Directions:
Spend a few minutes reflecting on each of the following question, then record your thoughts.

**Pandemic patterns** – Did you adopt any strategies to make it through the pandemic that you’d like to stop? What makes it easier or harder to do this?

**Life & family demands** – What’s negotiable versus non-negotiable? Who else can help?

**Work demands** – What are the top 3 things about work that leave you with less energy for life?

**Back to basics** – How satisfied are you with sleep and exercise at this point in your life?

**What do you want to create more time for?**
- Friends
- Exercise
- Yoga
- Sleep
- Healthy Cooking
- Date Night
- Vacation
- Personal Retreat

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