



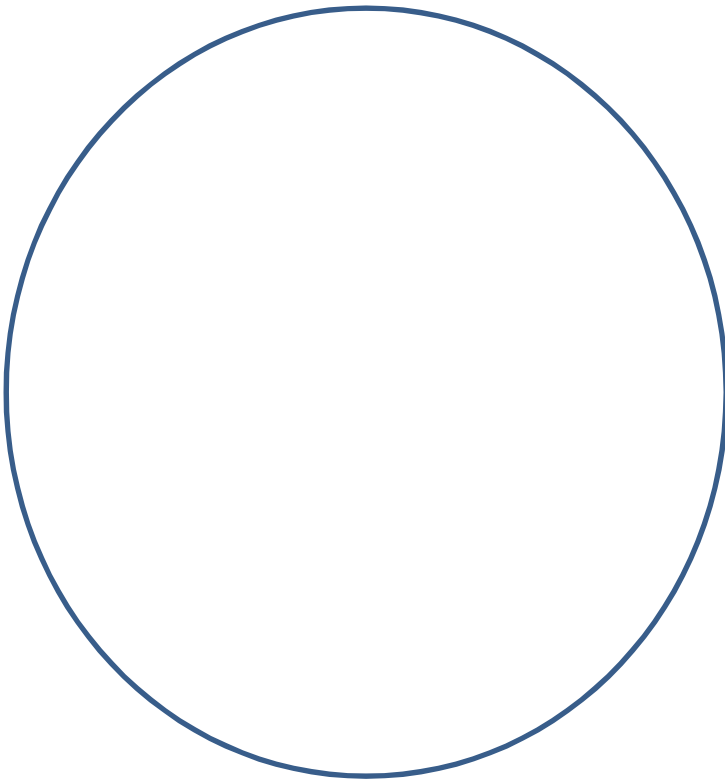
## ENCOURAGE EXERCISE #15

### Maximize My Time to Complete Goals

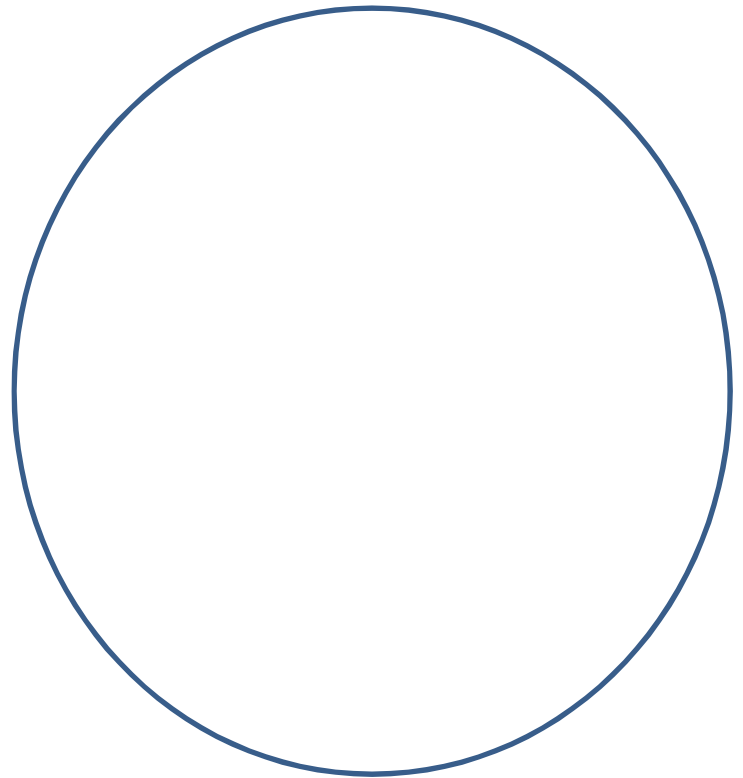
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How do you *currently* spend your time? Divide your typical week (168 hours) into percentages from the using the “Current” circle. How would you *like* to spend your time ideally? Use the “Desired” circle to create a graphic representation of what you would *prefer* the percentages to be.

**CURRENT**



**DESIRED**



What similarities and differences do you see between the current and desired circles?

What changes, if any, can you make to be more productive and satisfied with work and life overall?