

my perfect life

I GIVE MY TIME AND ENERGY TO THIS...

List the 20% of your **activities** that bring you the most deep happiness, inner power & fulfillment

List the 20% of your **work** that brings you the most money / success EASILY

List the 20% of **relationships** that bring you the most deep fulfillment, freedom, upliftment & REAL happiness

I commit to adding at least 1 of these things to my life EACH DAY (even in a small way).

Signed

Date

List the 20% of your life (work, people, environment, responsibilities etc.) that results in most stress, unhappiness, dis empowerment and lack of success

THINGS TO STOP OR AVOID....

I commit to removing at least 1 of these things from my life EACH DAY (even in a small way).

Signed

Date