

What Are My Challenges?

Some habits, good or bad, may be linked to your personality, and can significantly affect your sense of fulfilment. For example, some people always find themselves feeling rushed, whilst others feel frustrated because they never seem to be doing what they know they should be doing. The following points can help you to identify issues and help put plans into place.

- Reflect and focus on why you let yourself waste time or become distracted: do you have a tendency to be a little lazy, do you always seem to leave things until the last minute or is there always something better to do? Once you recognise your personal habits, you can then start thinking about how to overcome future stumbling blocks.
- Identify areas of your home/life where you would like to be able to manage your time better.
- What are the results of not managing your time as well as you would like?
- In what respects do you think you already have good time management skills?