AARON ALICE ANDERSON

HONORING YOUR “YES” & “NO” ON YOUR CALENDAR

Review the next 7 days on your calendar.

Make a list of scheduled activities on your calendar that support your top 5 priorities:

_____

_____

_____

Make a list of scheduled activities on your calendar that do NOT support your top 5 priorities:

_____

_____

_____

Choose, and circle, at least ONE activity that does NOT support your top 5 priorities that you will cancel in the next 24 hours.

The activity I will cancel in the next 24 hours is:

_____

Add at least one more activity that would support your top 5 priorities.

The activity I will add to my calendar is:

_____