

Choice & Energy Management

Another Way To Manage Your Time

MOD 2

Fun Shift Worksheet

THE MORE SPECIFIC YOUR VISION IS, THE MORE CONFIDENT YOU'LL FEEL OF ACCOMPLISHING YOUR GOAL

Reflective Work:

1. How would be your days and weeks without scarcity of time?

2. If you had a magic wand and was able to shift your mindset from Scarcity of Time to Abundance of Time, what would actually change in your career, in your life and the community at large?

3. If lowering your stress could guarantee you more time and productivity daily, what would you start to do to keep your stress level at a 1 or 2 on a scale of 1 to 10?



"The essence of self-discipline is to do the important thing rather than the urgent thing."

~Barry Werner



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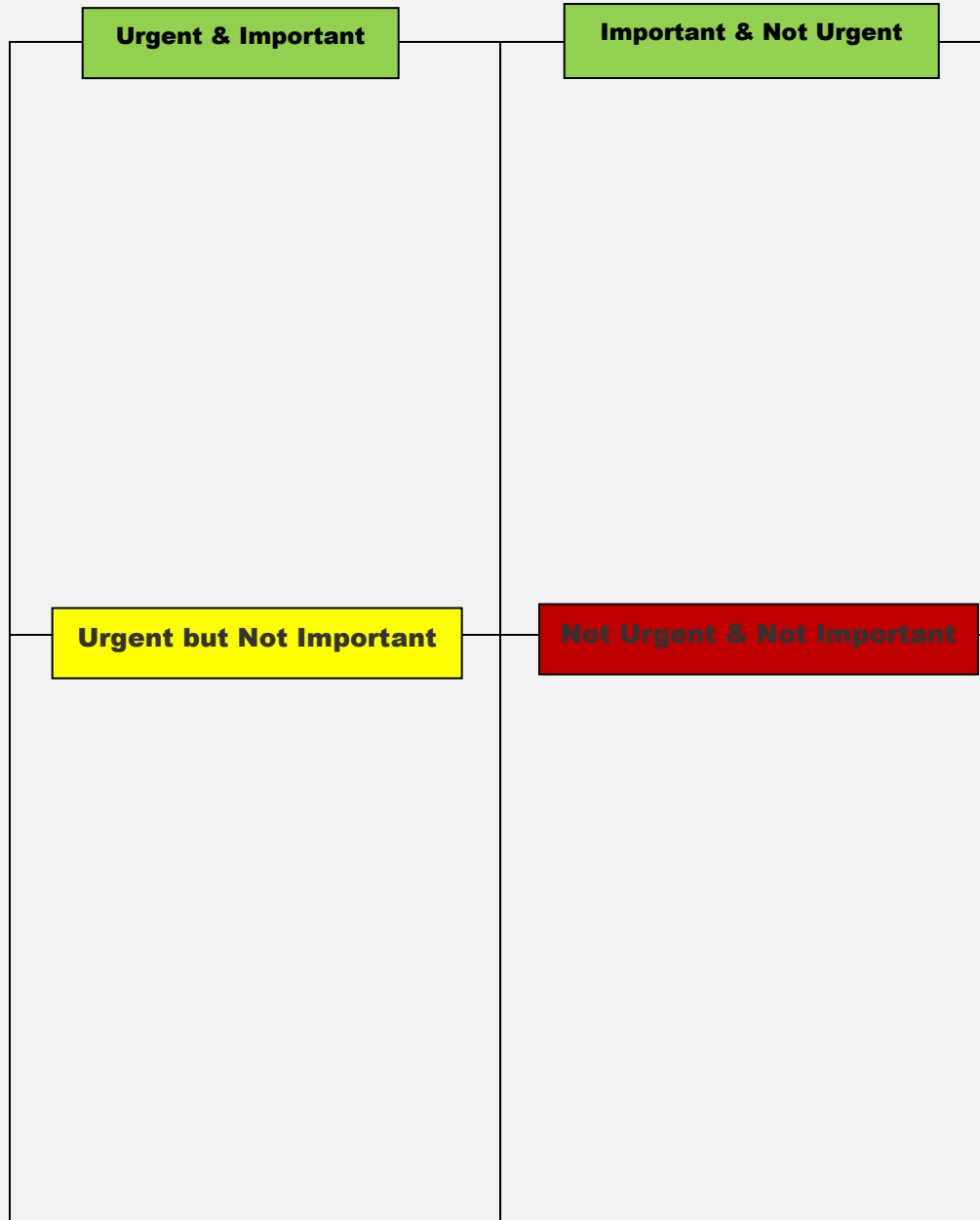


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The 4 Quadrants by Steven Covey:

Open your personal and professional calendars and classify each activity in one of those categories. In addition, do not forget to add social media, regular interruptions...



How many items did you recorded I quadrant Urgent & Important?



NEXT: WATCH
MOD 3



Energetically,
Belinda M. J. Brown

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