Kyle Asman Blocks Every Morning Meeting to Protect Thinking Time for Better Investment Decisions

Kyle Asman, founder and managing partner of Backswing Ventures in Orlando, Florida, implements a personal rule to preserve decision quality in venture capital investing.

Orlando, Florida Aug 9, 2026 (Issuewire.com) - The Rule: No Meetings Before Midday

Kyle Asman has adopted a firm personal policy that keeps his mornings completely free of scheduled meetings. The founder of Backswing Ventures reserves the first half of every workday for reviewing market activity, analyzing portfolio companies, and thinking through investment decisions without interruption.

"I try to avoid filling every minute with meetings. I leave time to think because some of the best investment decisions come from having space to analyze rather than reacting quickly," Asman explained.

The rule emerged from his experience launching three investment funds and navigating high-pressure periods, including starting his firm during the 2020 pandemic. He realized that back-to-back meetings led to reactive decisions rather than thoughtful analysis.

What Changed and Why It Works

Before implementing the no-morning-meetings rule, Asman found himself responding to requests and reacting to urgent matters without adequate time to assess opportunities carefully. He now uses early hours to focus on three most important daily tasks and to review deals, market trends, and company performance data.

The approach aligns with his belief that venture capital success requires discipline and patience. "Be patient. You don't need every answer immediately," Asman said.

By protecting thinking time, he avoids the pressure to make quick decisions on investment opportunities. Instead, he can evaluate whether problems are real and build simple plans to test ideas.

How Success Is Measured

Asman measures the success of this habit through investment performance. "Based on returns, that is only success metric," he stated.

He also evaluates whether he completed his three priority tasks each day and whether he maintained space to think through complex decisions. The rule supports his quarterly goal-setting process by ensuring consistent progress on strategic priorities rather than constant reaction to incoming requests.

"I define success as reaching or achieving the goals you set," Asman noted. The protected morning time helps him stay on track with those quarterly goals.

Copy My Approach: 10 Steps to Protect Your Thinking Time

Anyone can implement a similar system to improve decision quality and focus. Here are ten steps to create your own protected thinking time:

- **Block your calendar from 8 a.m. to noon every weekday.** Mark these hours as unavailable for meetings or calls. Make no exceptions for the first 30 days.
- **Identify your three most important tasks each morning.** Write them down before you check email or messages. These should advance your biggest goals.
- **Review key information first.** Spend the first hour on data, reports, or analysis relevant to major decisions you need to make.
- **Turn off notifications.** Silence email, chat, and phone alerts during protected hours so you can focus without interruption.
- **Create a simple decision framework.** Ask whether the problem is real, whether you have enough information, and what test you can run to validate your thinking.
- **Use a timer for deep work sessions.** Work in 90-minute blocks with 10-minute breaks to maintain focus and energy.
- **Schedule meetings only in the afternoon.** Communicate the policy clearly to your team and external contacts. Offer afternoon slots consistently.
- **Track completed priority tasks daily.** At the end of each day, note whether you finished your three most important items. Aim for 80 percent completion over 30 days.
- **Review decisions weekly.** Every Friday, assess whether decisions made with protected thinking time were better than those made under pressure.
- **Adjust the window as needed.** If mornings do not work for your schedule, protect afternoon or evening hours instead. The key is consistency and no interruptions.

Start Small and Track Progress

Implementing a no-meetings rule requires commitment and clear communication with colleagues and clients. Start by blocking one morning per week and expand as you see results.

Track three metrics for 30 days: the number of priority tasks completed, the quality of decisions made during protected time, and your overall sense of control over your schedule. Adjust the system based on what works and what does not.

"The never quit mentality, there is always going to be challenges but you learn and grow from them," Asman said. Building a new habit takes time, but the payoff in decision quality and focus can be significant.

Choose one step from the list above. Implement it today and track your progress for the next 30 days. Measure whether your decisions improve, whether you complete more important work, and whether you feel less reactive. Then add another step and repeat the process.

About Kyle Asman

Kyle Asman is the founder and managing partner of Backswing Ventures, a venture capital firm focused on early-stage defense technology companies. Based in Orlando, Florida, he founded the firm in 2020 after working in banking, where he developed expertise in capital markets and deal flow. He has launched three investment funds and emphasizes resilience, continuous learning, and disciplined investing focused on delivering returns to investors.

Media Contact

Kyle Asman

*********@kyleasman.com

https://www.kyleasman.com/

Source : Kyle Asman

See on IssueWire