

7. Are there things I am doing that aren't really necessary and don't move me toward my goals? If so, what are they?

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8. Do I know how much time each week I should be spending on achieving my goals? If not, how can I find out? Have I set aside enough time to meet my goals?

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9. When do I have the most flexibility — weekdays or weekends? Am I using my free time wisely?

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10. Can I prioritize my activities to shift more of my time toward working on my goals? What activities can I move?

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11. What is one thing I can change next week that will allow me to spend more time obtaining what I want?

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