HANDOUT 10.2

My Life Pie

What are the current roles that take up time, energy, and space in my life?
In what areas would I like to spend more time?
The what areas would rinke to spend more time.
What are some strategies I can use to make this happen?
In what areas would I like to spend less time (prioritize, delegate some things)?
How much time do I currently spend taking care of myself?
The main time at Farmently spend taking care of myself.

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