

TRANSFORM YOUR TIME

WITH SHAWNA BREA

EPISODE 1

TRANSFORM YOUR TIME

Take a moment to think about everything that demands your time ... and assess if it's what you really want in life. Your beliefs about time could be holding you back more than your beliefs about money. Get out of this vicious mental cycle so you can make more time for what matters most.

INFO

“ Are you willing to give up what you want in the moment, for what you want most? ”

TREAT (verb)

behave toward or deal with in a certain way

◆ YOUR TIME

◆ YOURSELF

◆ OTHER PEOPLE

TREAT (noun)

an event or item that is out of the ordinary and gives great pleasure

Take

Responsibility *of my*

Emotions *and*

Attitude

Today

INQUIRY

- ◆ Are you treating your time in a way that matches what you want most? What are you ready to change?
- ◆ Are you treating yourself in a way that matches what you want most? What are you ready to change?
- ◆ Are you treating others in a way that matches what you want most? What are you ready to change?

INSIGHTS

what I learned

Grid area for writing insights.

IMPLEMENTATION

how I will live it out

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- _____

INTEGRATION

who I'm being as I lead myself in this way