



Know Your ABCs

A – Irritating

Activities that drain your energy and create frustration or resistance. You feel heavy, avoid them, or rush to finish.

Energy Draining
Isolating
Overwhelming
Failing
Demoralizing

ELIMINATE

B – Okay

Activities that feel neutral and routine. You can do them competently, but they don't excite or stretch you.

Repetitive
Competent
Standardized
Required
Habitual

DELEGATE / AUTOMATE

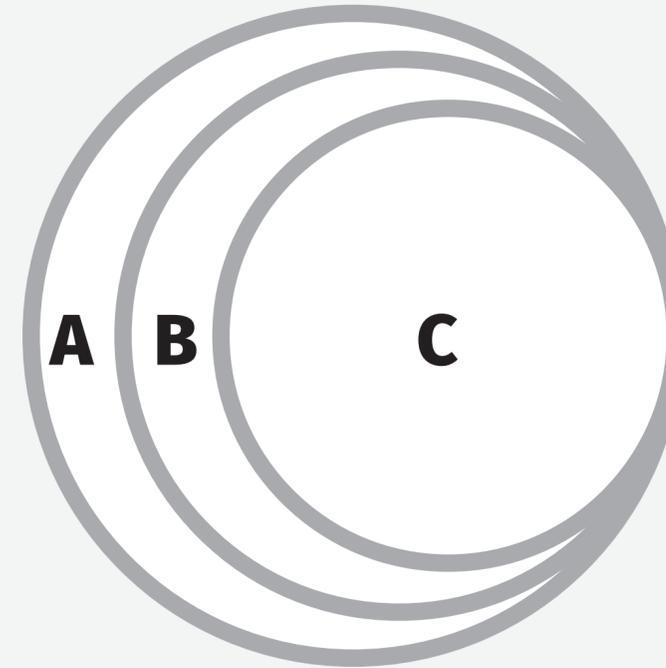
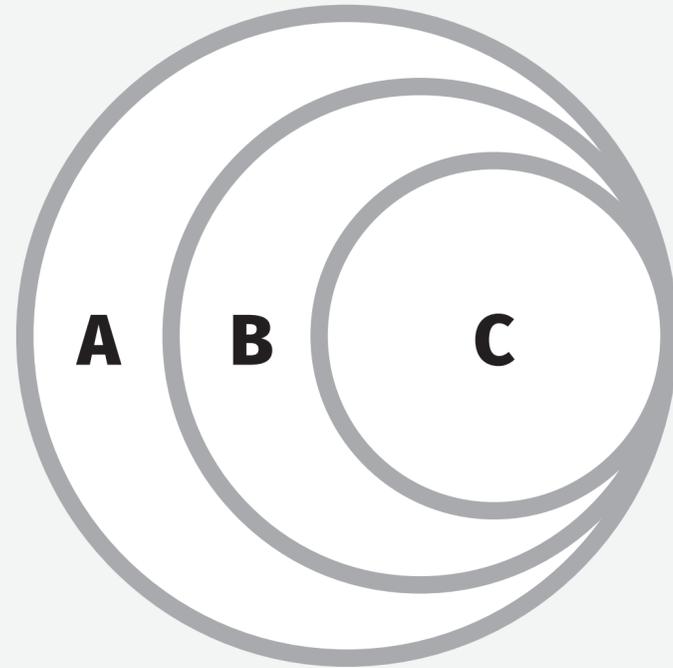
C – Fascinating

Activities that energize and fully engage you. You feel motivated, focused, and at your best, and time seems to fly.

Exciting
Challenging
Surpassing
Accelerating
Innovating

EXPAND

The Process



FROM



TO

What do you want to immediately **STOP** doing & why? _____

Action Plan

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What does success look like?

Delegate / Automate

What do you want to spend LESS time doing & why? _____

Action Plan

1 _____

2 _____

3 _____

4 _____

5 _____

What does success look like?



Notes & Insights

A large grid of small dots for taking notes, covering the majority of the page.