

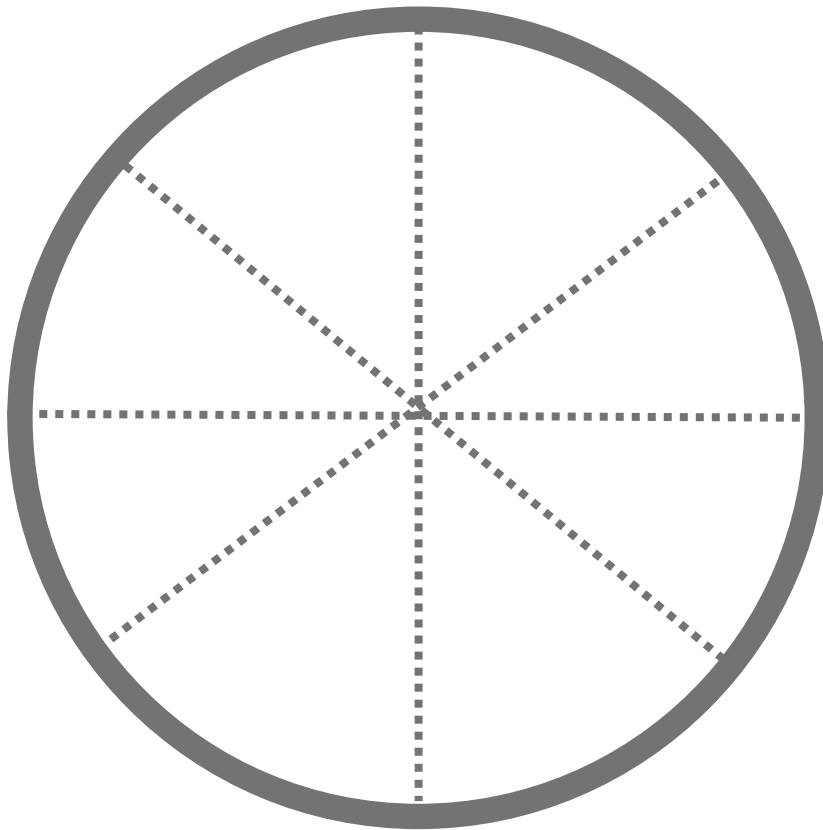


TIME WHEEL

L - LET ME REST

Time Wheel

This tool aims to raise our awareness around how we are actually spending our time and our energy versus how we would like to be to consider prompting some small changes for 1% CALMer.



- * Consider the key areas of your life that you spend time and energy on such as work, family etc
- * Label each segment of the wheel with one key area per segment - if you don't have 8, don't worry - just leave them blank if you need to
- * For each segment, reflect on how much time per week you spend on this area and jot down a % of time and energy
- * Revisit and jot down the % of time and energy you would like to spend on each area
- * Note down one tiny step that you could take to shift the % of your time and energy in a more positive direction for you