

SUSTAINABILITY in WORK & PERSONAL LIFE



REFLECTIONS ON SUSTAINABILITY and TIME MANAGEMENT

Journal some thoughts or share in pairs:

- What makes you feel most alive and energized? How does this show up in work?
- What sustains you? What do you most need more of at this time?
- What are some of the ways you manage your priorities now?
- What is working that you can build on? What no longer serves you?
- Was there ever a time in your life when you reshaped your purpose/direction?
- What factors caused the change? What helped keep you on your path?
- Share some tools you use to manage your time effectively.

LIST 2-3 CHALLENGES YOU HAVE WITH MANAGING YOUR TIME.

LIST 2-3 OPPORTUNITIES FOR BETTER MANAGING YOUR TIME.

LIST THREE IMPORTANT GOALS YOU WANT TO ACHIEVE IN ONE YEAR FOR MANAGING YOUR TIME:

These are specific actions steps I will take:

REFLECTIONS ON SUSTAINABILITY and PURPOSE

	<p>Space Names some practices or rituals you use to create reflective space or hold sacred space.</p>	<p>Time Create an inventory of how you use your time (a valuable resource) for your purpose of achieving a meaningful and fulfilling life.</p>	<p>Energy List the things that gives you power—make you want to get up and go another day. What blocks your energy?</p>	<p>Action Steps What will I change? What supports (people, routines, help) can I put in place to keep me on my path?</p>
Personal				
Work				