



Priorities and time.

- What are your priorities?
- Where do you want to be in a year?

If you keep doing the same thing over and over again, how can you expect your life to change?
It won't.

Changing how we say things reminds us that time is a choice.

If we don't like how we're spending an hour, then choose to spend it differently.

Have you ever said 'I don't have time' or make another excuse?

Next time try saying 'it's not a priority' and see how it feels. It won't feel right and that's the point!

What are you making a priority today that will bring you one step closer to your goal?