

Examining Your Values (part 1)

Referring back to your Comfort-Zone, list the top 10 things in life you value the most. Then write down the approx. time you would allocate to each thing in an 'ideal' world.

Top 10 Things I Value Most Ideal	Time Spent (%)
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

My biggest take-away from this exercise:

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BE YOUR OWN BOSS