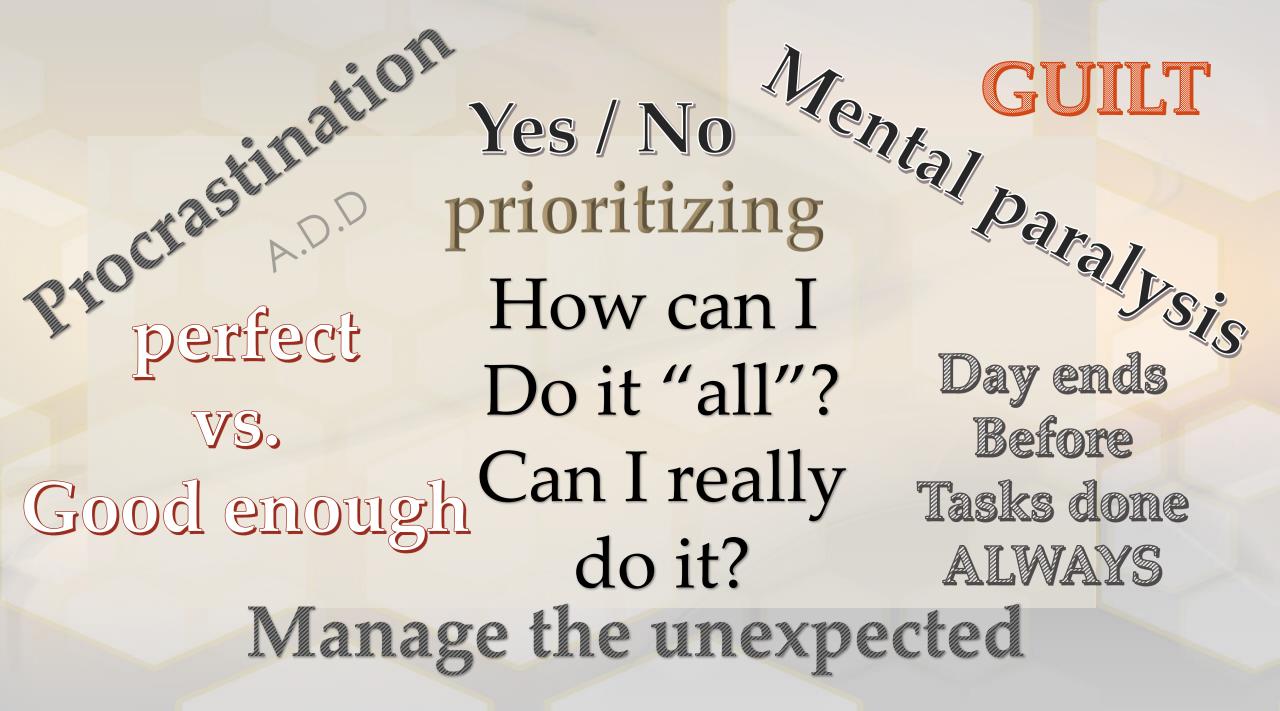
# T-I-M-E You've got this

Angel Zimmerman Managing Partner Zimmerman & Zimmerman, P.A.



# Who I am not

Not BYU

Not gifted

# I HAVE NOT MASTERED TIME

- Not on journal, or moot court, Not a judge, have not built a multistate law firm
- Didn't say home with my kids while they were growing up and no daycare / no house care / no ½ million dollar house / didn't stay at home while kids grew up
- Don't cook or clean and I don't own any designer anything
- Not multi-generational anything church, career, homemaker, education

# Not Ivy league

# Lessons from my mother



Book: The Checklist Manifesto by Atul Gawande

# 2016 Woman of Influence for Mentorship

- Law school, teach seminary, work, husband, and 3,5,7,9 year olds
- Mother of 4 now 17,19,21,23 (by the end of summer)
- Seminary teacher 18 years, married 24 years
- Lawyer, CLE instructor, own my own law firm and building
- President of AWE, WAAT, KWAA, KBA LPM, school PTOs
- Chair of EMBD, JRCLS-KC, International JRCLS WIL
- Board member and Vice President NCWBA strategic partnering, boards of many non-profits and now appointed civic boards







# Yearning to Experience and Succeed

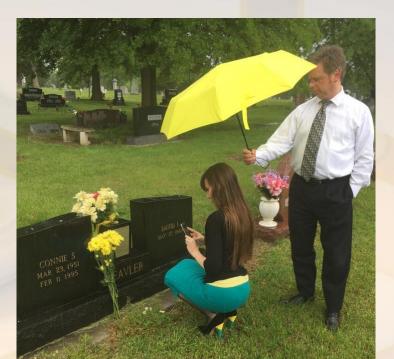
YES

NO – because of a yes

Next Opportunity

Book: A Wheel within a wheel; A woman's quest for freedom by Frances E Willard (1895)

# Time – Use if or lose if T – Team & Talent I – Initiative & Impact M – Moments Matter & Momentum Matters E – Energizing Enthusiasm Equals Exponential Effect



ABA chapter dedicated to my mother

Book: Her Story: Lessons in Success from lawyers who live it (ABA bookstore)

# Not superior but significant

You are of infinite worth and you have comparable capacity to give.

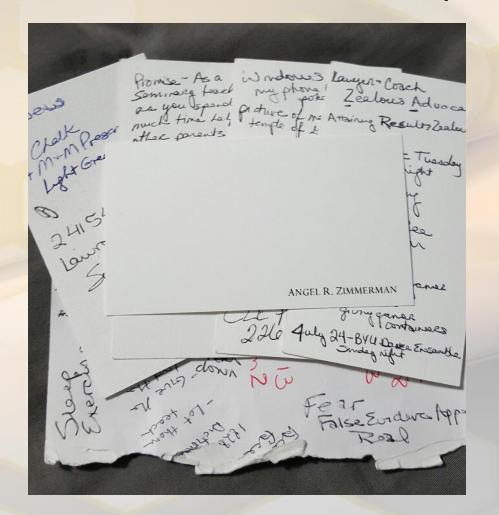
...Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you... as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

-Marianne Williamson



# TALENT & TEAM

## Notecard, business card, scrap of paper



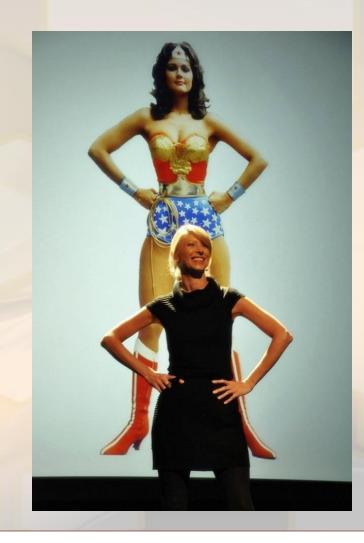
### Energy --Power Pose – Ted Talk

https://www.ted.com/talks/amy cuddy your body language shapes who you are

Get dressed

Get dressed for success

Playlist – listen to power playlist (short and long list)

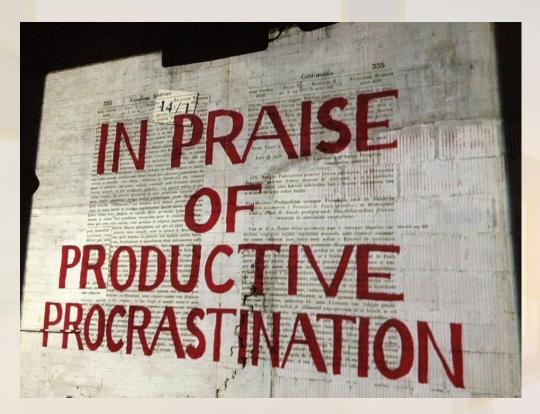


Book: Sink Reflections by The fly lady (FLY – Finally Loving Yourself)

# Hidden Talent

It is real – use it

(trust me google it – tons of tips to Make this hidden talent work for you)



**Structured procrastination** is the idea that you shift around your todo list to tackle easier projects instead of the one important one. It's an interesting approach to getting things done

# WONDER WOMAN - of course you are



# Your Team - Spouse

Use your head and your heart Discuss various life option – go through random topics Know each others bottom line Capacity and capacity to learn



# Team – Children – Clear goals

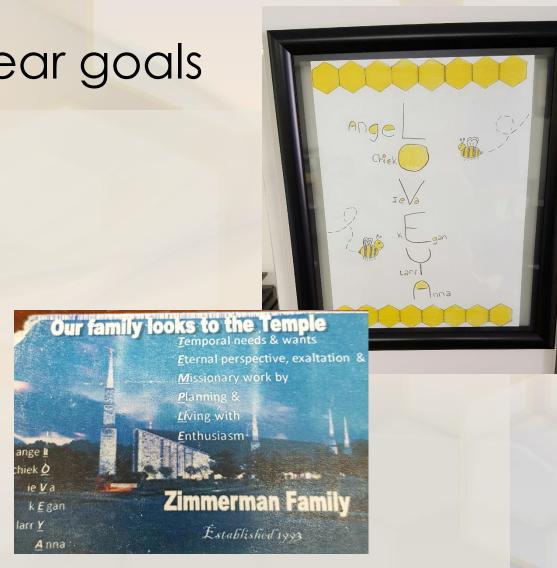
• Your children

(yep they can cook for you too)

 Family Firm / Family Farm (let them work for you)

• LOVE YA – poster

FAMILY mission statements



# Team

Sisterhood team



# Organizations for women – yes still needed





®

AMERICAN BUSINESS WOMEN'S ASSOCIATION

National Conference of Women's Bar Associations

#### Always will be needed



a committee of the J. Reuben Clark Law Society

## Team – Men

#### • Men

I am not the babysitter
My kitchen / my pans
(pendulum swings before stabilizes)

Abigail Adams quote
"Don't forget the ladies" now let's
Not forget the men in this conversation

RAISE OUR BOYS TO BE EQUALS



# **INIATIVE** & IMPACT

Power phrase • W.I.N "W" What's "I" important "N" Now FIND YOUR OWN PHRASE One more thing The main thing is to keep the main thing the main thing

Look up and breathe

/ Good Enough – move on

Book: The One Thing by Gary Keller & Jay Papasan

# The Night before

Plan your clothes the night before Pack your bags Plan lunch / dinner

Super achievers:

7 day planning Saturday/Sunday

ROUTINES – leave thought time for real thoughts



College/community courses and books: Lean Six Sigma (becoming efficient)

# GTD: Getting things done

Do it Defer it

Delegate it

Delegate I

Delete it

# Do it. Do it right Do it right now. -Spencer W Kimball

#### GET IT OUT OF YOUR HEAD

Book: Getting Things Done by David Allen

# Game it

• Timer

Sometimes you just need to restart life
NEW YEAR
NEW MONTH
NEW DAY

#### TRY A NEW MINUTE

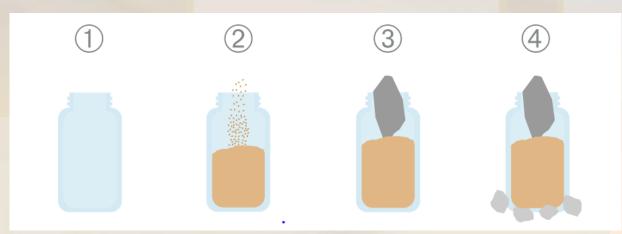




Timer Application and book: Pomodoro Technique by Francesco Circillo

# Impact

• Not everything is equal



• Stones, sand, water etc



## Initiative – Be Present

Someone asked President Spencer W. Kimball, "What do you do when you find yourself in a boring sacrament meeting?" His answer was a little surprising: "I don't know. I've never been in one" (See Donald L. Hallstrom, "Converted to His Gospel through His Church," Ensign or Liahona, May 2012, 15).

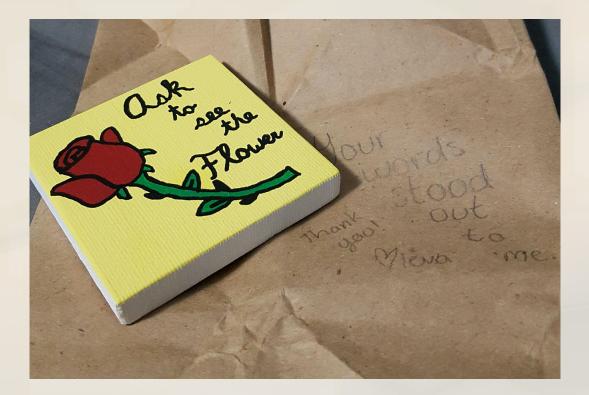
Can't have uphill hopes and downhill habits – john Maxwell



Book: Intentional Living by John Maxwell

# MOMENTS MATTER & MOMENTUM MATTERS

# Moments Matter



# Multiplier effect Use the word AND not BUT whenever possible



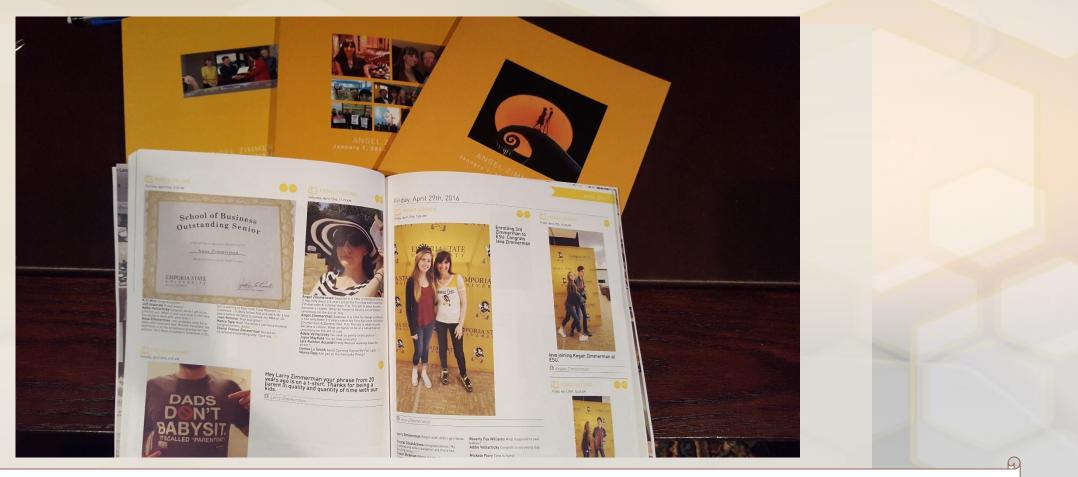
# Journaling

"Those who keep a book of remembrance are more likely to keep the Lord in remembrance in their daily lives. Journals are a way of counting our blessings and of leaving an inventory of these blessings for our posterity."

Article: www.lds.org Spencer W Kimball, Ensign, May 1978

# Scrapbooking

(n)



Lots of options to have social media in hard copy: MySocial Book

# Gratitude / Look forward journal

Things you must do

Things you don't want to do (need time to improve your mood)

Things you want to do

13 Ways to Trigger Your Happiness Every Day

HAP

WOM

Live

FREE QUIZ RappyWomanTest.com Discover Your Rappiness

Better

Book: Happy Women Live Better by Valorie Burton

# 5 year motherhood journal

1 sentence journaling

Per day Per kid(s)

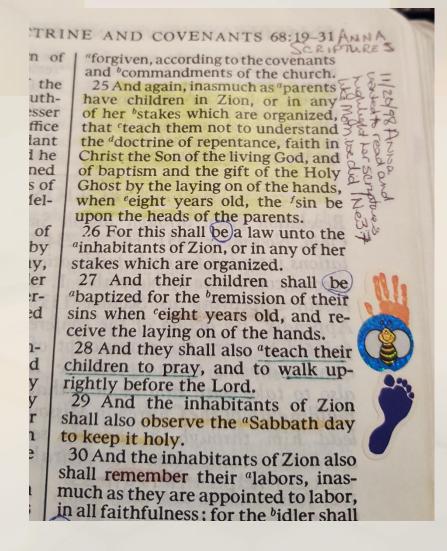
17 APRIL
I wish I were more open and outgoing, but I'm not What nonrandom act of kindness could I do within the confines of my own nature? I decided to make a much bigger effort to bring people together—such as invited newcomers to join my various reading and writing groups and in particular, to recommend people for work
20 16 * Chicko, Larry - ) gave talks in Burlingtons, whole family There ZIMMER MARS & FIRISH THE BOOK OF MORMON!! 20 17 * Stat Nay a vers
glass heater. bottle
20 *
×

Book: The Happiness Project One-Sentence Journal for Mothers by Gretchen Rubin

# 3 word journal

in due time.

46 And verily, verily, I say unto you, that whatsoever you "seal on earth shall be sealed in heaven; and whatsoever you "bind on earth, in my name and by my word, saith the Lord, it shall be eternally bound in the heavens; and whosesoever sins you "remit on earth shall be remitted eternally in the heavens; and whosesoever sins you retain on earth shall be retained in heaven.

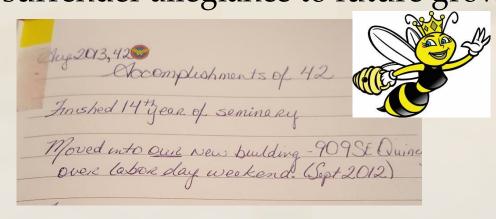


Book: The 3 word journal by Randal A Wright

# Yearly Recap Journal

1 thing for each year old you are

"Bees do not neglect the short term, but they never surrender allegiance to future growth and survival "





you get this the last day of your 42nd year.

Book: The Wisdom of Bees by Michael O'Malley, Ph.D.

August 26 2013

## Time capsules

Traditions:

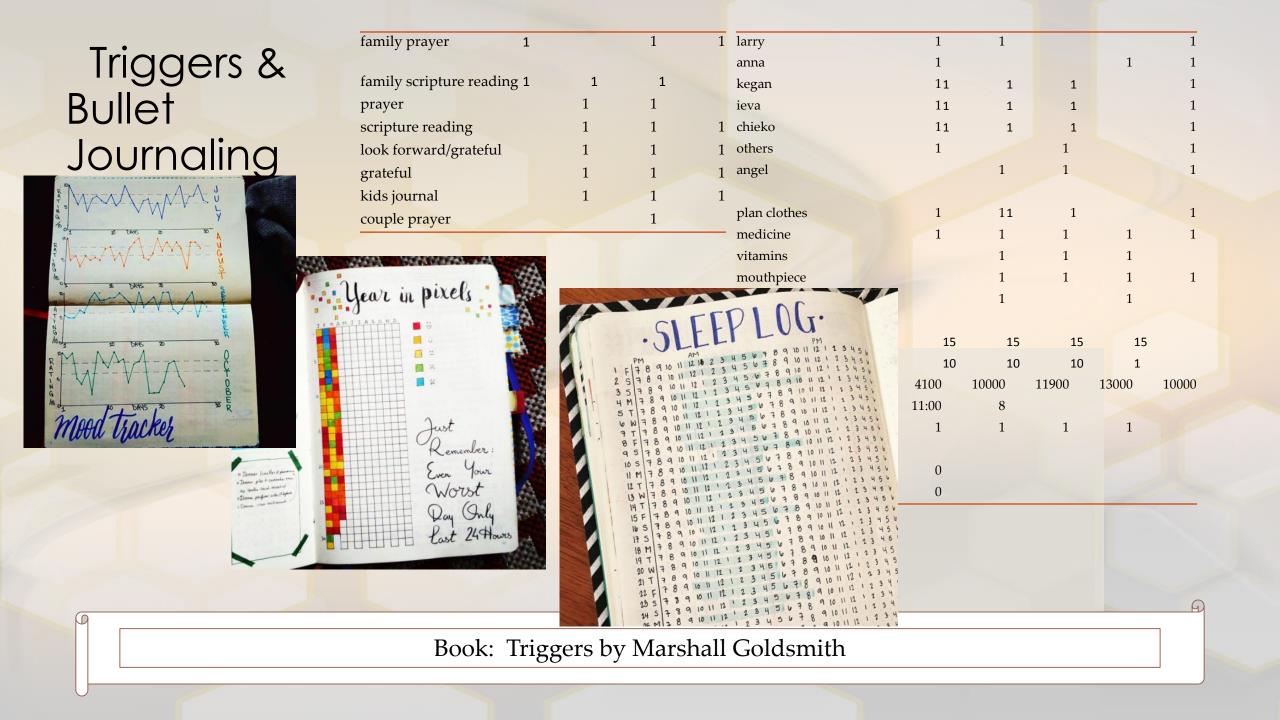
### NEW YEAR'S EVE

## Celebrate with Rio 8pm

Name, Signature, Accomplishments, Goals, Favorite movie, book, color, age, Grade, activity of the year



# ENERGIZING ENTHUSIASM EQUALS EXPONENTIAL EFFECT



# "Sleep your way to the top"

Transform your life:

#### ONE NIGHT AT A TIME

THE SLEEP REVOLUTION

TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME



Book: The Sleep Revolution by Arianna Huffington

# Attending Kansas Women Attorneys Association conference



## Bee More – "Bee above your usual" (phrase from the Savannah Bee Company)

I want to leave my footprints on the sand of time...

When I leave this world, I'll leave no regrets...

I was here, I lived, I loved, I was here I did, I've done, everything that I wanted And it was more than I thought it would be...

The hearts I have touched Will be the proof that I leave That I made a difference And this world will see, I was here

-Beyonce performing at the United Nations



Angel Zimmerman angel@z2law.com