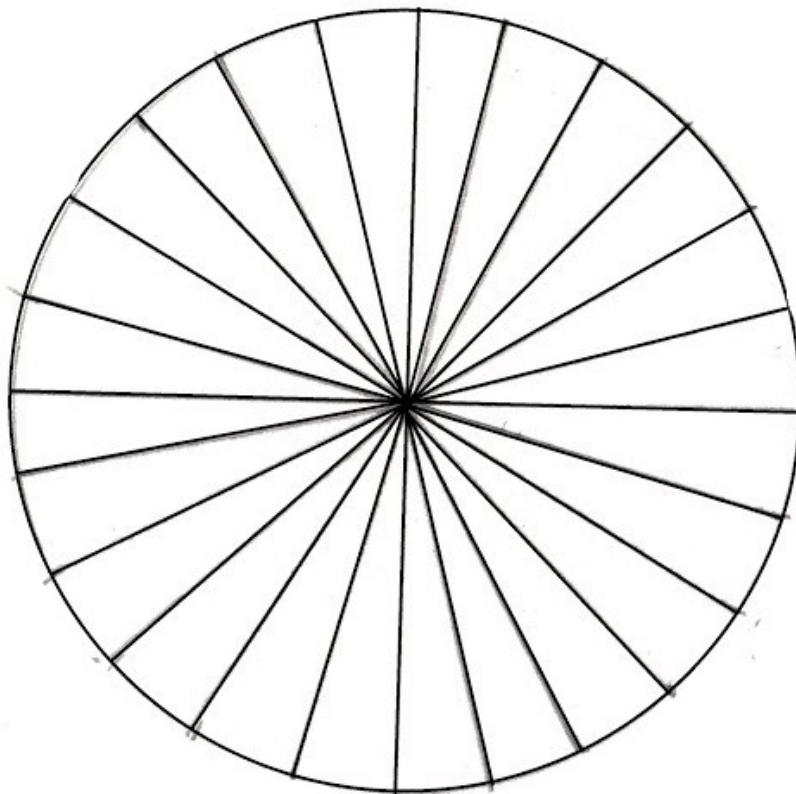


UNAPOLOGETIC with K & C

Week 1 - Worksheet & Life Changing Actions (LCA's)

Week 1, Video 3

Current Time Wheel:



Notes:

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Am I happy with the way my time wheel is currently? What have I learnt from this exercise?

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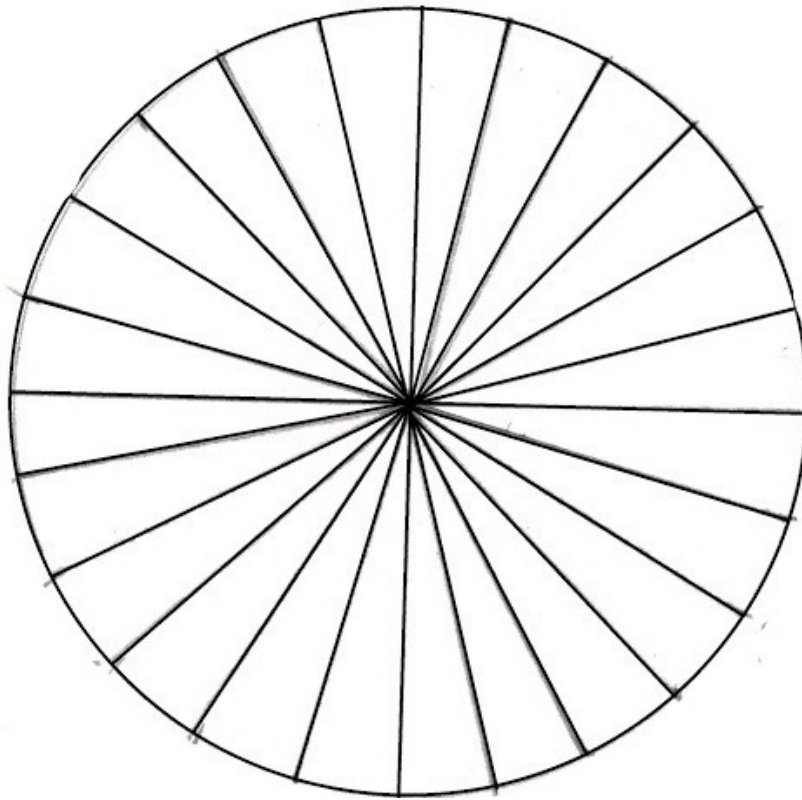
If it remains this way, where will I be in 5 years' time?

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“Old ways won’t open new doors”
“If you want to bring the new into your life, you need to be willing to let go of the old”

Video 3 Action - Reinvent Your New Time Wheel:

How you like your time to be spent moving forward? (Share this in the FB group once completed.)



What is one shift I can make every day this week to move me towards the new wheel?

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