

4 Journal Prompts for Reclaiming Your Free Time

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| 1 - IMAGINE: | 2 - ARTICULATE: |
| <p>Imagine you had a free day with no work-related duties, no social commitments, and no personal responsibilities. How would you spend that day? Describe it in detail, below.</p> | <p>Ideally, how many hours would you like to work each day? How many days each week?</p> |
| 3 - EVALUATE: | 4 - RECLAIM |
| <p>How many hours are you currently working each day? Each week?</p> | <p>What is one thing you can say "no" to this week? Commit to doing so, and use that time to do one thing you listed in the first prompt.</p> |

READY TO RECLAIM MORE FREE TIME?

Take the 6-part *Tune-up Challenge*
available on slowentrepreneur.com

SHOP THE CHALLENGE