

# VISUALISE

## WHAT I WANT TO DO MORE OF

*e.g. yoga, read books, bake, gardening, time with family*

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## WHAT CAN I SAY NO TO?

*Why am I doing \_\_\_\_\_?*

How do these things currently benefit me:

Does it make me happy? Is it good for my physical/mental health?

Is it helping my career? Does it make me money? Do I have time for it? Is it for a good cause?