

TIME MANAGEMENT: MAKING TIME EXERCISE

WHAT ARE THE MAIN DISTRACTIONS IN LIVING YOUR PURPOSE
AND HOW CAN YOU REDUCE OR ELIMINATE THEM?

DO YOU TRY MULTITASKING IN YOUR DAILY LIFE? WHAT ARE THE
THINGS YOU DO AT THE “SAME TIME” AND HOW DOES IT AFFECT
YOUR FOCUS AND ATTENTION?

WHAT ARE YOU “TRYING” TO DO RIGHT NOW THAT IS NOT WORKING? WHAT IF YOU JUST DID IT INSTEAD? (TAKE THIS QUESTIONS SERIOUSLY AND ANSWER HONESTLY.)

HOW OFTEN DO YOU SAY YOU ARE BUSY? WHAT DO YOU MAKE “BUSY” MEAN AND WHAT MIGHT IT BE LIKE TO ELIMINATE THAT WORD AS AN OPTION?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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IF YOU HAD TO CONSTRAIN AND PICK ONE AREA IN YOUR PURPOSE TO TAKE MASSIVE ACTION, WHAT AREA WOULD THAT BE? WHAT WOULD THAT MASSIVE ACTION BE?

HOW OFTEN DO YOU PLAN AND WHEN YOU DO PLAN, DO YOU HONOR THAT PLAN? WHY OR WHY NOT? HOW CAN YOU INCREASE YOUR COMPETENCE IN THIS AREA?

DO YOU NEED TO SAY NO MORE OFTEN? IF YOU COULD SAY NO MORE OFTEN, WHO WOULD YOU SAY IT TO AND WHY? WHY AREN'T YOU DOING IT NOW?
