

Exercise: Time Freedom

Everyone has the same 24 hours in a day, so using your time wisely on things you really care about is a great way to break free from old habits that hold you back. Think about how you'd like to spend your precious time. What are five activities or goals you'd really enjoy dedicating time to? And then, imagine what rewards or results you'd like to see from putting your time into these things. Write down these five activities and the five positive outcomes you hope to achieve from them. This is about choosing to spend your time in ways that bring you joy and fulfillment.

Here are some examples of activities you might invest your time in and the potential rewards or results from those investments:

1. Activity: Learning to play a musical instrument.

Result: Enjoyment from being able to play your favorite songs, a sense of achievement, and maybe even entertaining friends and family.

2. Activity: Gardening.

Result: A beautiful garden to relax in, the satisfaction of growing your own food, and a connection to nature.

3. Activity: Volunteering for a local charity.

Result: Making a positive difference in your community, meeting new people, and feeling a sense of purpose.

4. Activity: Taking a cooking class.

Result: Being able to cook delicious meals, enjoying healthier eating, and the pleasure of sharing meals with loved ones.

5. Activity: Practicing meditation or yoga.

Result: Improved mental and physical well-being, reduced stress, and a greater sense of calm and balance in your life.

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<u>Activity:</u>	<u>Result:</u>
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