



Connecting to Your Pace

A key to being able to move through your life in a way and at a pace that is right for you is to recognize:

- If you are enjoying/feeling aligned with your daily routines and activities
- If you enjoy the people you surround yourself with
- When it is time to stop working and take a rest

I invite you to track and get clear on each of these 3 areas. Throughout each of your activities each day, ask yourself:

- Am I enjoying this activity?
- Am I enjoying this person I am interacting with?
- Is it time to stop working now?

Keep notes for each day this week below:

Wednesday	Thursday	Friday
Notes:	Notes:	Notes:
Saturday	Sunday	Monday
Notes:	Notes:	Notes:
Tuesday		
Notes:		