

# 5 of the 23 Ways...

**“Notice how others misuse your time”**

Make a list of ways your friends or family “misuse your time:”

**“What is one task I can accomplish towards a goal?”**

The first thing a person needs is a goal. In the space below write one simple goal (it must be a goal that you can obtain).

***MY GOAL IS:***

**“Am I being too hard on myself?”**

**“Would I pay myself for what I am doing right now?”**

**“Can I do one more thing?”**