

Forging Past the Felony

Week 4





<https://youtu.be/bQL37ZvTrHg>

Key Points:

* Self-Evaluation and self-examinations
* If we don’t manage our time, it will manage us
* Personal growth is a lifestyle
* Did my life today take me closer or further from the sweet spot

Homework Questions:

1. Conduct 3 self-evaluations this week
2. Track how you spent your time this week then put each task you do today into one of the quadrants below.
3. Evaluate how you could have done better
4. How can I use this information to launch my dreams?
5. Why must I use this information?
6. When will I use this information?



BASE WORK

EAT

MOVE

SLEEP

BREATHE