

STOP SUFFERING / FOCUS ON YOU / BE IN THE PRESENT MOMENT

Example:

Add as much or as little detail as you need.

1. Self Care

- a. daily meditation
- b. daily walk 20 min.
- c. eat 3 veggies a day

*Love your
changing
needs!*

You can change
hourly
daily
monthly
yearly

2. Work

- a. see 4 clients a day
- b. 1 blog week
- c. Admin work

Adjusting is key to happiness and less suffering. So stay clear and focused on your plate! When life changes your plate needs to too. Be mindful of healthy boundaries though. See free worksheet on Assertive boundaries for more information.

3. Family & Friends

- a. 3 family dinners a week
- b. 1-2 coffee dates / week
- c. 1 family outing /week

Ideas for future Focus:

Self Care	Take a course
Work	Get in shape
Family	Find a partner
Write a Book	Financial planning
Marketing	Start a business

Next area of focus

Learn guitar
Edit book
Run

STOP SUFFERING/FOCUS ON YOU/BE IN THE PRESENT MOMENT

Love your needs, focus on what matters to you!

1.

a.

b.

c.

Ideas for future Focus:

2.

a.

b.

c.

Next area of focus

3.

a.

b.

c.

3 Major Tasks*

3 minor tasks

*Things that are automatic like brushing your teeth, exercise, making lunches and showering don't go on the plate. If these aren't habits: add self care as a major task now!!