**9 Tools, 9 Habits**

**Jennifer Engel**

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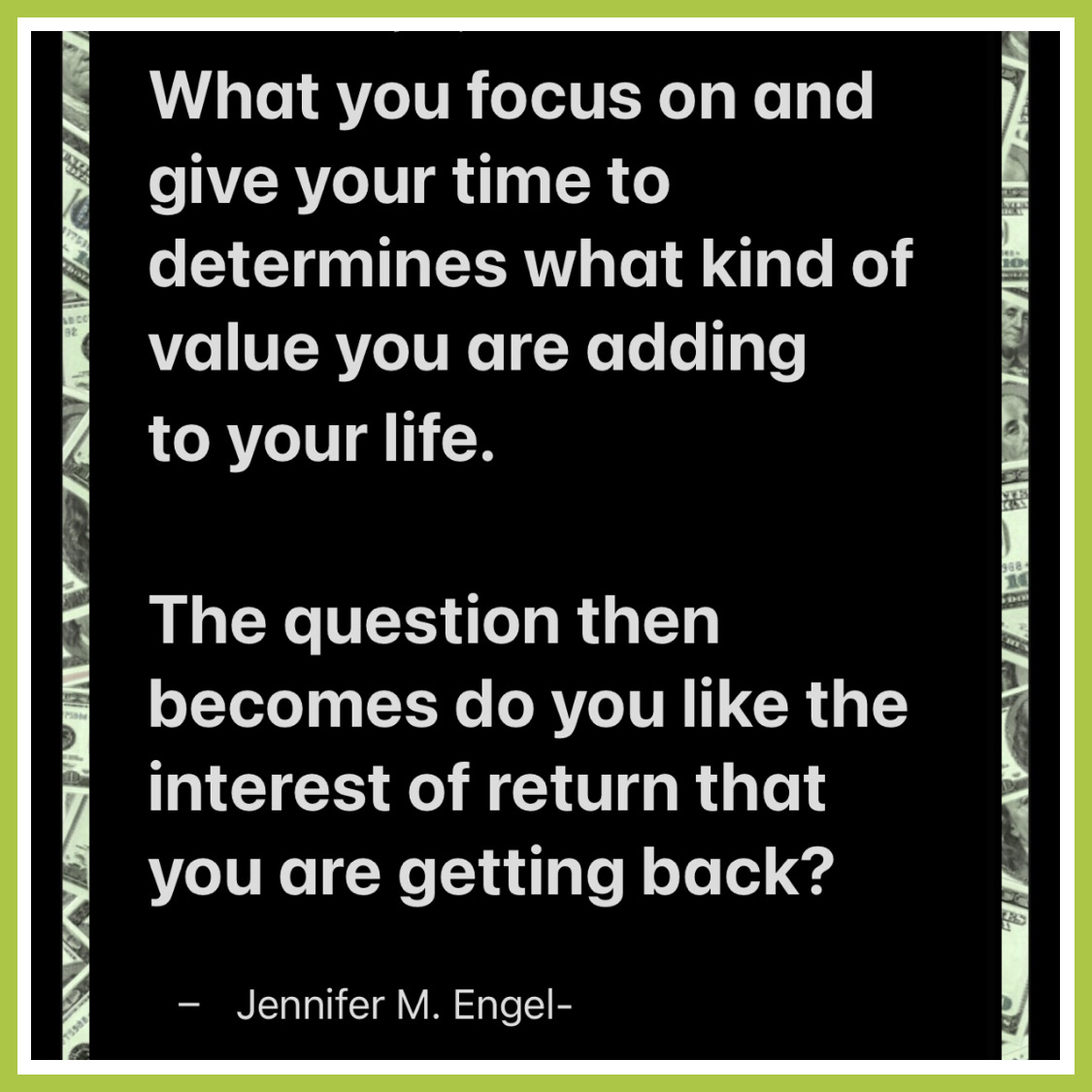
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## From Tool & Habit 1: Knowing Your Priorities

Use the chart below to determine where your current focus is as well as where you wish it would be.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Number...** | **What do you believe your top 3-5 priorities are in life?** | **Where do you spend your time the most?** | **What kind of things do you like to watch and read about on social media?** | **What images and things do you save to your phone or on your other electrical devices?** |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4 |  |  |  |  |
| 5. |  |  |  |  |



**Self Assessment questions:**

1. Do the things you say are important to you reflect where you spend most of your time as well as what you focus on when it comes to social media?
2. Do the things you focus on (and give your time and energy to) add value and a good return on your investment?

If so, awesome!

If you’d like more assistance processing ,

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