PURPOSE & EVERYDAY LIFE

What Do I Want More Of?

Make room for the life you want,

not just the life you manage.

A PRINTABLE WORKSHEET

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What Do I Want More Of?

Think about a typical week, not an ideal one.

01 Where does my time go?

What fills most of my days? What do I rarely make time for?

02 What do I miss?

Think of connection, creativity, adventure, rest, laughter or something else.

03 What gets in the way?

Is it time, guilt, energy, money, habit or something else?

04 What is one small version I can try?

Choose something realistic, even if it only takes ten minutes.

05 Put it on my calendar

I will: _____

Day / time: _____ Duration: _____

To protect this time, I will: _____

Example: Walk outside for 15 minutes on Saturday at 9 AM.

CONTACT

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