



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Take Control

- Ask yourself 4 questions:
1. What is most important to me?
 2. How do I spend my time?
 3. Do the activities which occupy my time reflect what is most important to me?
 4. If not, what is the reason for this?

If you are spending an inordinate time on activities which either do not reflect your priorities or directly contradict your values, you need to identify what you can do change this.

" Too many people overvalue what they are not and undervalue what they are"
-Malcolm Forbes

Ask yourself: What can I do to re-prioritize the activities in my life?

Example: I don't really enjoy being the volunteer for the 3rd year, for our local community league, and it takes time away from my child, time that I can't afford. I'm going to submit my resignation slip.

1. _____
2. _____
3. _____

Tip.

Try substituting "will not" for the words "can not" in your daily vocabulary. Notice the shift in energy which follows.