

Stuff of Life

This is the stuff you least enjoy doing... distracts you from what's really important but needs to get done. If you can rid yourself of doing this stuff, you can enjoy more time for the things you want to do... more playtime... more ME time and more family & fun time. **More time to enjoy life!**

**List all the Stuff you need to do before you can enjoy a
Renew & Rejuvenate Day - Fun Day**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
- _____
- _____
- _____

What is the first activity in your personal stuff would you like to delegate?

What is the next activity in your personal stuff would you like to delegate?

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Stuff of Business

This is the stuff you least enjoy doing... but must get done. It distracts you from what's really important, drains your energy and destroys your confidence. If you can rid yourself of doing this stuff, you can enjoy more time to devote to activities that will bring in more income, capitalize on your greatest opportunities and develop better business relationships. **Better Relationships = Better Money & Opportunities!**

List all the Stuff in your business that needs to get done but if eliminated from you doing will give you more time to make money.

1.

2.

3.

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What is the first activity in your business stuff would you like to delegate?

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