

### Aligning My Time and Values: My Action Plan

Reflect on your responses in Handout 1: My Time and My Values. Pay particular attention to the activities you would like to spend more time doing each day and what could prevent you from doing so.

My goal is:

*(Example: My goal is to spend more time on creative activity each day.)*

To achieve that goal, my strategy will be:

*(Example: To achieve that goal, my strategy will be to spend 30 minutes less responding to email and using that time for creative expression.)*

To stay on track, I will:

*(Example: To stay on track, I will share the result of each daily creative expression on Instagram.)*