

The Gift of Time

Shift Your Perspective

Pressure Points

1. What is your pressure point? When do you start to sense you are doing too much? What are your signs?
2. What do you do when you see this point coming?

Downtime

1. What do you like to do for downtime? Can you use this as your Me Time?
2. Do you encourage your family to partake in downtime – both individually and as a family?
3. How can I remember to stop and ask myself WHY when I am busy and overwhelmed?
4. What will I do if my WHY isn't a very good reason?

Reminders

In order to stay in control of this shift in perspective, choose a reminder to keep you on track. Pick something that happens fairly regularly during your day – the phone, the dog barking, the hourly beep on your watch, the kids saying Mom, or an email coming in. Every time you hear this sound, use it as your reminder to check in on your perspective of time.

1. Are you feeling like you don't have enough time or are you feeling lucky that you have these opportunities? If the kids are whining and you wish the day was over, *shift your perspective* and be happy that you are able to be home with them.
2. Do you have overlapping work projects? Be thankful that you are working at a job you love. Are you tired of spending all your time cleaning your house? Look around at the house you were so excited to buy.
3. Are you enjoying the TV show you are watching? Or are you using it to avoid something else?

My Priorities

1. Three of the goals I set for myself are:
2. The three to five main roles I want to focus upon in my life are: