

Focus Sprint MethodTM

CHEAT SHEET

This method simplifies time and task management with a single, simple tool: a timer. Try this effective step-by-step method for using this tool to maximize your productivity.

For more details on using this method, read [this article A Simple Technique to Help You Accomplish More](#)

☐ *Choose Your Timer*

- The title, "Focus Sprint Method," is based on the classic kitchen timer, but any timer will do. You may benefit from a physical device that you can set and reset manually. [Love this one.](#)
- Alternately, you may prefer a software application that offers greater automation. Your cell phone works as well.

☐ *2. Track Your Sessions*

- Use a sticky note, notepad, piece of scratch paper, or your computer.
- A spreadsheet program such as Excel can work nicely.
- Use check boxes to track every session that you complete.

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☐ 3. Set Your Timer for 35 - 40 Minutes

- While the timer is running, work without distractions.
- A Focus Sprint session can be stopped if you must, but it cannot be paused or restarted.

☐ 4. Take a Quick Break

- When the timer goes off, stop what you're doing and take a break.
- Your break should last at least a 10 minutes, but not much longer.

☐ 5. After Three Sessions, Take a Longer Break

- When you've completed three successful Focus Sprint sessions, take a longer break.
- Now is a good time for a 30-45 minute rest.
- You may find it refreshing to have a snack, meal, or even a short nap to recharge before beginning again.

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Ready to Work Less and Achieve More?

These five secrets offer a glimpse of what's possible when you quit fighting the current and start working with your natural flow. But **they're just the beginning.**

Ready to transform your business relationship? **Join my free masterclass!** Gain back your time, energy, and freedom while keeping your income and impact.

The Art of Working Less Masterclass

In this transformative session, I'll reveal:

- Why traditional time management keeps you trapped in the BOSS Syndrome
- How to identify your highest-value activities that bring in revenue without draining you
- My proven 15-minute system that helps you work less while growing your business
- The counterintuitive reason why scheduling time OFF is the secret to making MORE money
- How to align your business with your inner wisdom for effortless decision-making

This isn't another productivity webinar. It's a complete paradigm shift. Created for solo entrepreneurs, spiritual coaches, and online business owners like you. **Discover how to balance work and life while increasing your income and impact.**

[Yes, Save My Seat](#)



Focus Sprint Method™

Meet Ann Rusnak



I created the Harmonious Productivity Method™ after burning out in my own business. I followed all the "right" advice, but ended up exhausted and out of alignment. Nothing worked—until I built a system that actually supported both my success and my sanity.

Now, I help solo entrepreneurs, spiritual coaches, and online business owners simplify their workdays, grow with intention, and finally enjoy their life again.

I'm also the author of *The Journey to ME: Empowering You to Live a Life of Unstoppable Success* and a certified Law of Attraction Practitioner.

[Join me](#) and learn how you can break free from burnout and take back your time—starting now.

What Others Say About Working With Ann



"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