



DESIGNING TIME FOR ME

How to create space and balance in your life



- List activities you do in a typical day.

Close your eyes for a moment & bring a typical day to mind. Consider what you do: driving, work, emailing, showering, phone-calls, social media, meals, TV, reading, walking. Include week & weekend activities.



- Identify which activities **NOURISH (N)** me?

- What activities lift your mood ?
- What makes you feel calm and balanced ?
- What enhances the sense of you feeling alive ?
- What energises you ?



- Identify which activities **DEplete (D)** me?

- What activities make you feel drained ?
- What makes you feel up tight and distracted ?
- What creates a feeling of merely existing or going through the motions ?



- Identify choice points: take action

- Which of these are automatic habits that happen without you actively **CHOOSING** them ?
- Which **DEPLETING** activities can you reduce or remove ?
- Can you increase time spent on **NOURISHING** activities ?
- Can you save **DEPLETING** activities for when your mood feels bright and settled?