



# Reflection

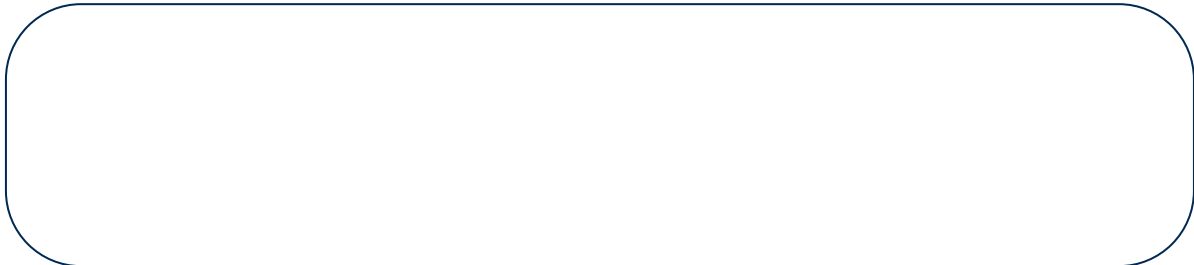
*Where does the time go?*

HOW MUCH TIME AM I SPENDING ON PRIORITIES VERSUS DISTRACTIONS?

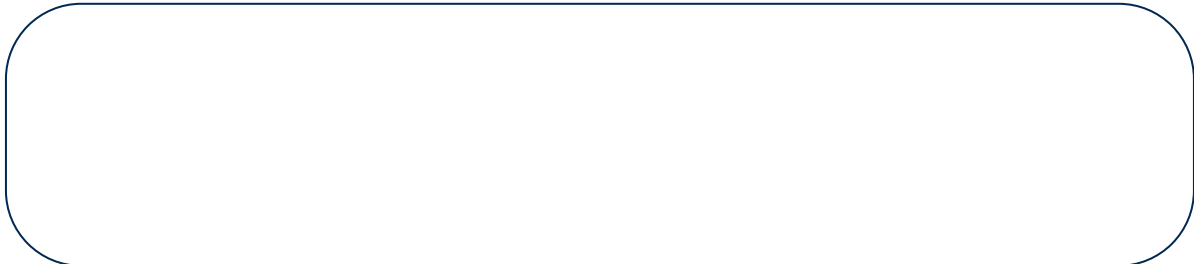
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HOW MUCH TIME DO I HAVE LEFT FOR ACTIVITIES THAT MATTER TO ME?



WHEN AM I MOST PRODUCTIVE AND WHEN DO I NEED A BREAK?



WHAT ACTIVITIES CAN I DELETE OR DELEGATE?

