



Could you benefit from the services of a Coach?

Rate yourself from one to ten in each of the life areas. Ten being perfect, it can't get any better, one meaning lots of improvement is needed in this area.

Health:

Career:

Money:

Family:

Peace:

Fun:

Relationship(s):

Fulfillment:

Spirituality:

How do you spend your time?

Not having enough time for things that matter is a sign of being disorganized.

Just as it is important to budget your finances, it is also crucial to budget your time. What does time have to do with your health goals? The short answer is everything. Many people, who struggle with their weight or overall health goals, often complain about not having enough time. They are often very busy doing many tasks. In fact, they seem to never have any time for themselves as they are too busy taking care of everyone else's needs.

Time is a valuable item. How you budget your time will dictate how much you have to spend. As is the case with money, when you have a little you become very conscious of how important it is to budget what little you have. You are also very particular about what and how much you spend it on. A shortage of money forces you to identify your priorities; what you *must* spend on and what you would *like* to spend on.

The following exercise is designed to help you identify how you spend your time, and how you can make more time in your day for the things that really matter.

Finding time by making time for what really matters

Must Do's	Like to Do's	Percentage time spent
1.		
2.		
3.		
4.		

1. How important to the successful accomplishment of your goals are the activities that claim the biggest chunk of your time? Using the scale of 1-10, where would they fall?
2. If you could have more of one thing in your life, what would it be?
3. What would be the most valuable thing you would get from working with a coach?

If you found the above exercises inspiring, you may wish to discover more about how working with a [coach](#) could help you live your best life possible.

Submit your results to solutions@PhyllisReidJarvis.com and **take advantage of our no cost 30 minute consultation to start living your healthiest and happiest life possible.**