

from burnout to *big time*

DAY ONE STUDY GUIDE

1. circle ten words that are important to you:

creativity
spirituality
fun
simplicity
competition
quality
food
passion
legacy
finish lines
reading
respect

peace
nature
family
health
God
love
wealth
sweating
animals
volunteering
photography
structure

playfulness
fashion
comfort
education
sleep
time freedom
honesty
work
alone time
hugs
adventure
music

2. set a timer for three minutes and draw a picture of what success LOOKS like {don't use words – actually draw like you're in art class}:

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3. MY 3 PRIORITIES:

4. block off what your ideal week looks like – before adding work, be sure to block off time for the things that are most important to you.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
morning							
afternoon							
evening							
late night							

5. once completed, spend some time comparing this to your actual week. what does this “ideal” calendar have in common with your “real” calendar? what’s different?

6. on a scale of 1 to 10, how well are you giving your priorities priority in your calendar? explain your answer....

1 2 3 4 5 6 7 8 9 10

7. come over to the sparkle society community group and share your answers to #3 and #6 in the group! then click “get reminder” for tomorrow’s lesson!