

LACK OF TIME & ENERGY MANAGEMENT IS COSTING ME

1 In my career:
Financials, quality, trust, overall performance:

2 In my personal life:
Stress, health, relationships, family, self-care:

3 What happens if I do nothing?
Who might be noticing? When is my breaking point? Total estimated cost?

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4 What professional success looks like:
What becomes possible? What changes in my performance and career?

5 What personal success looks like:
Health, stress, relationships, family, self-care, fulfillment:

6 If you had coin worth the value of solving this, what would the denomination of that coin be?

