

"You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you."

-- Alexander den Heijer

M2

FIND THE TIME



Ah-ha....
I found
some time!

Brainstorm a list of activities that fill your cup and/or help you feel good.
Then think about how you can reallocate a few extra minutes every day, and find time to do it.

Good-for-me-or-my-soul activity	Number of minutes I'll reallocate	How often and when I'll do it

REFLECTION

Which of these activities were you able to include? How did it make you feel?
How were you able to make the time?

