

Finding Time for What Matters Most

First Step Checklist

MY PASSION BEYOND
MY FAMILY

COLOR CODE FOR
STICKY NOTES

WROTE OUT NOTES

CREATED GRID

PLAYED THE SWAPPING GAME

I WAS HONEST WITH MYSELF

DOING THIS HELPED ME:

DATE:

Get the video tutorial at SandyFowler.com/find-time



I'd love to see your completed checklist! Post on social with the hashtag #findingtime and tag me @sandyfowlerstrategies