

Ok, So Now What?

Eliminating Time Wasters

Perfectionism

1. In what areas do I feel the need to be perfect?
2. How can I re-focus my attention on completion rather than perfection?

Decision Making

1. What is my decision-making style?
2. Does this match with the style of my partner or family?
3. Which decisions do I spend too much time worrying about?
4. How can I change how I make my decisions?

Procrastination

1. What things do I usually procrastinate about?
2. Why am I procrastinating?

Clutter and Disorganization

1. What can you always find?
2. What are you always looking for?
3. Where is a logical place to keep these things?

No Life Map

1. Review the ***Life Map*** that you created in Chapter four and see if you need to re-do the activities or if you just need to implement them.

Too much of a Good Thing

1. What are you doing too much of?
2. What can you let go of to find more balance in your life?

People

1. Think of the people you really ENJOY spending time with – even if it is a brief hello at the cash register at the grocery store.
2. Now think of the people that you dread seeing, avoid being around or just simply don't care for.
3. What is it that you like about the people in question one? How do they make you feel? How do you feel after they leave?
4. What is it that you don't like about the people in question two? How do they make you feel? How do you feel after they leave?

Hidden Time

1. What are the time components I am forgetting when I plan and schedule activities?

For the next few weeks try keeping track of how long things actually take. Then use this information to help you better track your time.