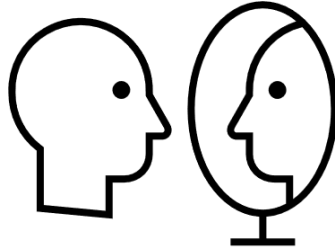


WHY DO I DO WHAT I DO?



I CAN BUT WILL I?

SYSTEM TO ACHIEVE RESULTS

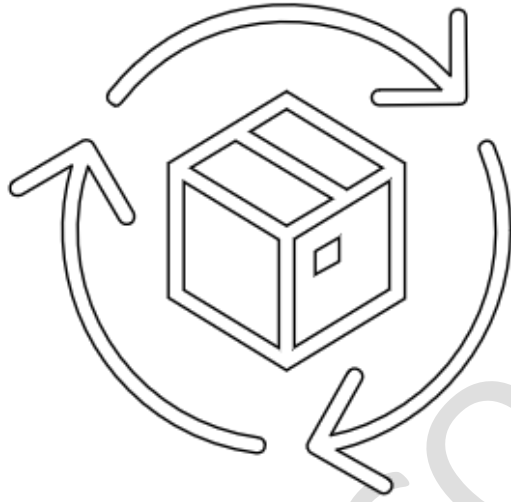
WAY YOU THINK

WHAT YOU DO

WHAT YOU GET

DO NOT COPY

HABITS ARE CYCLICAL

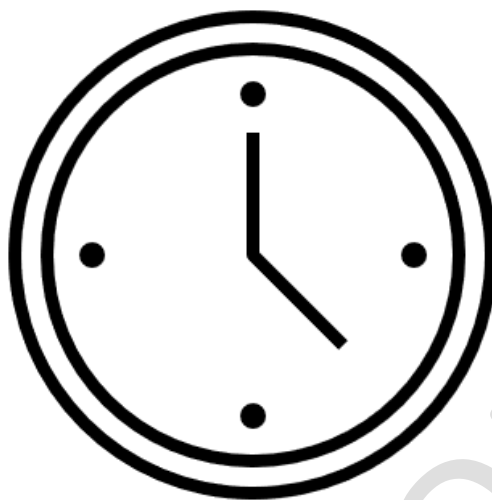


DO NOT COPY

THE R'S

1. RE- _____
2. RE- _____
3. RE- _____
4. RE- _____
5. RE- _____
6. RE- _____
7. RE- _____
8. RE- _____

TIME DEFINED



EVERY DAY = 1440 MINUTES

EVERY DAY = 96 (15 MINUTE BLOCKS)

WHAT ARE YOU BUILDING WITH YOUR TIME?

FACE THE MIRROR JOURNAL CHALLENGE:

CALCULATE YOUR AVERAGE LIFE EXPECTANCY USING ONLINE TOOLS.

NOW YOU KNOW APPROXIMATELY HOW MUCH TIME IS LEFT TIME TO.

MAKE A BUCKET LIST AND START LIVING IT:



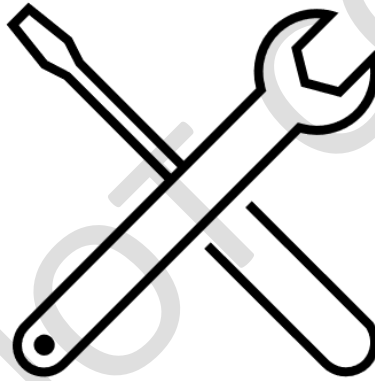
P.S. YOU CAN ACTUALLY PURCHASE A CLOCK THAT DOES TIME IN REVERSE.

DO YOU VALUE TIME?

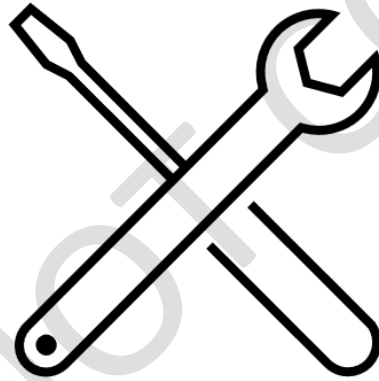
WHY?

DO NOT COPY

MONEY IS...?



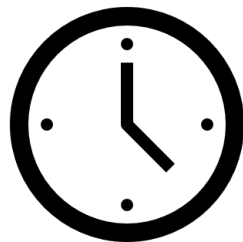
TIME IS...?



LIFE IS BUT A VAPOR?



HOW ARE YOU USING YOUR TOOLS?



Where are you Spending your Time?



Use this empty space to doodle or write about where you are spending your time. Then turn it over and focus on the 4 squares.

<p>HEALTH: HOME/BODY</p>	<p>WEALTH: MIND/MONEY</p>
-------------------------------------	--------------------------------------

LOVE:

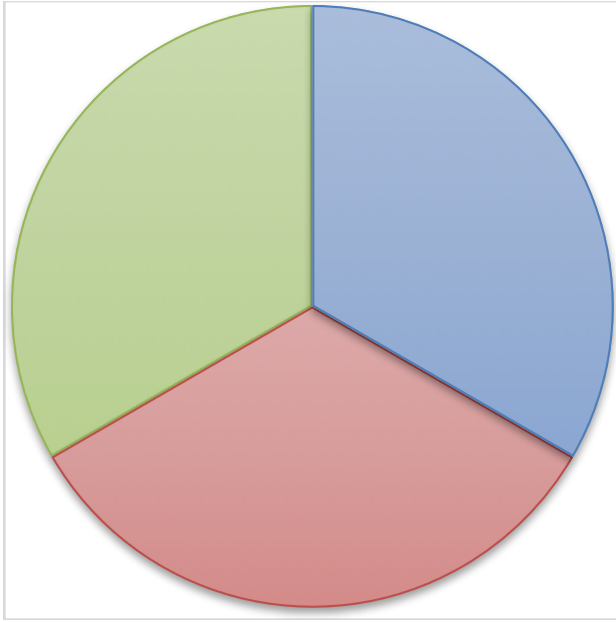
HEART/RELATIONSHIPS

SELF-EXPRESSION:

SOUL/CREATIVITY

DO NOT COPY

TIME BLOCKS:



BLUE: PERSONAL TIME

RED: HOME & FAMILY

GREEN: BUSINESS

8 HOURS A DAY IN EACH CATEGORY WOULD BE EQUAL SPLIT SEE HOW YOU BALANCE OUT ON THE NEXT SHEET.

USING BLUE RED GREEN PENS, COLORED PENCILS, CRAYONS OR MARKERS IF YOU DESIRE TO GET A FULL COLORFUL VIEW OF YOUR TIME.

For each hour of the day shade WITH THE COLOR that most represents where you are spending your time.

	PERSONAL	HOME & FAMILY	PROFESSIONAL
0100			
0200			
0300			

0400		
0500		
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		
2400		

DO NOT COPY

DO NOT COPY