



MAKE TIME FOR YOURSELF

Let's look at some of the activities that are holding you back from reclaiming your dreams, accomplishing your goals and living the life your truly desire.

Review the past week, and if you want, past month. Focus on recent events. Ask yourself:

EXERCISE 1

Where Did I Waste Time? What activities provided no long term value to my life?

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EXERCISE 2

What Can I Let Go of and Stop Doing? What no longer provides value, or do I do out of obligation?

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EXERCISE 3

What Can I Outsource/Hire Someone Else To Do? What needs to be done – but not by me?

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THIS WEEK, MAKE A CONCERTED EFFORT TO MAKE TIME FOR YOUR GOALS.

AVOID WASTING TIME, LET GO (OR TURN DOWN) COMMITMENTS & OUTSOURCE (IF YOU WANT).