



REINVESTING TIME

POWER QUESTIONS

How much more would I achieve if I had more time?

What value do I place on the achievement of my goal?

Am I willing to invest time in myself?

How would it feel to have time for everything that is important to me?

DAILY REFLECTION

Track everything you spend your time on. Be honest with everything eg every time you pick up and glance at your phone etc. This is a microscope experience because you cannot change what you are not willing to recognize.

At the end of each day assess where did you spend time and where did you invest time.