



Time-management can be difficult. There are only 24 hours in a day. Sometimes it takes us sitting down and really looking at where our energy is going to begin moving in the right direction. Follow the instructions below to help you see where your effort is now and where you would *like* it to be.

1. Fill in the blanks with two other pieces of you. These are different for everyone. Some may put baseball or another sport. Some may write a hobby in there. Cooking, football, chores, playing an instrument, etc.
2. Take a pencil and shade in each section with how satisfied you are with this area of your life, 1 being, "Not at all satisfied" and 10 being, "Could not be more satisfied".
3. Next take a highlighter and highlight where exactly you would ideally like to be with each piece.
4. Begin to dedicate more time and energy to the pieces that have the most sections highlighted
5. Remember, this is an exercise to help you see where you can grow, not what you are missing!