{hrs} = 7 hrs / week A year, every year.	2 HRS / DAY WASTED 728_{hrs} = 14 hrs / week Eighteen working weeks.	3 HRS / DAY WASTED 1,095_{hrs} = 21 hrs / week Half a working year, gone.
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Workshop participants said the same thing again and again: actually totting up the hours made the problem real in a way that nothing else had.

You don't need to find more time.

You need to redirect the time you're already losing.

Here's the shift. You don't have to eliminate every wasted hour, that's not realistic, and chasing perfection is its own trap. You just have to redirect **some** of it, deliberately, toward what actually matters.

THE 1-HOUR REFRAME

*What if you took just **one** of those wasted hours each day, and gave it to a single Wealth-generating activity?*

One hour a day. **Five hours across a working week.** Around **250 hours a year**, pointed directly at the work that grows your business and your life.

That's not a marginal gain. That's a different trajectory.

— SIT WITH THESE

- 01** What is the one **Wealth** activity you've been avoiding, the one that would genuinely move things forward if you actually gave it time?
- 02** What would change in **90 days** if you protected five hours a week for it, without fail?
- 03** Which **Waste** habit is costing you the most, and is it actually rest, or just escape dressed up as a break?
- 04** What could you free up entirely, not redirect, but simply stop doing, with no real cost?

If you got to those questions and realised you're not even sure what your real goals are, that you don't actually know what **Wealth** means for **you** right now, then that's not a failure. That's the most useful thing this guide could show you. You can't allocate your hours toward a destination you haven't defined, and that's exactly what the rest of the system, **the 6Bs of Balance**, is for.



Freedom is rarely created by doing more. *It's created by removing what steals your time.*

Reclaiming your time isn't about becoming more disciplined. It's about building a week that stops pulling you into reactive mode in the first place.

Inside the full Precision Week Workshop, I break down the complete system, the 3Ws, the 6Bs of Balance, energy management, and the Default Diary that holds it all together, so you can architect a week built around your life instead of the other way around.

WATCH THE FULL 90-MINUTE WORKSHOP



precisionweekworkshop.netlify.app

Or, if you'd rather talk it through first, book a free Clarity Call. Thirty minutes, no pitch, just an honest conversation about whether you're genuinely misaligned or simply exhausted and overloaded.

cal.com/chris-nailor/30min-clarity-call