

Guest interview with Rita Sedani

For this episode I was joined by the lovely Rita Sedani to discuss how she uses her planners to keep her busy life on track. Rita as you will hear runs her own business as well as leading a busy social life.

You will hear how her planners keep her focused on the projects and keep herself motivated and spiritually balanced.

If you have ideas for future episodes please send them to steve at philofaxy dot com

Show Notes (timings approximate)

- 00:00 - Introductions
- 02:00 - Project based planning
- 02:50 - Abstract planning
- 03:40 - Being productive
- 04:00 - David Allen - GTD
- 04:30 - Work life balance
- 08:00 - How not to be a workaholic
- 08:40 - Moods effecting your productivity
- 10:30 - Building in gratitude in to your day
- 11:00 - Work planner - [Dapper Desk](#)
- 12:30 - Avoiding duplication
- 13:00 - Completing tasks
- 14:15 - Personal planner - [Foxyfix](#)
- 15:00 - Progression
- 17:00 - Goals
- 19:00 - Mental strength
- 20:30 - Book a week
- 24:00 - Why were goals successful?
- 28:00 - Rita's tip