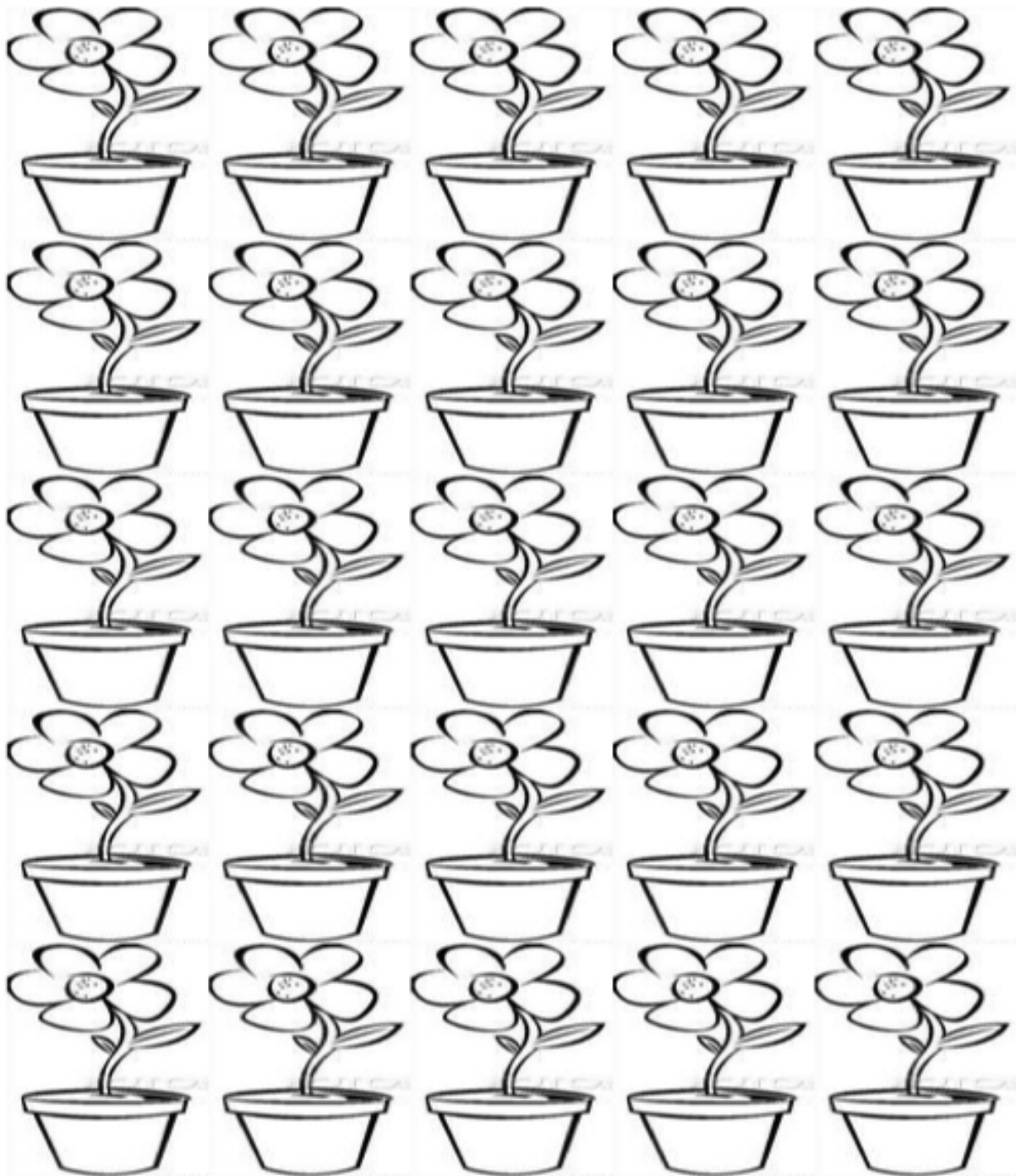


Worksheet #1

Your Flowerpots

Very often we feel "pulled in a million directions." So let's pull back and take a look – from the big-picture perspective – at all of the **activities, projects, and relationships** that you are spending your resources (of time, energy, and money) "watering." Label these flowerpots – one for every "thing" in your life that you "do."



Worksheet #2

Defining Your Focus

Every *thing* in your life – all of your activities, relationships and goals – should feed into a singular Focus.

Defining your Focus infuses your life with a greater sense of clarity, cohesiveness, and peace.

Selecting a Theme for your year gives you a word or phrase that reminds you of the “stage of the game” that you are in right now.

Fill in the blanks below with specific, descriptive phrases that resonate with you.

