

① → START HERE: ←  
 WHAT ARE YOUR TOP GOALS FOR THIS MONTH?  
 LISTEN TO THE "HOT SEAT" AUDIO POSTED ON THE MONTH 1 OVERVIEW PAGE.  
 CHECK THIS OFF WHEN DONE!  
 { Go on to #1

⑤ For each of your goal areas, write a list of 5, 10, 15-minute tasks.

Keep this list handy. When you have some "found time," pull out your list and get crackin'!

④ What tasks do you think should be focused on solely, rather than layered?

# HOMEWORK

Week 4

②

"WHAT THEN?"  
 If you find yourself putting off your dreams - or your dreaming! - answer this:

- If you... Lost the weight...
- ... Got out of debt...
- ... Decluttered your house...

— WHAT THEN? "I would..."

③

What tasks can you layer?

