

TIME IS SHORT WORKSHEET

PHASE 1 - How will you spend your last twenty-four hours?

Questions to get you started: Who will you spend time with? What will you do? How are you feeling? What else comes to mind?

DON'T EDIT, JUST WRITE!

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PHASE 2 - How will you spend your last seven days?

What do you wish to add to your twenty-four hour wish list?

What (if anything) would you do differently?

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PHASE 3 - How will you spend your last 365 days?

What do you wish to add to your one-week wish list?

What (if anything) would you do differently?

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PUTTING IT TOGETHER

After finishing step three, look back over your writing. (TIP: Reading this out loud is even better!) What stands out to you? Look for common themes and ideas to help you generate a list of what you truly value in life. Don't edit, just write!

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Brainstorm some ideas for core values from this list and begin prioritizing them. If you could only keep one, which would it be? Continue this process until you narrow your list to 5 to 10 values.

Give each value a compelling name: