

OK - that important appointment.

You know, the one you are going to have with the most important person in your world: YOU!
To answer the AM I? CAN I? WILL I? questions (check out workshop for more info on that).

date:

time:

Use this to start that meeting with yourself.

Jot down the things in your life that are most important to you. Then give yourself a mark out of 10 as to how well you have each item balanced in your life.

_____	/10	_____	/10
_____	/10	_____	/10
_____	/10	_____	/10

If they are not all 10/10. What are you putting off until tomorrow?

Why? What gets in the way? Jot down the reasons and potential solutions.

What are the small things, the easy stuff, you can do to enhance the quality of your life. To live the life that I want to live. You know -- the stuff that really matters.
Write down personal goals that will bring you closer to 10/10 every time.