

Pause & Practice

Lesson 6

Momentum: What direction do I go in?



CHOICE → Momentum : What direction do I go in?



TOOL → Two Lanes



MANTRA → When my lane divides, my life simplifies.

Pause & Practice

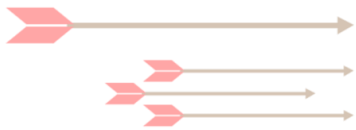
6 Lesson

DIRECTIONS: It's time to simplify life! Categorize your life into one of two lanes below!



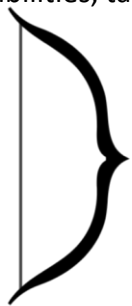
Changes

[Goals, dreams, etc.]



Stability

[Responsibilities, tasks, roles]



Pause & Practice

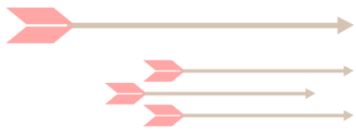
6 Lesson

DIRECTIONS: It's time to simplify life! Categorize your life into one of two lanes below!



Changes

[Goals, dreams, etc.]



Belly fat/rolls gone or less

Garage tidied and organized

Backyard lights for summer

New car

Business launched

Business local events/workshops

Mastermind

More daily intimacy in marriage

More 1-on-1 time with kids

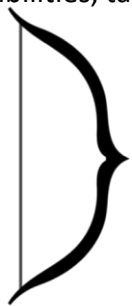
Skin cancer gone

2 or more family vacations

Weekly time with friends

Stability

[Responsibilities, tasks, roles]



Working out 5 days/wk; 1 hour

5 meals/day with 1 cheat/week

Laundry and dishes & cleaning

Balance budget & pay bills

Kids' school etc

Volunteer for kids' stuff

Dentist, doctors, appointments

School lunches & all snacks

Breakfast, lunch & dinner

Drop offs & pick ups

Morning routine

Floss teeth

WHAT'S NEXT?...

Congratulations!
You are now onto Module 2!
Click on Module 2 when ready!

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Print the lesson workbook.

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Begin when you are ready!