

TIME MASTERY & SELF-CARE: INVEST IN YOUR BUCKETS

Investing energy in your four buckets helps you lead a whole, integrated life. This worksheet guides you through a process of getting clear on your priorities now and what you need to do to honor them.

STEP 1: What truly matters / fuels you in each of your buckets? Free write now.

SELF-CARE & NOURISHMENT

FAMILY, FRIENDS & COMMUNITY

HOME

WORK

Congratulations for getting clear on your beautiful and important priorities! Now it's time to clear the way for you to make regular contributions into your buckets.

STEP 2: What do you need to let go of / release to honor your priorities? This takes discipline and courage! Free write now.

STEP 3: Visual anchors and affirmations make a huge difference on your time mastery and self-care quest. What will be helpful for you to play with as you move forward? A few ideas are included below to get the creative juices flowing. Choose some from this list and/or create your own.

- There's always enough time for what matters.
- Time is on my side.
- Make it so.
- Focus.
- Protect the asset.
- All is well.
