



Passion, Purpose & Prosperity Exercise



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Prosperity & Productivity Exercise

This simple, yet powerful, exercise will help you to hone your focus, prioritize your actions, and effectively manage your time.

This helps to clarify your greatest gifts, your area of passion, and allows you to begin to intentionally lean into your power, redefine your life, and live with purpose and prosperity.

ACTION STEPS

Step 1: For the next 48 hours, list every single thing you do on the Activity Tracker (attached). This means everything...such as feeding the dog, watching TV, surfing on social, filing documents or checking emails.

Step 2: At the end of 48 hours, go back through your list and mark each activity with a + (plus sign) next to everything that fuels and inspires you or a – (minus sign) next to those things that drain you or are not a wise use of your time.

Step 3: Next, transfer all of your – (minuses) over to the “Things I Need to Stop Doing” task list (attached).

Your ultimate goal is to begin to be intentional about finding ways to move these activities onto someone else’s plate so that your time is spent in your passion, purpose, and prosperity zone. This will create more joy, happiness, fulfillment, and financial success in your life.

Suggested Actions:

Consider hiring a personal assistant (or share one with a co-worker or neighbor) to help manage your life. This simple step was a game changer in my own life!

1. Reach out to the local colleges to look for students who want to earn extra money.
2. Hire your children or someone else’s children to help with non-productive activities and responsibilities.



48 HOUR ACTIVITY TRACKER

Note: Print multiple copies of this sheet in order to track all of your activities.

[illegible]



THINGS I NEED TO STOP DOING

Note: Print multiple copies of this sheet if needed to list all your reassignment items

[illegible]