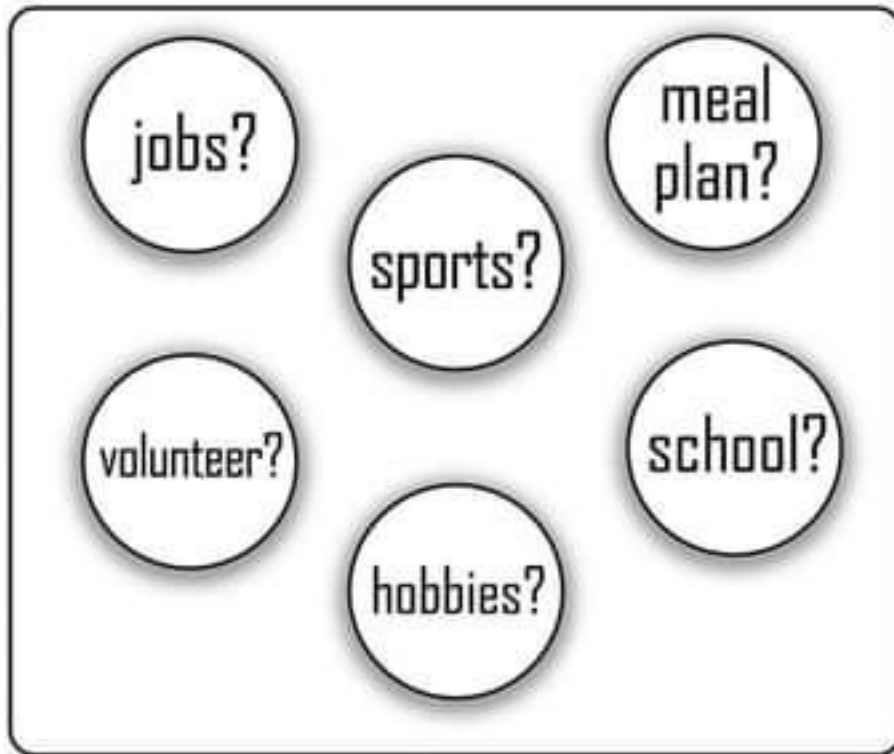


Exploring What It Means To "Live Your Best Life"

Awareness guides direction - increase your awareness.

(1) VISIONS/OBJECTIVES

Visions/Objectives often involve many smaller tasks. Focus on defining larger objectives rather than listing all minor tasks. The goal is to define categories by differentiating objectives.



(2) TIME DELEGATION

Time is a limited resource, it's good to know how you're using it. This does not need to be exact - estimation is the key to this step.

