

CHAPTER FIVE

OCCUPATION

*"It's not enough to be busy; so are the ants.
The question is, what are we busy about?"*

— HENRY DAVID THOREAU

DAY 73: ASSESS YOUR WORK

REFLECTION

Which areas of your work are most important for you to assess? Why?

Rate your productivity at work. What makes you more or less efficient?

In what ways does your current work situation meet your needs and personal priorities?

In which areas are you stagnant or unsatisfied? Why?

What results do you seek? What changes will you make to achieve these results?

DAY 74: CELEBRATE YOUR SUCCESSES

REFLECTION

How do you feel about your professional accomplishments?

Which successes are you most proud of?

How do you define "success"?

DAY 75: WRITE YOUR GOALS

REFLECTION

What do your goals tell you about what you want from your occupation?

How can writing down your goals help you to create a purposeful strategy?

What will you do to make each goal a reality?

DAY 76: BREAK DOWN YOUR GOALS

REFLECTION

Describe your process for breaking down your goals.

Why is it important to break big goals into small steps?

How will this process help you achieve your goals?

DAY 77: BLOCK YOUR TIME

REFLECTION

What did this practice reveal to you about the way you spend your time?

How can time blocking bring focus to your day or week?

How might this process save you time and energy in the long run?

DAY 78: PERSONALIZE YOUR TO-DO LIST

REFLECTION

What personal priorities and big-picture goals do you want your to-do list to reflect?

How will scheduling your dreams, priorities, and goals help you achieve them?

What is the difference between “busy” and “productive?”

DAY 79: IDENTIFY DISTRACTIONS

REFLECTION

What are your major distractions?

When will you schedule time for them?

How will you ensure that you get your most important work done without distraction?

DAY 80: CHECK YOUR SCHEDULE

REFLECTION

How do you want to spend your time and energy?

Does your schedule reflect this? Why or why not?

*What priorities or activities do you want to add to your schedule?
Where might these fit in?*

What do you want to do in your free time?

DAY 81: SET BOUNDARIES

REFLECTION

Where do you want to spend your energy?

What might be an example of a "good opportunity" (one that aligns with your priorities)?

How will you know when to say "no"?

How will you steer clear of distractions or conflicting opportunities?

DAY 82: ELIMINATE THE UNNECESSARY

REFLECTION

How did you eliminate unnecessary distractions?

How did the steps you took today increase your mental and physical space?

How can this exercise help you in other areas of your life?

DAY 83: SEEK GUIDANCE

REFLECTION

What kind of guidance aligns with your goals, values, and priorities (e.g., business consulting, life coaching, relationship counseling, financial advice, etc.)?

Whose mentorship might you benefit from? Why?

What time, energy, and financial investment would this require you to make?

Do you think this investment is worth the guidance you will receive? Why or why not?

DAY 84: CREATE A PROCESS

REFLECTION

What results do you want to see in your work or workday?

What process did you create today to lead you closer to those results?

Which other areas of your life would benefit from a simple, purposeful process?

DAY 85: TRACK YOUR MONEY

REFLECTION

Do your current spending habits reflect the priorities and goals you've set for yourself ? Why or why not?

How can tracking your money lead you to invest in what's important to you?

What changes do you need to make to your spending habits or financial investments?

DAY 86: TAKE A BREAK

REFLECTION

How did taking regular breaks positively impact your workday?

How did it affect your energy, mindset, and emotions?

What will you do to remind yourself to take regular breaks?

DAY 87: PRACTICE CREATIVITY

REFLECTION

How did this exercise of creative brainstorming benefit you?

What made it challenging?

How might you use a creative approach in other aspects of your work and personal life?

DAY 88: EXPLORE COLLABORATION

REFLECTION

Whose work or mindset do you admire?

Who have you always wanted to work with?

What ideas do you have for collaborative projects?

DAY 89: REVAMP YOUR WORKSPACE

REFLECTION

What qualities do you want your work to reflect?

What did you bring into your space to invite this kind of focus or energy?

How did transforming your space help you connect to and enjoy the work you create within it?

DAY 90: PREPARE YOURSELF

REFLECTION

Since the life you want is already waiting for you, what are three ways you can prepare for it?

1.

2.

3.

What are your next steps?

CHAPTER FIVE REFLECTION

REFLECTION

How have you learned to set meaningful goals and manage your time to pursue your priorities?

Which practices resonated with you? Make a note of those you want to come back to.

BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*