



Worksheet 3

Cut mercilessly

You are interested in many things, many projects are very interesting, you are also quite easily "get down" with different ideas, so you often have trouble saying "no" to them.

As a result, most of them couldn't be done anyway (time is limited), the fatigue was enormous, the effects mediocre, and the frustration considerable.

And it is in the conscious "cutting" that the key to success and satisfaction lies.

List your goals e.g.:

- lose 10 kg in 3 months,
- change your full-time job to you "own path",
- finally start running,
- come back from work at a normal time,
- find time to spend with your wife,
- spend valuable time with children,
- keep the house clean,
- And 100 other things on the "to do" list that only frustrate...

Now list the ones you can realistically do:

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