

Life Coaching Webinar – Assignment

Session Seven

1. Evaluate whether time has been an adversary or an ally in your goals. Why has that been so?

2. What steps can you take, in order to be more in charge of your time?

3. Ask yourself: What toxic time elements do I need to remove? What empty calories should I limit? What fruitful time do I need to increase?

4. In your current vision, what season are you in? Write that down - and what you will do to get to the next season.