

**How do you spend your time right now?**

Record all the things you are currently doing with your time.

Here are some examples of how I was spending my time before I decided it was time to pursue my own dreams.

- Sleeping in as late as possible every morning (waking in time to make it to the first work meeting of the day)
- Staying up late at night on the couch wasting time (eating/drinking)
- Working in an office for 8+ hours every day in a routine, but safe, corporate career
- Going to the gym for weight training and/or going running in the evenings
- Buying and owning lots of "stuff"
- Avoiding anything that takes me out of my comfort zone (finding the path of least resistance)
- Thinking about things I'd like to do if I had more time e.g. writing a book, being healthier, earning more money
- Financial consulting as a "side gig" to an executive management career
- Travelling to different destinations a few times a year for fun vacations (two weeks at a time, work permitting)
- Periodically going on diets/health kicks to lose weight
- Wasting time on entertainment almost every day (TV, social media, video games, alcohol, unhealthy food)
- Connect with friends and family for social time and relationship building

Now it's your turn. Think about all the things that occupy your time. This is your private list for your own use.

**How do I currently spend my time?**


Put a check mark in the box next to each item above that creates energy, excitement, and engagement for you.

Put an X in the box next to each item above that saps your energy, makes you tired, bored or stressed.