

TIME HACKING AND *a bit about me*



Welcome, so happy you are here!

My name is Tanya Lou Armstrong, aka "The Growth Coach." I'm in the business of making brands and human's bloom to their fullest potential.

As a successful, and passionate, Brand and Growth Coach, I've been making positive change for A-List Talent and Influencers, Grammy© winning musicians, World Champion UFC athletes, performers featured on America's Got Talent and The Voice, along with notable actors, lifestyle brands, and major music, art, and film festivals.

Recently, I was featured on Arianna Huffington's Thrive Global , as well as Authority Magazine and named one of the "Top 10 Coaches to Look Out for in 2021," by Yahoo! Finance, alongside Tony Robbins.

I believe that one cannot have a "well-business" without a well-mind, body and soul. Over the years, I've successfully helped to grow numerous startups into multi-million dollar thriving organizations.

After years of growing celebrity brands, I now offer a Full Bloom Inner Circle program; a private community with weekly LIVE meetings where we deep-dive into all things growth -- both professionally and personally to help you create a "Life By Design" as opposed to one by chance.

Branding For Buzz is a course I've created for those ready to create a media buzz around their brand, while Media Kit Mastery provides a step-by-step blueprint to build out your own Media Kit so you are fully prepared.

As for my clients, I've had them featured on The Wall Street Journal, Billboard Magazine, USA Today, Rolling Stone, BBC, NPR, SiriusXM, NBC, CBS, ABC, Fox, and many more. I've been the "go-to" expert for industry brands and am now available through my various courses and programs mentioned above, as well as for private coaching.

To learn more, head over to TanyaLouArmstrong.com.



TIME KEEPS ON TICKING *into the future*



THE LUXURY OF TIME CAN BE BROUGHT UPON THROUGH FINANCIAL INDEPENDENCE, IF MANAGED WELL.

Let's create more time to open up more opportunities through a simple audit. Time is something we never get back and the one thing we wish we had more of. It allows you to live more, experience more, and love the people who are close to you more.

It's a luxury that many of us take for granted. The sooner you learn to better manage it the better your life will unfold, no matter what stage, or what age. Time is the one thing that is fair play. We all have the same 24 hours on the clock, with 7 days in our week.

It's the time we manage, the line, between your birth date and your death date that matters most. Are you paying attention yet?

Once you begin to understand where you've been spending your time by doing the audit, your time and moments will matter more. You'll learn to apply your time according to the lifestyle you'd like to lead, and soon begin living a more fulfilled and abundant life.

As we know, time continues to tick and in this very second, and this very second, and this very second and so on, you are growing older with each second and each breath taken. It sounds grim, yet it can be turned into a beautiful thing.... if it is spent wisely.

While we can't stop the clock, we can make the time to sit still and be silent, give and receive more love in those very moments that are passing.

No one, but you can change what you do with your time. Have you ever taken the time to think that we only have 168 hours in any 7 day week. We spend 40-60 hours of that on average, at work. Yet, for the sake of math, let's just use 40 hours for the 9-5'ers who work at a traditional job. We spend an average of 56 hours sleeping (at 8 hours per day). That leaves us with 72 hours, less any hours you work overtime.

Now, let's add the time per week we are using the restroom (1.5), grocery shopping (1.5), cooking (6), eating (8), and cleaning (21). This alone leaves us with approximately 34 hours.



IT'S NOT ABOUT HAVING TIME

it's about making it



And it doesn't stop there, with those 34 hours per week we have left. If you are healthy, which I hope you are, let's add in 45 minutes of exercise at 5 days per week. This brings our time down to 30.25 hours, and if you are working 60 hours per week, that brings this number down to 10 hours per week to spend with our children, our significant other, our parents, our family, our siblings, our friends -- to travel, to enjoy our hobbies, and see new places.

How are we using those hours to have them make an impact in our lives, and those around us?

What exactly are you doing with your time?

Have you ever thought about this in such great detail?

What about those dreaded hours scrolling through your phone staring at other people's lives, when you've possibly been neglecting your own, or the hours spent in front of a TV. Who the heck are you giving your precious time to? Precious it is!

The thing is we all are on the same ride. Sure, our lives all look very different. However, as far as time is concerned, we are riding the same ride. We all have 24 hours in our day and 7 days in our week, so what's the solution to buying more time? We can't! We can't give a, "25 hour per day," wish to the heavens above. Why? Because, it's just not possible.

The solution is to create more available time to do things that truly matter, by doing a personal time audit and managing the time you have better.. I suggest doing an audit one day per month. I've provided you a TIME AUDIT sheet so you can do just that.

So will you give those precious hours you have to a job that you lack passion for, or a man, or woman that you've stopped loving or isn't treating you right -- or, will you stop and be a gentle observer and begin creating a life around that you control, that you love, one that allows more freedom to be you, do you, and allows for a life by design, as opposed to one designed for you?

It's up to you, and the "time" is now!



THE TWO MOST POWER WARRIORS ARE

patience and time
- Leo Tolstoy - war & peace



The moves you make and the time you invest daily into your future self, will greatly improve the quality of your life and compound as time goes. What you do with your available time is up to you. Why not create more available time to grab hold of that dream career, create good times and great memories with family and friends? It's all at your fingertips -- you just need to start.

I've provided a one-week TIME AUDIT sheet for you below, so you can determine exactly where you are spending your time, and be able to honestly evaluate just how to cut areas that are holding you back from growth, and create more time to do the things that matter most. Whether that extra time you find is spent with your family, on your personal development, down time, starting up a new business, or a side hustle is completely up to you.

No one knows what you desire, more than you do. By doing this exercise, you begin to contemplate and examine what matters and what doesn't matter. You're able to gauge your future actions throughout the day and become a more productive being.

Whatever it is you decide, you deserve to gain complete clarity, a clear picture of sorts, of what a-day-in-your-life looks like and have an honest self-assessment of how to move forward. I believe we can open up more time, it's just a matter of what we choose to do with those seconds and moments that we have in our day.

So with interesting, new found discoveries and well wishes, I hope this practice delivers a better perspective of you today, in the here and now, as well as guides you towards a better, more fulfilled tomorrow.

Remember, you have control over your future self, and life, more-so than you may believe. I can't wait to hear how this practice went for you.

Please follow me and tag me on social media at: @TanyaLouArmstrongOfficial and let me know your outcome. If you'd like to join my FULL BLOOM Inner Circle, you can do so [HERE](#).

With mad love and admiration, I celebrate you!

Tanya Lou



A WORD OF ENCOURAGEMENT: Even if you only make it through one day, do that! The more days you can do in a week, the more accurate data you'll have to evaluate. It's a great conversation piece too. :)

Mark down one-three words each hour, with what you did. Add such words as slept, scrolled (socials), walk, ate, cook, clean, Netflix, TV, shop, doctor, dentist, family (family time), kids, exercise, learn, study, etc. After you're done, mark down each category you had written on the next sheet and calculate the minutes, or hours spent. Then do some serious evaluating to gauge exactly where you can manage your time better, and begin creating the life you desire.

TIME AUDIT WORKSHEET - LIFE BY DESIGN MASTERY							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
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11:00 PM							
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							





guiding questions for time audit

Write down your categories and how much time spent in your audit.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Where are you spending the majority of your time?

Where are you spending the least amount of your time?

What most shocked you about your time audit?

How can you make positive change by reviewing your audit?

Is how you are spending your time leading you towards your near and future goals?

What can yourself permission to do, with the way you will prioritize your time?

if you are interested in joining my private community, "FULL BLOOM Inner Circle," where we work on all things professional and personal growth, support and accountability each week, in live Zoom meetings, I'd love to have you. [BLOOM HERE](#)