



# Lesson 1

## PULSE-TAKING

**Begin by thinking about where you are in your biz and writing your answers to the following questions:**

What's happening (and maybe more importantly not happening) because you're not able to own your time and spend it the way you want to?

What's not working for you about the way you spend your time these days: biz and personal?

How is this affecting your biz? How is it affecting how your DAY feels? How is that affecting the rest of your life?

What are your top 3 goals for your biz in this next year?

What kind of support do you have in place to ensure you meet those goals?

Does the way you spend your time align with those goals, or not? Explain.

*(Don't worry if your answer is that it really doesn't. What we're doing next will help with that. We're just finding your starting point, which is always really important to know.)*



## What does this mean?

What do you notice from the work above?

What's not working, and how does it hold you back from your goals?

What's the impact on your personal life of spending your time this way?

What pieces of self-care, spiritual, personal, or physical is suffering because of the way your time is spent right now?

And how is it squashing or impeding your ability to do the work and magic you're called to do?