

Examine Your Time

Where has my time been going?	Things I am willing to put on pause for the next six months
Facebook	Taking phone calls any time of the day
Email	House Maintenance
Laundry	Cooking everyday
Dinners out	Delegate dog walking
Netflix	

What times of the day are you able to do work that you love? This will drive when you schedule meetings with people, when you need to write a plan and yes even do chores such as laundry!

Everything you schedule should be based on your most creative relaxed time periods.

