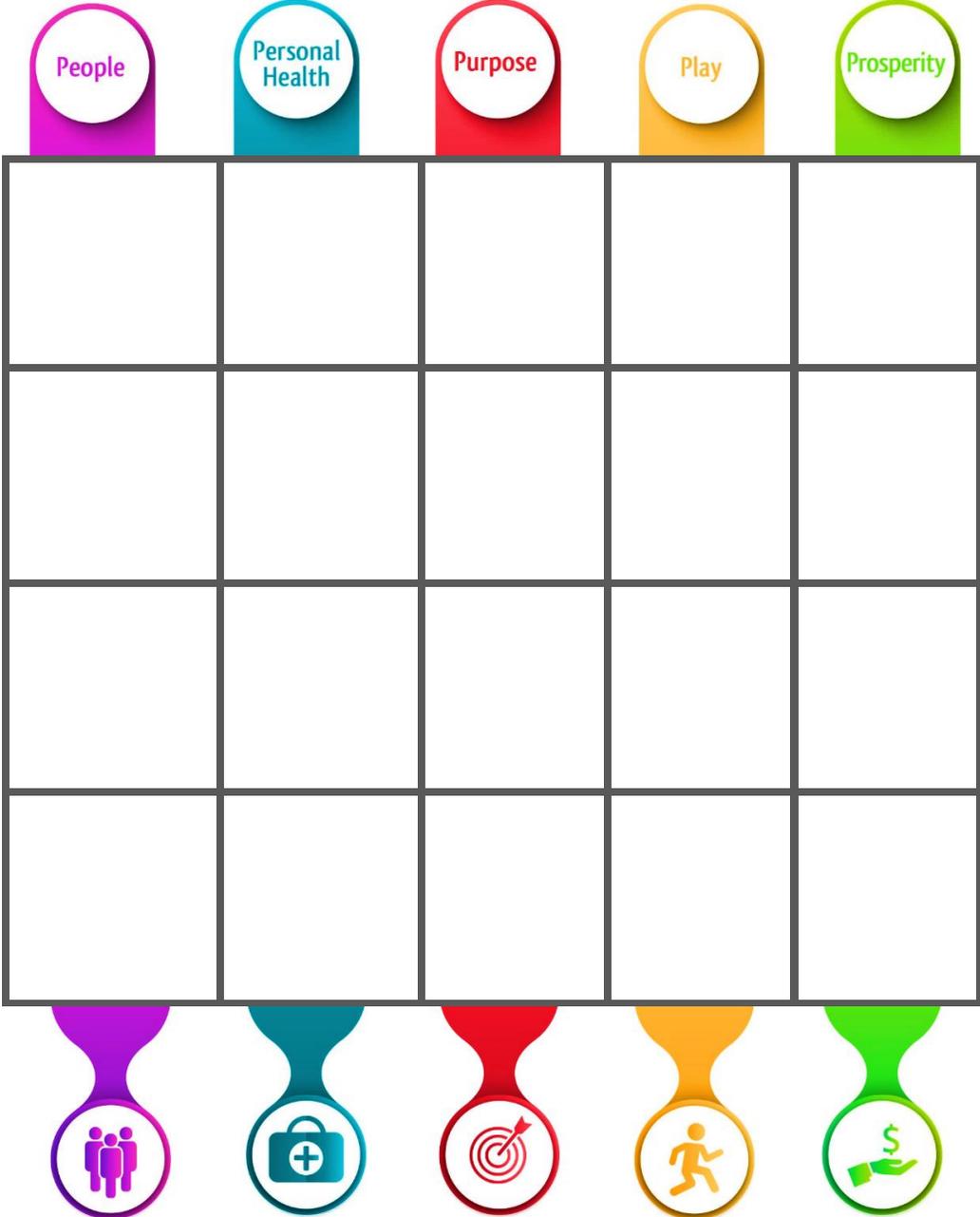


What's working? What's not? What and who gets energy from you
they don't deserve? What needs to change?
What do you want more of?

	People	Personal Health	Purpose	Play	Prosperity
KEEP					
TOSS					
CHANGE					
EXPLORE					



There are 5 Ps that represent different and important parts of your work and life:

People

Personal Health

Purpose

Play

Prosperity

They're somewhat self-explanatory but here's a quick run down of each.

People stands for all the people in your life from family, friends, co-workers, and individuals you interact with on a daily basis that impact your day (the barista at your coffee shop, hairdresser, store clerk etc.,)... some relationships are strong, some aren't. How do the people in your life make you feel?

Personal Health is everything you do to take care of your physical, mental and emotional health. It's a big category that includes physical elements like exercise, healthy eating, sleep, hydration, presence of unhealthy habits like smoking or excessive alcohol use, etc. Emotional and mental health elements like stress management, whether you meditate or not, how well you can focus day in and day out, getting help for things you struggle with etc. Most of us know where we need to improve in these areas so pay attention to what your gut is telling you about your personal health.

Purpose includes your work, volunteer opportunities, philanthropy, parenting, personal goals...the 'why' that gets you up and going every day.

Play is just as it says... are you getting enough leisure time, adventure, fun and laughter in your day?

Prosperity is all about wealth management. It includes retirement savings, emergency funds, debt management, living within your means. How well are you earning, saving and spending and how does it impact your life right now ... and in the future?

On the chart above there are columns under each of these 5 Ps that include the words **KEEP, TOSS, CHANGE, EXPLORE.**

Your mission if you choose to accept it is to ponder each of the Ps as they relate to you and your life right now, and jot down some notes in the blanks. The questions along the top of the grid can help jog some thoughts.

Let's use Personal Health as an example. You may really like your current exercise regime because it's keeping you fit and healthy and you're seeing results, so *exercise plan* goes in the **KEEP** box.

Maybe you have a weakness for late night snacking and it's something you'd really like to stop doing. That might go into the **TOSS** box. Smoking is another personal health habit that people usually want to toss (when they're ready ;-).

In the **CHANGE** box you may say to yourself "I'm mostly satisfied with my eating habits but I really need to start eating breakfast." So *change breakfast routine* might go in that box.

The **EXPLORE** box is all about new behaviours you'd like to try... a new exercise class, meditation, going meatless a few nights a week, eliminating weekday wine (ouch)...you get the idea.

Go through this process for all 5 Ps asking yourself what you'd like to **KEEP, TOSS, CHANGE, or EXPLORE** for each of them.

Note that you aren't required to have an answer for every box, and as you go through the process you might notice there are overlaps between categories. That's okay.

The exercise is really about giving yourself time to think about the things that matter to you, and how they're working.

Take additional notes below as you go, and once you've completed that process you may choose to set a goal or two based on the discoveries you've made. The next page provides a bit of space for you to do that.

Notes:

Starting today, two Ps that need my focus are:

Starting today, three specific adjustments I'll make are:

I commit to working these improvements every day starting the _____ day
of _____, 2020

Signed by: _____

Seize each day in a different way

*Carpe
Freakin'
Diem*