

WHERE'S MY EFFORT GOING AND WHERE DO I WANT IT TO GO?

Get out a notebook or pad of paper and make some lists. **Consider these in all areas:** mental, physical and spiritual. (Some things may appear on more than one list.)

LIST 1 - Where my effort goes right now.

Write down everything you can think of, whether you name it good or bad.

LIST 2 - Things I put effort toward because I think (or someone else thinks) I should.

These things likely drain the most life force out of you.

LIST 3 - Things I would like to put more effort toward that I am already doing.

You can start to consider how you might want to take some of the effort energy you have and to divert it here.

LIST 4 - Things I would like to stop, if even temporarily, giving any effort to, or would like to diminish my effort on.

Where you gain back some energy and vitality when you stop or diminish.

LIST 5 - Where would I like to start giving effort where I haven't been at all.

New things or things you used to do that you would choose to give effort. These things give you MORE energy.

LIST 6 - Things I truly don't have a choice about- I have to put effort toward them.

This is an opportunity to think how you might want to change how you are efforting with these.

You are looking to **find clarity and to build awareness** through these lists. Take your time to really think. Set it down, and go back to it again. Some clear opportunities and possibilities will start to appear.

The question is:

What new decisions will I make based on this clarity and awareness?

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