

## Aligning My Time and Values: My Progress

Reflect on your responses in Handout 2: My Action Plan. Consider whether you successfully implemented your strategy to adjust the way you spent your time to meet your goal.

### Week 1: Circle Your Progress



What went well?

What would I like to change?

### Week 2: Circle Your Progress



What went well?

What would I like to change?

### Week 3: Circle Your Progress



What went well?

What would I like to change?

**Week 4: Circle Your Progress**



What went well?

What would I like to change?

**Week 5: Circle Your Progress**



What went well?

What would I like to change?

**Week 6: Circle Your Progress**



What went well?

What would I like to change?