



**CHOICE MANAGEMENT:
TAKING CHARGE OF YOUR TIME,
LIFE AND BUSINESS**

STUDY GUIDE

**AWARENESS
EDUCATION
ACTION**

Discover Your Most Important Life Roles and The Activities Associated With Those Roles!

What's a life role? It's an aspect of your life that holds significant value, whether or not it brings you immense fulfillment. Some life roles are actually very important to you; however, you may not choose to honor it (*example*: self or spouse). You could actually dislike a life role, yet at the same time give it significant value (*example*: full-time job) or it could be a life role that you consider paramount but brings you consistent challenges (*example*: a parent or child).

First Challenge: List your present "Life Roles."

Self

Parent

Spouse / Significant other

Career

Direct Sales: Leadership

Direct Sales: Administrative

Direct Sales: Personal Business

Household Management

Others:

Second Challenge:

- 1) On a separate document or in your business journal, list all of the major activities and responsibilities associated with each life role.
- 2) Make a list of all the activities that you desire dumping, delegating or deferring. Make a decision as to what you will do with them within one week.
- 3) Record or schedule the major activities and responsibilities of each life role in your palm pilot or date book, six weeks in advance.

Know what you want personally and professionally
and who you are at your absolute best.

Third Challenge: Write about the following inquiries:

- What do I desire achieving and experiencing professionally within the next six months?

- What do I desire achieving and experiencing personally within the next six months?

- What attributes do I most desire developing as a human being? (*Examples: Disciplined, Confident, Joyful, Communicative, Outgoing, Wise, Connecting, Empowering, Persistent, Organized, Engaging, Positive, etc.*)

Make A Decision and TAKE ACTION!

Fourth Challenge: Choose the most important intention you desire experiencing, accomplishing or becoming in each section. Then, list the 3 most important decisions you could make that support the manifestation of each intention.

I desire accomplishing / experiencing _____professionally.

I desire accomplishing / experiencing _____personally.

I desire becoming a _____human being.

Create Space For The Roles and Activities That Are Most Important To You

Fifth Challenge: Create two lists and title them, “My Fulfillment List” and “My Toleration List.” Carry your lists everywhere you go for the next 30 days. On Monday morning, spend 30 minutes distinguishing what choices you can make to experience greater fulfillment in your life and business.

Reserves

- How do you feel when you have a reserve of money - whether it's from a successful investment or an inheritance?

- How do you feel when you have a reserve of organization? Your clothes are organized, your e-mail is up-to-date, all loose papers are filed and the checkbook is balanced? (*Example:* order and structure)

Reserves allow us a greater quality living experience. They diminish anxiety, increase clarity, joy, creativity and a deeper level of consciousness.

Sixth Challenge: Where do you want more support in your life? What will you ask for and who will you ask?
