

"WHERE DID ALL MY TIME GO?"

Focus: Audit how time is spent and identify what aligns—or doesn't—with your values.

REFLECT AND WRITE YOUR ANSWERS TO THE FOLLOWING QUESTIONS ON THE NEXT PAGE:

Step 1: Time Audit List your activities over the past 7 days.

Activity: What did you do? (e.g., work, social media, cooking, errands)

Aligned?: Does this activity align with what matters most to you? (Yes/No)

Energy Impact: Rate: + (energizing), 0 (neutral), - (draining).

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Step 2: Reflection

What activities drained me?

What activities energized me?

Where am I spending time that doesn't align with my values?

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Step 3: Small Shifts

Identify one activity to reduce or eliminate this week.

Write down one energizing activity to add or expand.

12 WEEK TRANSFORMATIONAL PROGRAM



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Each week focuses on guiding you to dive deep and
discover unique personal insights.

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