

## Finding Your Balance: The Ideal Schedule Exercise

Let's face it – life gets hectic, and your time is precious. This exercise can help you shift from feeling the stress of the daily grind and unending to-do list to feeling calm and confident about the series of conscious decisions you make about how you spend your time. Change that reel from, "I can't do it all," to "I can do what makes me feel right."

Here's how:


- 2. **Reflect on your dream schedule.** Ask yourself:
  - What do you notice?
  - How does your vision reflect your core values?
  - What can you control?





		so the holistic dream might not be possible; however, the nt what is most important. What can't you live without in
them  · V  · V	ermine what might get in your nes include: What do I fear most in trying to What really has to get done that What do I hold myself responsib	I can't change?
• R	Request assistance from others.	ect your non-negotiables. For example: ectations for success that you set for yourself. your non-negotiables.

