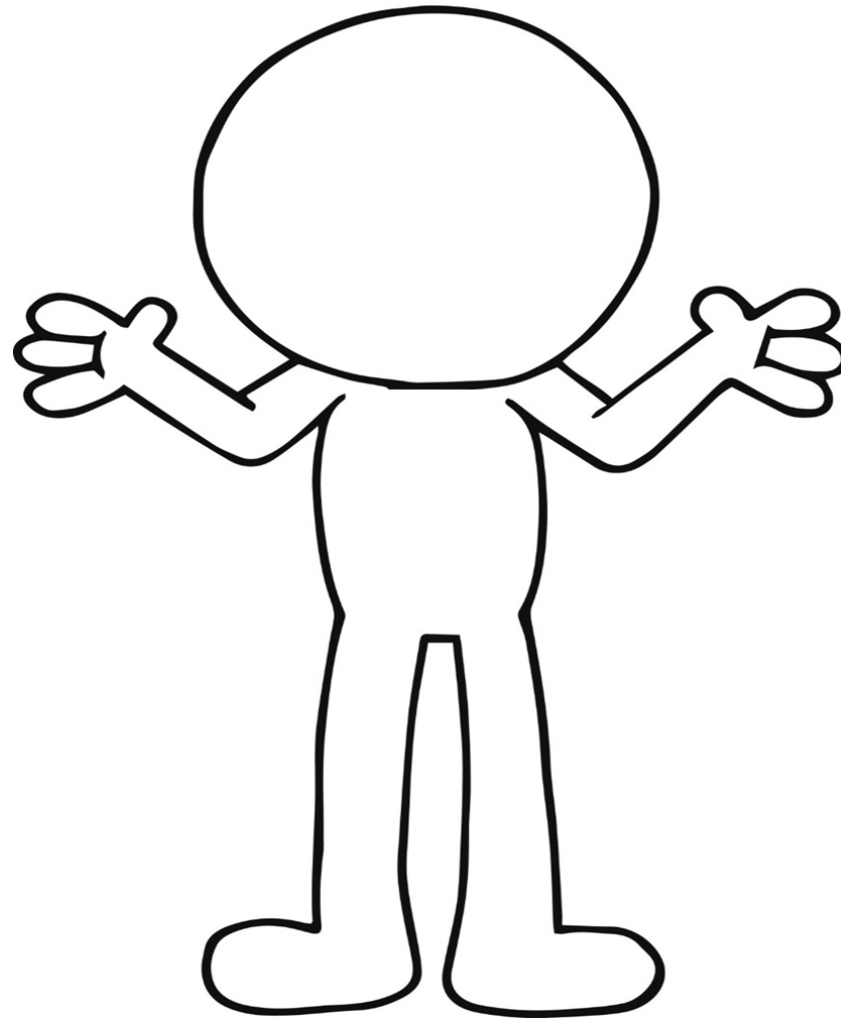
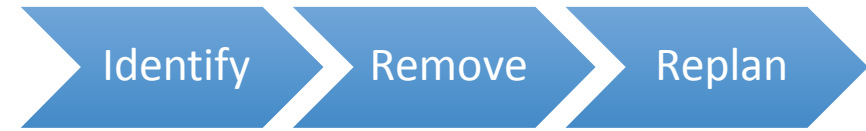


My Internal Time Robbers



Control the Internal Time Robbers

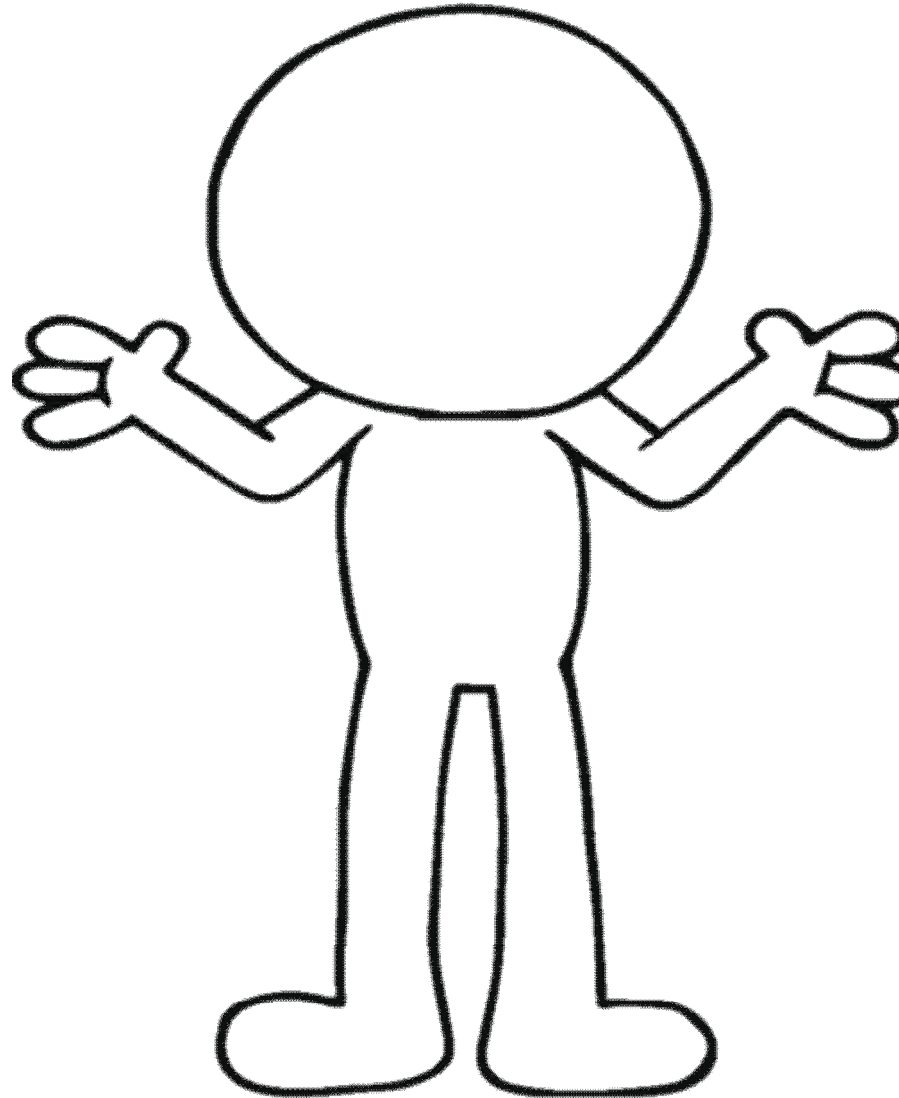
Time Robbers	Cause/s	Time Savers

My External Time Robbers

Identify

Remove

Replan



Control the External Time Robbers

Time Robbers	Cause/s	Time Savers