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