

Name: _____ Date: _____

RELATIONSHIP WITH TIME

TIME MANAGEMENT

List all the thoughts about time?

What kind of feelings does these thoughts create for you?

Under these feeling/emotions what do you do/ how do you show up in the world?

What are your thoughts about your significant other or someone you love?

Now replace the "he/she" with time and ask your self how does it make you feel now?

Use one of these new thoughts to see what you want to do with your free time

Action Plan: What do you want to do? coming from this place of abundance with time

BE BETTER