

**Step 1:
Deconstruct**

RECREATE

What Life Roles Do You Have?	Rank In Terms of Importance	Rank In Terms of Time Spent

Step 2:
Re-Prioritize

RECREATE

Probably you can see the discrepancy between the 2 rankings in step 1. Then, how would you prefer to spend your time and energy instead?

Life Roles

Importance

Time Spent

Step 3:
Rebuild

RECREATE

Based on your new priorities, set 5 stretch goals to recreate your life in 6 months so you can live accordingly to your priorities.

Life Roles

Goals

Life Roles	Goals