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SPRING FORWARD!

**Increase Momentum or Motivation
Refocus
Discover What's Next**

Presented by Julie Hatzell & Dana Nowling

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Who Are You?

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

What does my life consist of right now? Examples:

Health (physical/mental)

Money / Managing Finances

Work / Career / Education

Family

Intimate Relationship

Spouse / Partner / Dating

Personal Development

Recovery

Fun / Recreation / Hobbies

Adventure / Travel

Social / Friendships / Community

Spiritual / Prayer / Meditation

Groups / Hobbies / Support

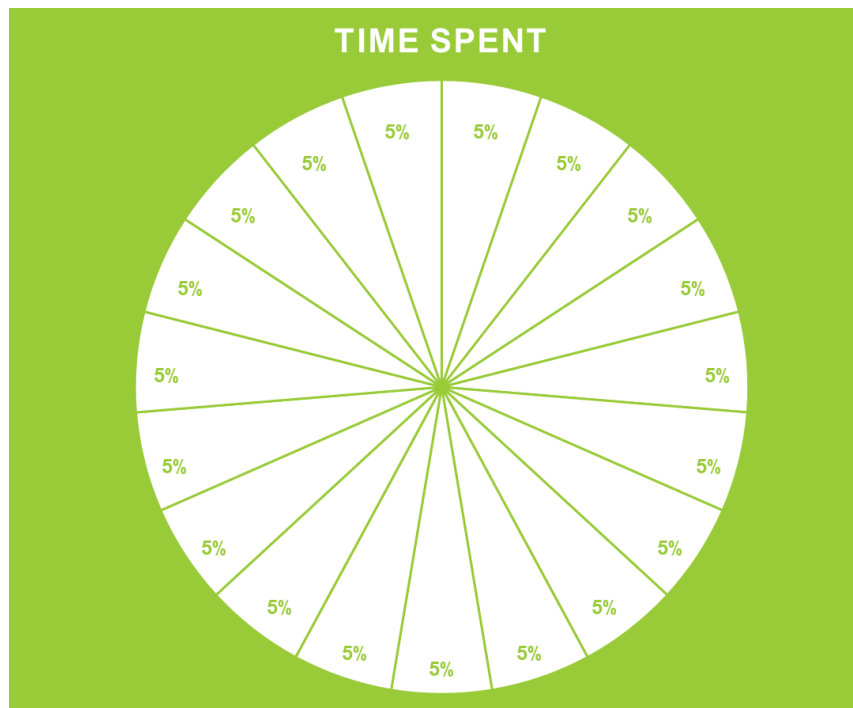
Service / Community / Support Groups / Volunteering

Others:

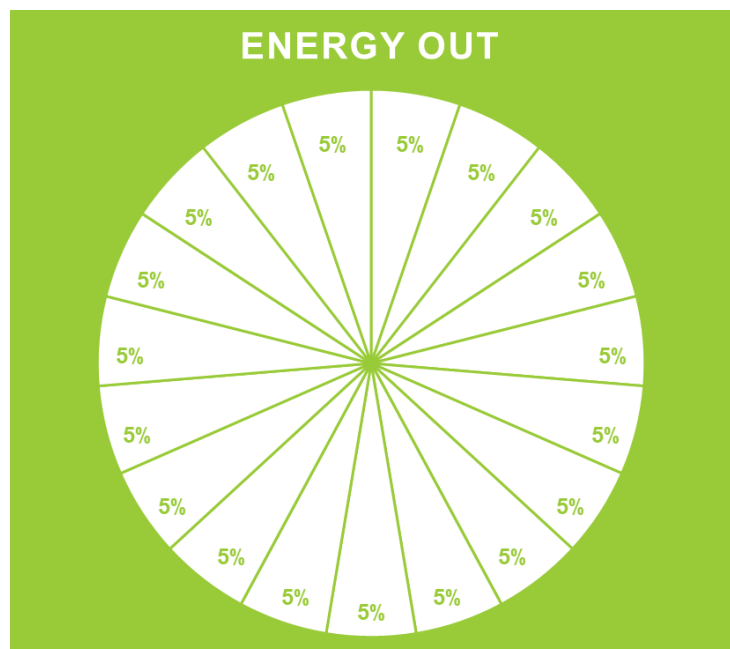
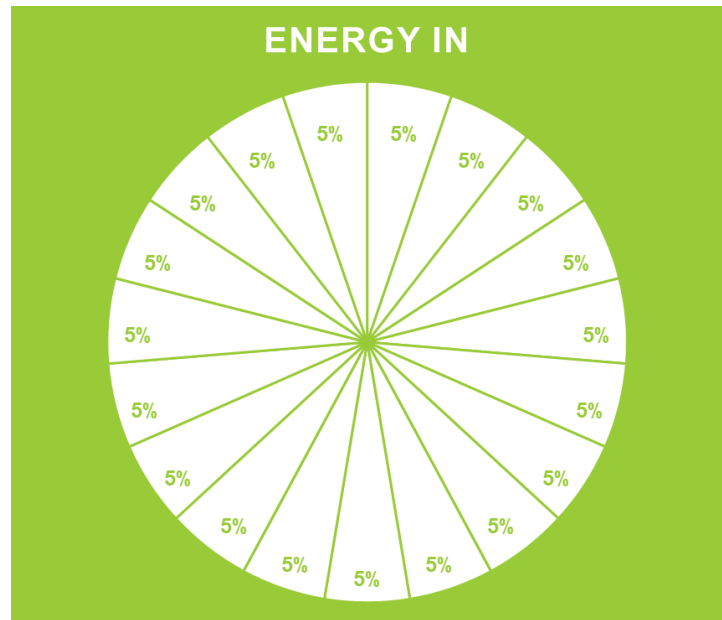
Note what your life consists of right now – what is most important to you?

What My Life Consists of Right Now	

Fill in the percentage of time spent on each aspect of your life on average right now....



Fill in the percentage on average of energy in and energy out for each aspect of your life right now...



How do you feel when reflecting on how your time is spent and what gives or drains your energy?

Are there energizing aspects of your life that you would like to spend more time on or with?

Are there energy draining aspects of your life that you would like to decrease the amount of time you spend on or with?

What else comes to mind as you reflect on this activity?

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What Do You Want?

Why Do You Want It?

What Will I Do To Build A Structure That Supports My Best Life?