

OVERWORK & OVERWHELM

Without any need to be perfect or accurate or correct, take a minute and jot down all the ways that you personally experience overwork or overwhelm in your work to change the world. Example: working weekends, missing kids' events, etc.

Once you've listed everything you can think of, reflect on your list and circle the top two or three items that are causing you the most distress.

On a scale of 1 to 10, how much is this draining energy from your work to transform the world? (1 "it's a rock in my emotional shoe," 10 "this is sucking the life out of me.")

< --- 1 --- 2 --- 3 --- 4 --- 5 --- 6 --- 7 --- 8 --- 9 --- 10 --- >

What is merely an annoyance to you?

What is sucking the life energy out of you?

Are you willing to create a new relationship with time and space? Yes | No