



## **Instructions for PACT for Life Exercise**

What is your PACT for life? In a life of busy schedules and time constraints, it is critical to identify and focus on what is most important to you, the areas that you most enjoy, and where you can have the greatest impact. By determining your PACT for life, you can seek to reevaluate your activities focus your energies on that which is your major life focus.

Passionate Pursuit:

Assessed Action:

Commitment to Completion:

Time & Transformation: