

How to Have More Time

1. What do you feel like you don't have enough time for in your life? Write 3 things in the box below:

Some examples:

- going to the gym
- losing weight
- learning how to play guitar
- taking control of finances
- having quality family time

2. Who in your social circle, could you ask to do each of these activities with?

3. Who in your social circle, do you think could be pulling you down, from making positive changes?

Hint: Limit / minimize your time spent with those who don't help you move closer to your goals

4. What are 3 things that you can do this week, to start having more time for the things that are important to you?

5. What are 3 things that you can cut out this week, that aren't important to you - that would give you more time to do the things that you want to do?

Now go do it! Time to take action and start enjoying more time in your life :)