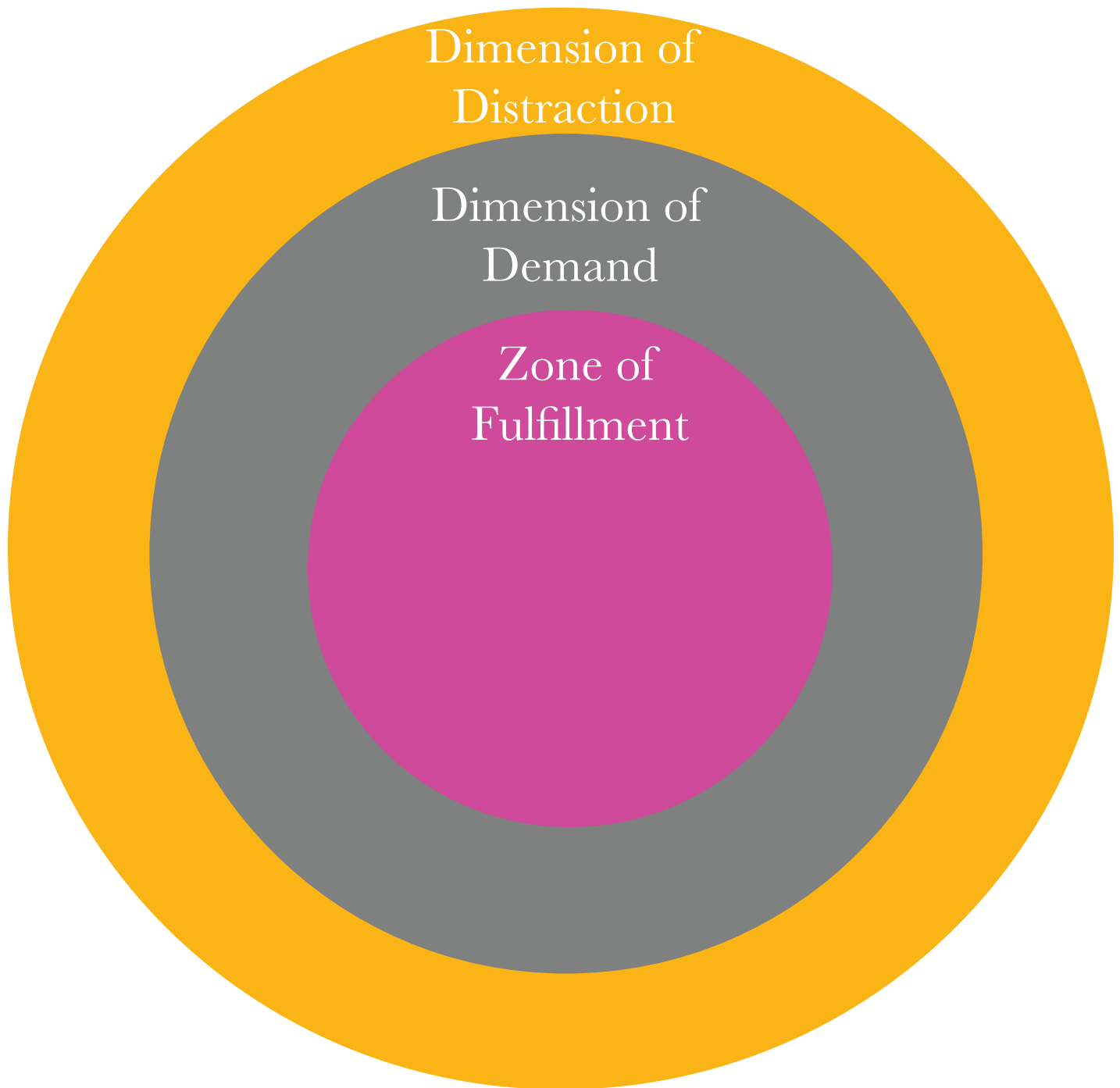


TIME TARGET TO THRIVE

Module 6



Out of 100% of your waking hours, estimate of how much time you SPEND in each of the 3 areas. When you add your 3 numbers together, it should equal 100%.

My Current Lifestyle

Dimension of Distraction: _____

Dimension of Demand: _____

Zone of Fulfillment: _____

Healthy/Balanced/Sustained Lifestyle

Dimension of Distraction: _____

Dimension of Demand: _____

Zone of Fulfillment: _____

Now it's your turn! List some possible Time Trades that might help give you the time to focus on your zone of fulfillment activity

<p style="text-align: center;">Human Resources</p> <p>Who are the humans in my life that I can call upon to trade time with? <i>Spouse:</i> Are there things that I am being a control freak about that if I asked for help or allowed my spouse to support me with, it would allow me more time in my zone? <i>Kids:</i> Are there chores that my kids probably SHOULD be doing that I keep doing for them out of habit?</p>	<p style="text-align: center;">Monetary Resources</p> <p>What activities in my "Dimension of Demand" am I willing to trade the resource of money for, so that I can INVEST more time in my "Zone of Fulfillment"?? You might start with cleaning, yard work, childcare, or errands...get creative! What am I spending money on to distract myself that I could be spending in my zone?</p>
<p style="text-align: center;">NET Time (No Extra Time)</p> <p>Those habitual pockets of time in your life where you could be INVESTING your time more fruitfully. Doing dishes: How can I make this more fun? Doing laundry: How can I make this more meaningful? Getting ready in the morning: How can I utilize this time more effectively? Perhaps I incorporate an uplifting podcast while putting my make up on</p>	<p style="text-align: center;">Mindset</p> <p>How can I reframe this situation with this person, with this situation, with these external circumstances that seem out of my control? How can I use my feelings of frustration and anger about my current state of unhealthiness to inspire me to change?</p>

“In order to INVEST my time in _____
 (Zone of Fulfillment Activity), I will utilize the following
 time trade tactics: _____,

_____, _____
 _____ to ensure I get the RESULTS I am looking for toward
 creating a more healthy/balanced/fulfilling lifestyle.

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