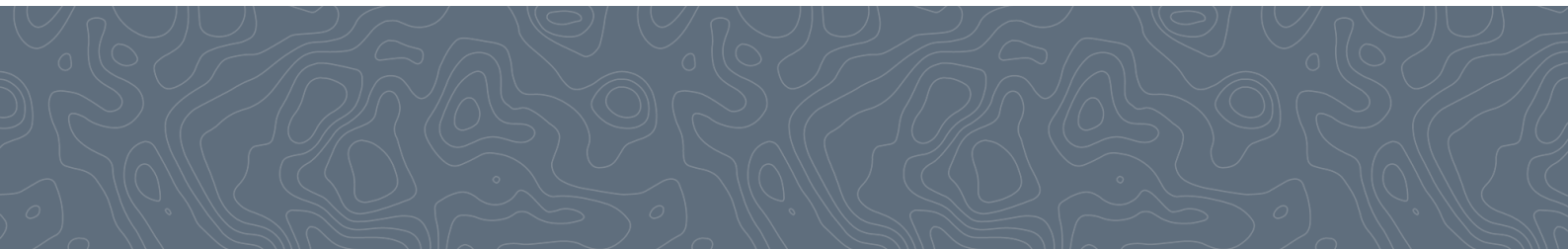




THREE PIECE LIFE
eCOACHING *with* TIM JOHNS

If you want to make more time here's ten things you could stop doing

Before you stop doing work-related things or even domestic chores, this worksheet will help you consider the 'why?'. It's a list of things that typically take up a lot of our time and energy and is designed to provoke thought.



If you want to make more time here's ten things you could stop doing (1/3)

Read each heading and the description. Take a moment to think about it. Maybe capture a few thoughts, and give it a ranking. Then move on to the next one and repeat. At the end of the exercise try and create a summary of your thoughts.

1. **Procrastinating:** People often want to stop putting off tasks or responsibilities and develop better time management skills.

Ranking
(1-10)

2. **Negative self-talk:** Individuals may strive to stop engaging in self-critical or self-defeating thoughts and cultivate a more positive mindset.

Ranking
(1-10)

3. **Overthinking:** Many individuals want to reduce overthinking and excessive rumination to improve their mental well-being and decision-making abilities.

Ranking
(1-10)

4. **Unhealthy habits:** People often desire to break free from harmful habits such as smoking, excessive alcohol consumption, or poor eating habits.

Ranking
(1-10)

5. **People-pleasing:** Some individuals want to stop constantly seeking approval or prioritising others' needs at the expense of their own well-being.

Ranking
(1-10)

If you want to make more time here's ten things you could stop doing (2/3)

6. Procrastinating personal goals: People may want to stop postponing their personal goals and aspirations and take steps towards achieving them.

Ranking
(1-10)

7. Negative relationships: Individuals may want to end toxic or draining relationships that have a negative impact on their mental and emotional health.

Ranking
(1-10)

8. Excessive social media use: Many people desire to reduce time spent on social media platforms and establish healthier digital habits.

Ranking
(1-10)

9. Comparing oneself to others: People often want to stop comparing themselves unfavourably to others and focus on their own progress and growth.

Ranking
(1-10)

10. Overcommitting Individuals may want to stop overloading their schedules and learn to set boundaries, prioritise self-care, and avoid burnout.

Ranking
(1-10)
