

# OWN Your T.I.M.E.

Add 3 Productive Hours a Day with neuroscience-based  
'Time-Ownership Protocol' (T.I.M.E. Framework)

❌ Stop managing your time. ✅ **START OWNING** your T.I.M.E.

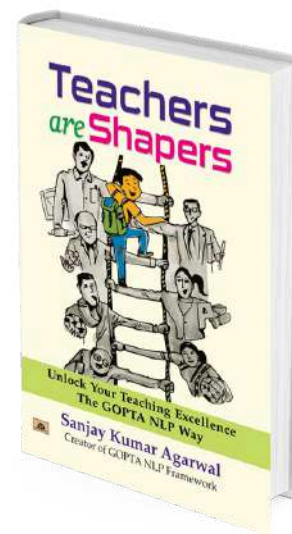
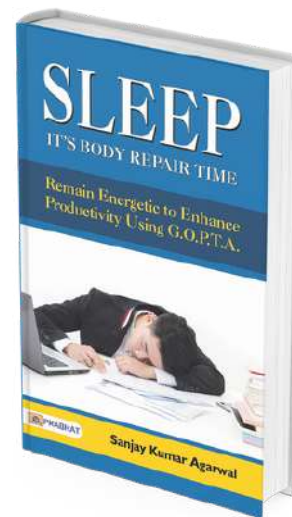
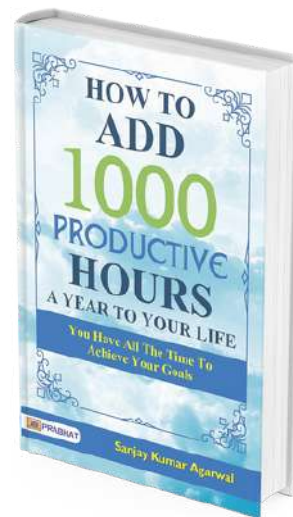
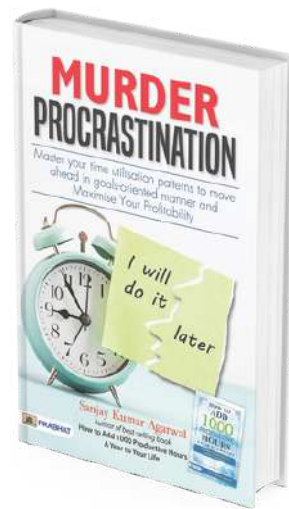
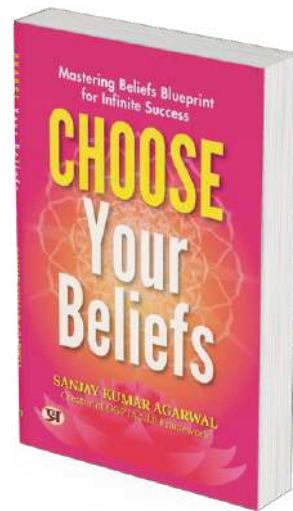


**Sanjay Kumar Agarwal**  
Time & Goal Guru  
TEDx Speaker & Author



Available at  
amazon

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*Skagarwal*

# Are You Struggling With This?

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- Do You Keep Delaying Important Tasks, Even When You Know You Should Do Them?
- Do You Start Your Day With Big Plans But Get Distracted & Lose Focus?
- Do You Feel Stuck in a Cycle of Overthinking, Avoidance & Missed Opportunities?

⚠ Alas! Despite smarter devices and endless productivity hacks, most professionals feel more time-poor than ever. Days vanish in meetings, messages, and mental noise.

💡 **OWN Your T.I.M.E. Workshop Will Help You Break Free & Take Back Control of Your Life!**

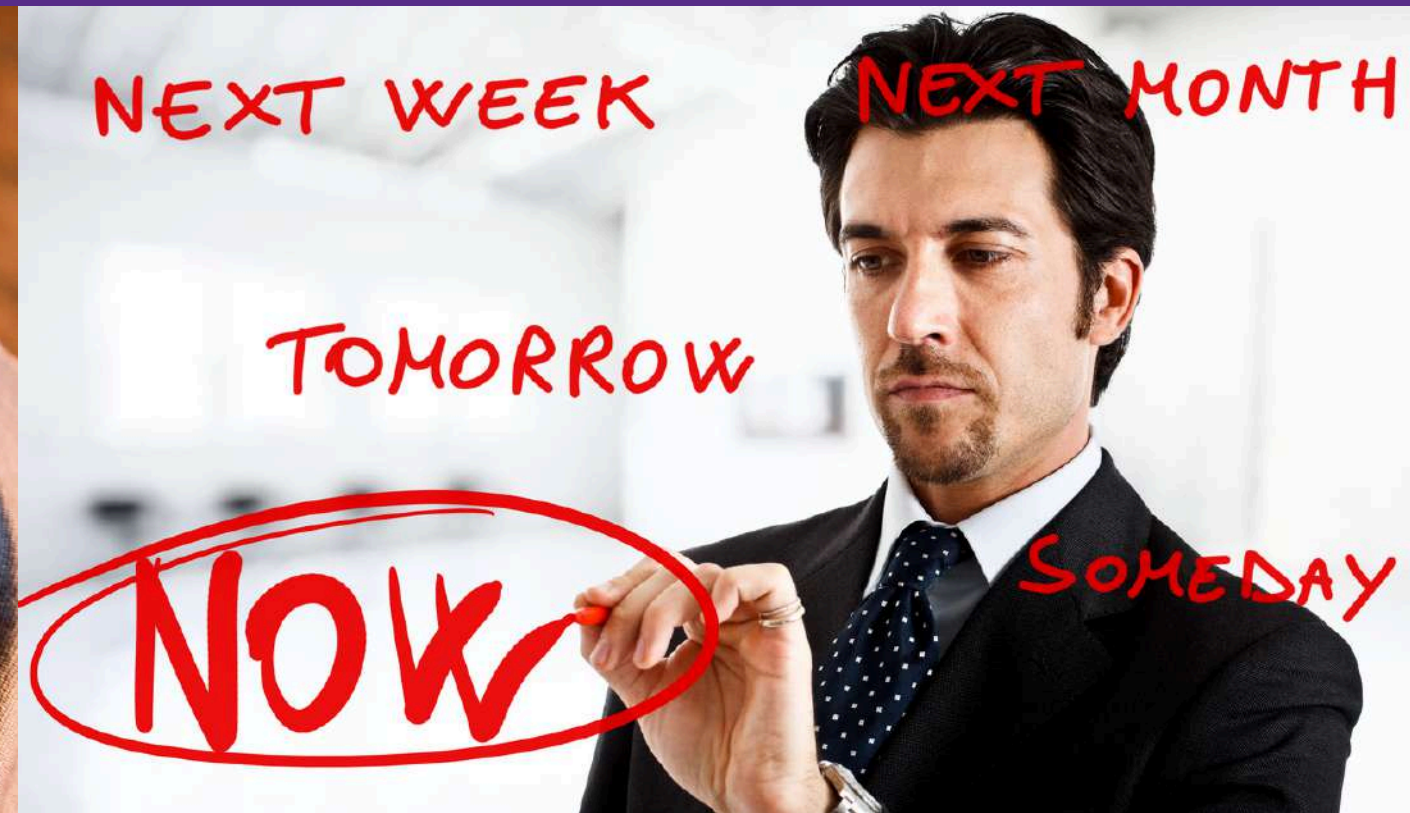
[🔗 Secure Your Spot Now](#)





## We Don't Lack Time — We Lack Time Ownership

Every Day You Procrastinate, You Are Losing Money, Opportunities & Momentum!



- ✗ An average professional loses 1000+ hours a year to distractions & delays!
- ✗ Over 80% of achievers end their day feeling busy but unfulfilled.
- ✗ Every month of procrastination = One extra year to reach your goals.
- ✓ The difference between success & failure - **TIME OWNERSHIP & FOCUS ON GOALS.**

🔥 It's time to start owning your time & Start Achieving Your Biggest Goals?

📌 Join this high-impact workshop & learn how to OWN Your T.I.M.E.!



**Take Control Now**

# The Era of 'Time Ownership' Has Begun

**Time management is outdated. It focuses on efficiency and to-do lists.**

**Time Ownership is a higher discipline — a conscious design of how you invest your hours towards your goals to produce results.**

## Difference between Time Management and Time Ownership

Aspect	Time Management	Time Ownership
Focus	Managing tasks as per To-Do Lists, schedules, and deadlines	Owning & utilising time in goals-oriented manner as per your priorities, vision, and direction with distraction-free focus.
Orientation	Reactive	Proactive
Measure of success	Productivity and efficiency	Purposeful progress and fulfillment
Brain's chemistry	"How can I fit more into my day?"	"What truly deserves my time?"
Driven by	Urgency	Intention
Control	External	Inner Alignment



**Upgrade Now**

# Presenting 4x4 'OWN Your T.I.M.E.' Matrix

🎯 Add 3 Productive Hours a Day with neuroscience-based  
'Time-Ownership Protocol' (T.I.M.E. Framework)! 🎯

## **T** Track & Transform Awareness – Reality Check + Mind Reprogramming

- ✓ Conduct a Time Log & Audit to reveal where your hours truly go.
- ✓ Detect distractions, time killers and energy leaks draining focus.
- ✓ Decode the neuroscience of procrastination — limbic vs logical brain.
- ✓ Apply GOPTA NLP Framework for subconscious reprogramming about time.

From confusion to clarity — you start seeing time as your most valuable asset.

## **I** Intentionally Align Your Day – Designing Your Day Around Priorities

- ✓ Realign the 4 parts of your day with natural energy & focus rhythms.
- ✓ Create cycles of Rhythm & Renewal — focus, reflect, recover, repeat.
- ✓ Build deep-work blocks and distraction-free zones.
- ✓ Anchor every task to your vision & purpose so execution feels meaningful.

From randomness to rhythm — your day now works for you, not against you.

## **M** Master Your Minutes – Strategic Prioritisation + Execution System

- ✓ Implement the Advance Planning Protocol — plan once, act freely.
- ✓ Install the 3-Step Prioritisation Matrix.
- ✓ Focus on high-impact activities that produce 80% of results.
- ✓ Apply Time Detox Tools — Eliminate • Automate • Delegate.

From busyness to brilliance — every minute moves you closer to your goals.

## **E** Expand Your Time Wealth – Addition + Utilisation + Integration

- ✓ Execute the 3-Hour Addition Blueprint to GAIN 3 productive hours a day.
- ✓ Design your Freedom Hours Map — Where to invest reclaimed time.
- ✓ Amplify Quality Hours — increase impact density, not task count.
- ✓ Integrate the Time Ownership System for lasting focus and flow.

From management to mastery — you own your time, focus & future.

🔥 OWN Your T.I.M.E. Matrix converts awareness into action and science into systems  
— giving you 3 productive hours a day to live with focus, flow & freedom!

# How This Workshop Will Transform You

🚀 By the End of This Workshop, You Will:

- ✓ Master time utilization to triple your productivity & profitability
- ✓ Implement the 3-Step Prioritization Protocol to conquer procrastination
- ✓ Understand how your brain chemistry drives procrastination & rewire it for peak performance
- ✓ Analyze your time log & eliminate wasteful habits effortlessly
- ✓ Gain 3+ productive hours daily & channel them into your biggest goals



💡 This isn't just a workshop 💡  
**It's a LIFE UPGRADE!**

[🔗 Upgrade Now](#)



# How This Workshop Will Transform Your Life

🚀 Before vs. After Joining 'OWN Your T.I.M.E.' Workshop

**BEFORE**

- ✗ Stuck in distractions loop with no real execution
- ✗ Constantly distracted & overwhelmed
- ✗ Feeling guilty about wasted time & missed opportunities



**AFTER**

- ✓ Massive Clarity – Know exactly what to do & take action immediately
- ✓ Laser Focus – Never get derailed by distractions again
- ✓ Productivity Machine – Get more done in a day than most do in a week!

**12 Months From Now, Will You Still Be Stuck or  
Will You Have Achieved What Others Take Years to Do?**

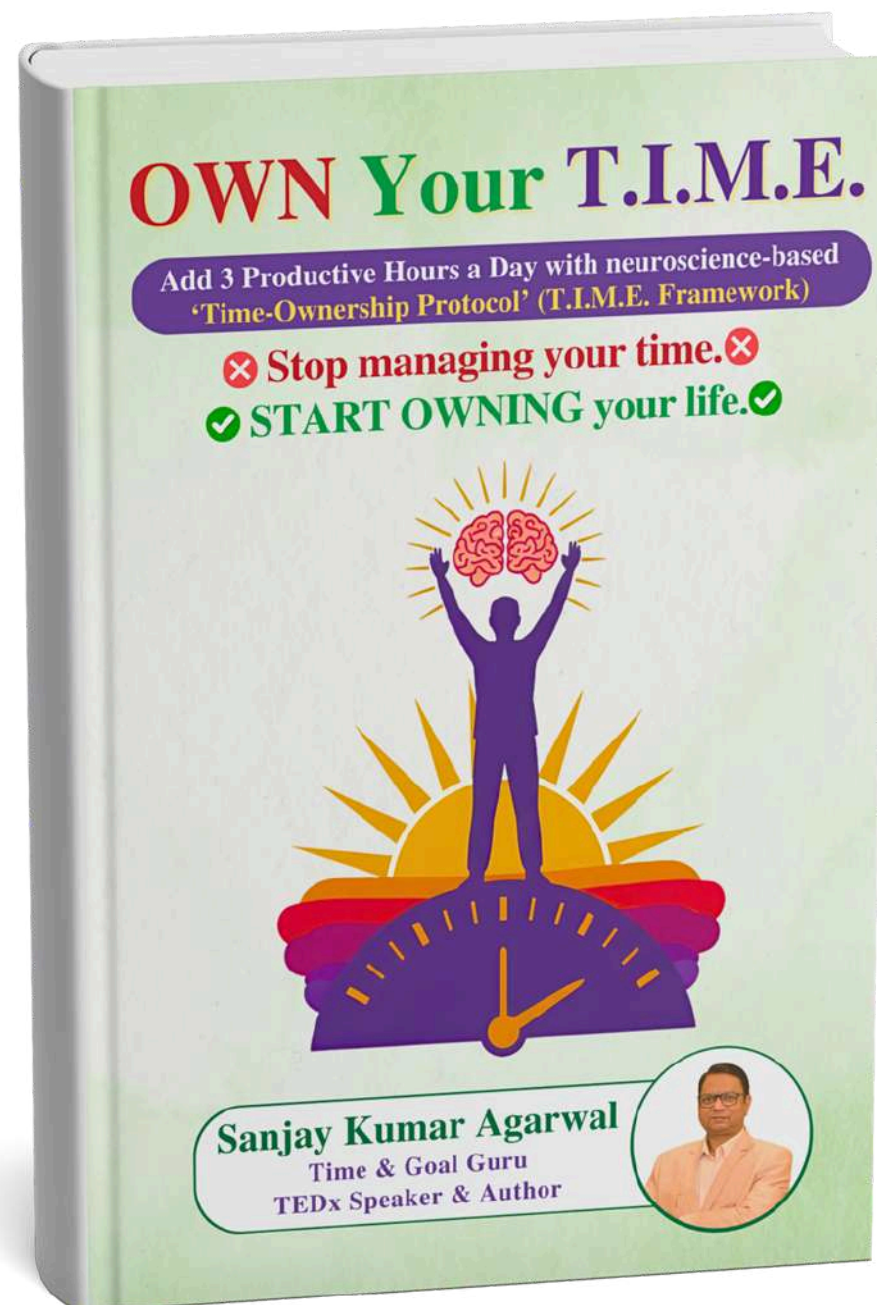
[🔗 Yes, I Want to Take Control NOW!](#)



# 🚀 THIS IS YOUR MOMENT TO BREAK FREE! 🚀

Take control NOW & achieve in 3 years what others take 5 years to do!

6 sessions blending neuroscience, NLP, and the proven GOPTA Framework to transform how you think, feel, and act about time, delivered live by the author of 'Murder Procrastination', 'How to Add 1000 Productive Hours A Year to Your Life' & 'CHOOSE Your Beliefs'.



🎯 6 Live Online Sessions (90 Minutes Each) 🎯



Dates: March 21, 22, 28, 29, April 4 & 5

☀️ Days: Every Sat. & Sun. ~ 7 - 8:30 AM (IST)

🗣️ Language: Hindi

🔥 Valued at ~~₹ 24,000~~ + GST

Early Bird Fee: ₹12,000 + GST

📌 YES! I'm Ready to Master My Time & Succeed



# Real Success Stories

## Hear from Past Participants

### **Moving from procrastination to effective time-utilisation patterns**

This session made me aware of how procrastination is hurting me and the costs. Thank Sanjay ji for making me aware and giving the tools to work on mudering procrastination and being more effective in my time utilization.

**Hitesh Bhatia**  
Manufacturer

### **Crystal clear clarity of utilising time in goals-oriented manner**

Like a car windscreen with an automatic sensor this works automatically on any doubt sparked from within & wipers come into action and clears the path enabling one to have a clear view on life's highways.

**Deepanker Parashar**  
Entrepreneur

### **From confusion to clarity and solutions to problems**

I had never thought at start that i am going to change myself completely. The way, Sanjay sir understands your mind and gives solution accordingly, is really very much helpful. Definitely everyone should do this workshop.

**Keshav Kumar**  
Corporate Executive



**You too can achieve this transformation!**



**Sign Up Now & Start Your Journey**





# Case Study



From a Past Participant

**“Thanks Sanjay Sir, your mentoring has worked wonders for me and I have been able to multiply my AUM 6-fold in last 5 years. Obviously, my earnings have also increased 6-fold. I had certain communication as well as behavioral pattern problems within me. During the sessions, the kind of exercises I did with you, really transformed me from within.”**



**Sameer Kaila**  
Founder, DhanCreators  
Mutual Funds Distributor  
Volatility Coach



**You too can achieve this transformation!**





# About the Mentor

## - Sanjay Kumar Agarwal

- ◆ 25+ Years in the Ministry of Finance, Government of India
- ◆ Founder of 'The Learning Movement' & 'VSJ Growth Hub'
- ◆ Creator of GOPTA NLP Framework
- ◆ Popularly known as Time & Goal Guru
- ◆ TEDx Speaker, Author & Growth Accelerator Coach
- ◆ Organizer of International NLP Confex & Growth Mindset Summit
- ◆ Ambassador of Society for Mental Space Psychology, Netherlands in India

💡 This is not just another workshop. This is a life-changing experience designed by an industry expert!



**Book a Call to Know More**



# Why CHOOSE Me?

**GOPTA** - I have created the GOPTA Framework, an ultimate growth model. It's my copyright & registered trade mark as well.



**NLP** - I am a GOPTA NLP Master Trainer using various modalities of Neuro Linguistic Programming for students' growth.



**MSP** - I am the Ambassador of Society of Mental Space Psychology, Netherlands in India and disciple of Dr. Lucas Derks, Netherlands.



**Subconscious Mind Re-imprinting** - I use techniques of utilising power of subconscious mind learnt from the 'Subconscious World'.



## GOPTA Wave



Grow With Goals at Jim Corbett



Unlock Your True Potential, Gurugram



Success Unlimited, Vadodara



TEDx MUITN, Noida



Murder Procrastination, NCR



Media at Crowne Plaza, Ahmedabad



Ethical Mind Influence, Workshop



Triple Your Chances, Ghaziabad



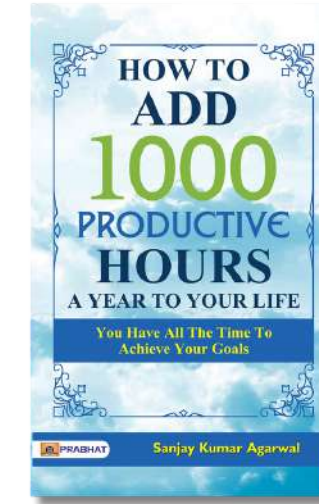
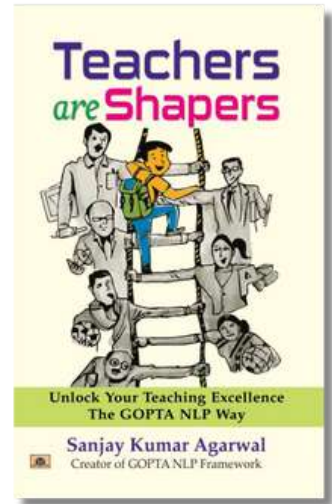
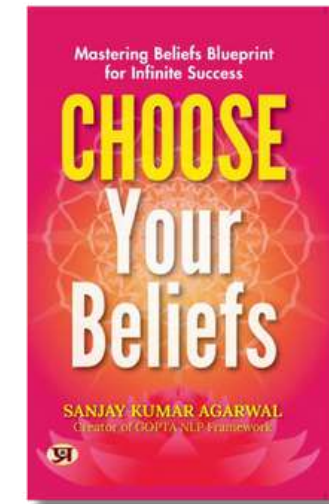
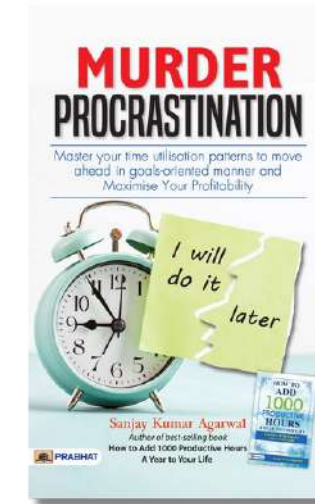
Economic Times RMB Award

## Signature Workshops

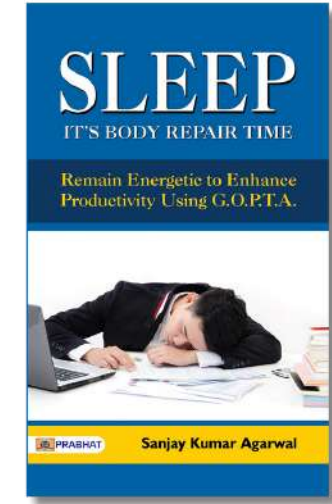
- ✓ Grow With Goals
- ✓ OWN Your T.I.M.E.
- ✓ CHOOSE Your Beliefs
- ✓ 4 Pillars of Exponential Growth
- ✓ Crack Your Exams
- ✓ Triple Your Chances
- ✓ Executive Mentoring Program
- ✓ Team Building
- ✓ Teachers Are Shapers
- ✓ Enhance Your Productivity
- ✓ Blissful Relationships
- ✓ Convert More Clients

Personal / 1-to-1 sessions on Goals Setting, Time Management, Communications, Beliefs, VIPC (Congruence among Values, Identity & Purpose) and personal mentoring program Get ReBorn are also available.

## Books by Sanjay



Available in Hindi Also



Available in Hindi Also



Available at **amazon**

**BUY NOW**

To fix a 1-to-1 with Sanjay, please visit [tr.ee/1to1](https://tr.ee/1to1)



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