WHAT DO YOU DO THAT'S IMPORTANT TO YOU?

We all have things we do regularily - daily or weekly... how often do we add up the time? Make a list of these habits, commitments & must-dos. Esitmate the time it takes to complete these items each week. (Don't forget the time you spend sleeping!) Add it up - we all have only 168 hours in 7 days. Can you fit in all you consider important? Do you invest time in those things you consider the most important? What needs to change?

See the article on PositiveThanksLiving.com corresponding to this template... this is just a fun exercise meant to cue you into your habits and the time you're investing into them. Our habits shape our life - if we aren't fully content with our life it's time to review our comittments!

COMMITMENTS - ALL YOU DO ON A REGULAR BASIS WEEKLY - HABITS	TIME

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