

What's Your Focus?

How are you spending your time?

Time and energy are valuable resources especially when grieving. Take some time to consider how are you REALLY spending your time and energy. One category is empty for you to personalize it fit your life.

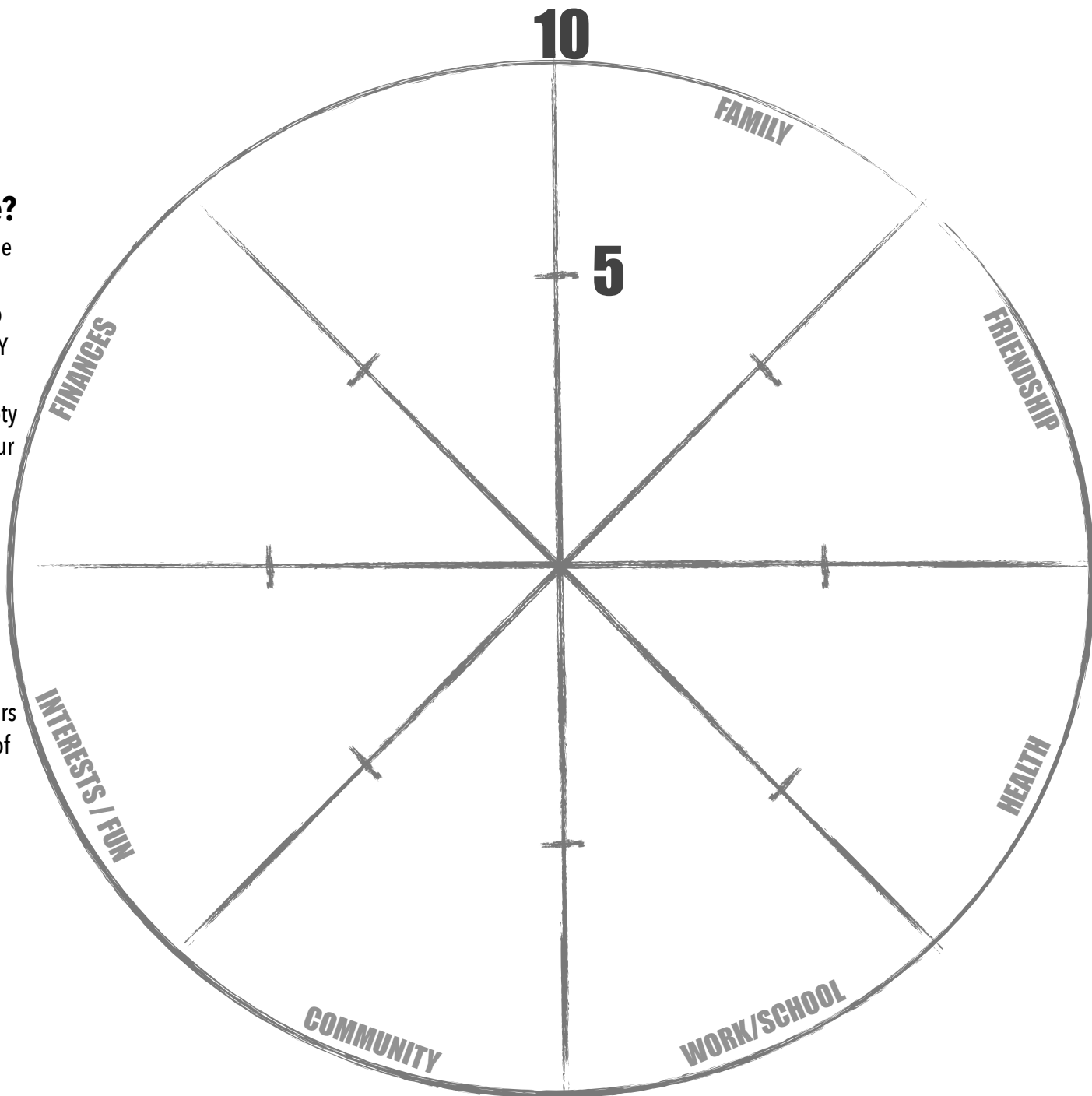
The **center** is NO Attention

5 is HALF of your Focus

10 is ALL your Focus

SHADE each category to depict your level of focus.

Feel free to use different colors to represent different areas of you life.



What's Your Focus?

Now that you know... Is this how you WANT or NEED to spend your time and energy?

A minor adjustment in your focus can free up time and energy to attend to something that you may want or may actually need more of YOU. Here are some questions to get you started...

What are your observations about your current focus?

Are there any changes you would like to see or make happen? Why?

How will you make that adjustment?