



100% Accountable

Focus Your Energy: Exercise

Life Planning Exercise 15 – My Empowering Activities

Each of us has the same 24 hours a day that the most creative, productive, and successful people in the world all have. We all engage in numerous tasks and routines each day. Some give us energy, others make us stronger, and many are productive steps in our daily lives. Unfortunately, we also engage in activities that have no benefit, or worse, may be counter-productive to living a great life. How we use our time determines whether we get the most out of each day, which in turn affects our future. It is important to maximize our time doing things that energize and fulfill us, because those activities will help take us to our best possible lives.

Below is a list of ways people spend their time. Identify and highlight the top three that you feel you should be doing. Once you've chosen your top three, describe why each is important to you living your dreams. List any additions in the blank cells.

Empowering Activities Inventory

Being Creative	Helping Others	Exercising
Meditating	Practicing Faith	Learning
Developing Relationships	Organizing/Cleaning	Enjoying my Friends
Thinking/Planning	Being Outdoors	Enjoying my Family
Working	Resting	Playing Games
Reading	School	Listening To Music

Example: Meditation – It is important for me to meditate so that I can clear my mind and have the focus I need each day.

Empowering Activity 1

Empowering Activity 2

Empowering Activity 3