

Prioritize Your Crystals, Rhinestones, and Glitter!

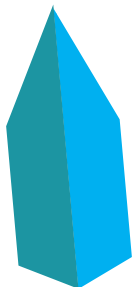
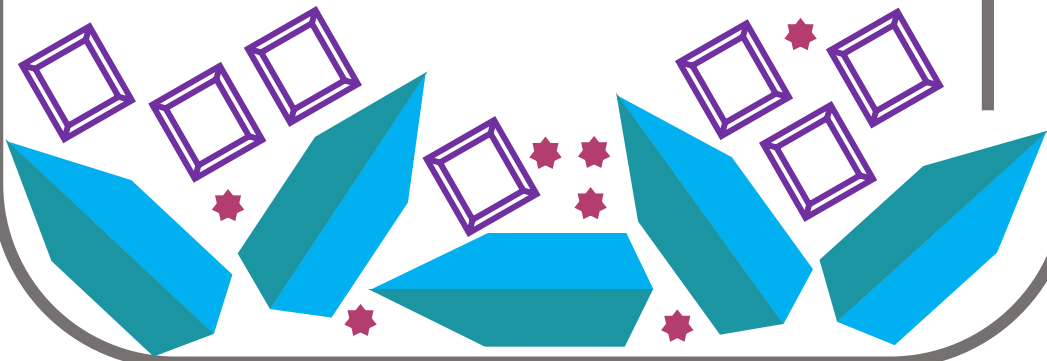
Imagine your week's time is this jar, and you can fill it any which way you please. . . With your 9-5 grind, family, friends, BIG LIFE GOALS, errands, pursuing your passions, sorting your email inbox AGAIN, or watching Netflix.

The big stuff in your week, like family and friend commitments, health care appointments, and, for now, your 9-5 grind are CRYSTALS.

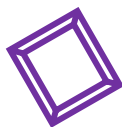
The important stuff that makes your life worth living like quality time with your loved ones, working toward your BIG LIFE GOALS, working on yourself (mentally, physically, emotionally), and actively doing the things that fill your tank are RHINESTONES.

The silly little things like errands, getting lost in a Netflix/Facebook/Insta rabbit hole, organizing your emails, tidying up, and basically anything in your BIG LIFE GOALS that isn't in your zone of genius (like admin tasks) are GLITTER.

If you filled your jar up with glitter first, then tried to fit a bunch of crystals and rhinestones in, it wouldn't work – the jar would be too full of glitter to fit anything else in. BUT, if you strategically placed a few crystals and rhinestones in the jar first, then shook in some glitter to settle into the spaces between, you'd have enough room in the jar to fit all three. Magic!



Crystals:
Commitments,
the 9-5 grind,
appointments



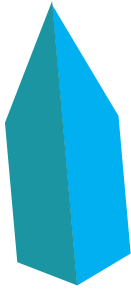
Rhinestones: BIG
LIFE GOALS, quality
time with loved
ones, self-work,
filling your tank



Glitter:
Errands, social
media, TV,
admin tasks,
time-wasters,
chores

Prioritize Your Crystals, Rhinestones, and Glitter!

Now, what are *YOUR* CRYSTALS, RHINESTONES, and GLITTER?
How can you better arrange your week to fit in the RHINESTONES and
CRYSTALS *FIRST*, then limit the amount of GLITTER you sprinkle in?



Crystals: _____



Rhinestones: _____



Glitter: _____

I will prioritize my CRYSTALS and RHINESTONES this week by . . .
