

5 Steps

Carving Out Time For Those Special Things



Jen Regan & Company

THERE IS HOPE!
AND A PATH TO GET THERE!

You can do it!

If you don't fill your time with what is important to you, others will fill your time with what is important to them. Here are 5 steps to help you fill your time with those things that are special to you, the ones that always get placed on the back burner.

#1

START TO PRIORITIZE SOME TIME FOR YOU. START OUT SMALL AND BUILD FROM THERE.

#2

START TO THINK ABOUT WHAT IS MOST IMPORTANT TO YOU IN YOUR LIFE. WHEN THESE AREAS BECOME CLEAR, START TO WRITE THEM DOWN. (I HAVE ANOTHER FREE RESOURCE DESIGNED TO HELP YOU OUT)

#3

START TO LOOK AT YOUR LIFE AND RECOGNIZE THE AREAS THAT RECEIVE MOST OF YOUR TIME AND ENERGY. LOOKING AT YOUR CALENDAR IS A GOOD SOURCE FOR THIS INFORMATION. ARE YOU SPENDING TIME ON WHAT IS MOST IMPORTANT TO YOU?

#4

START TO MAKE THE SHIFT. START TO BLOCK OUT TIME IN ADVANCE FOR THINGS THAT ARE IMPORTANT TO YOU. START TO LOVINGLY SAY NO TO OTHER AREAS. SOMETHING HAS TO GIVE. TRYING TO CRAM MORE INTO YOUR SCHEDULE WILL ONLY WEAR YOU DOWN. (I HAVE ANOTHER FREE RESOURCE TO HELP YOU OUT)

#5

FOCUS ON SMALL BABY STEPS TO MOVE FORWARD IN THE AREAS THAT ARE MOST IMPORTANT TO YOU. THIS IS THE WAY TO FIND SUCCESS IN YOUR ALREADY BUSY LIFE.

**THESE 5 STEPS CAN BECOME AN INTEGRAL PART OF YOUR EVERYDAY LIFE
AND ALLOW YOU TO FILL YOUR TIME WITH WHAT IS MOST IMPORTANT TO YOU. YOU'VE GOT THIS!**