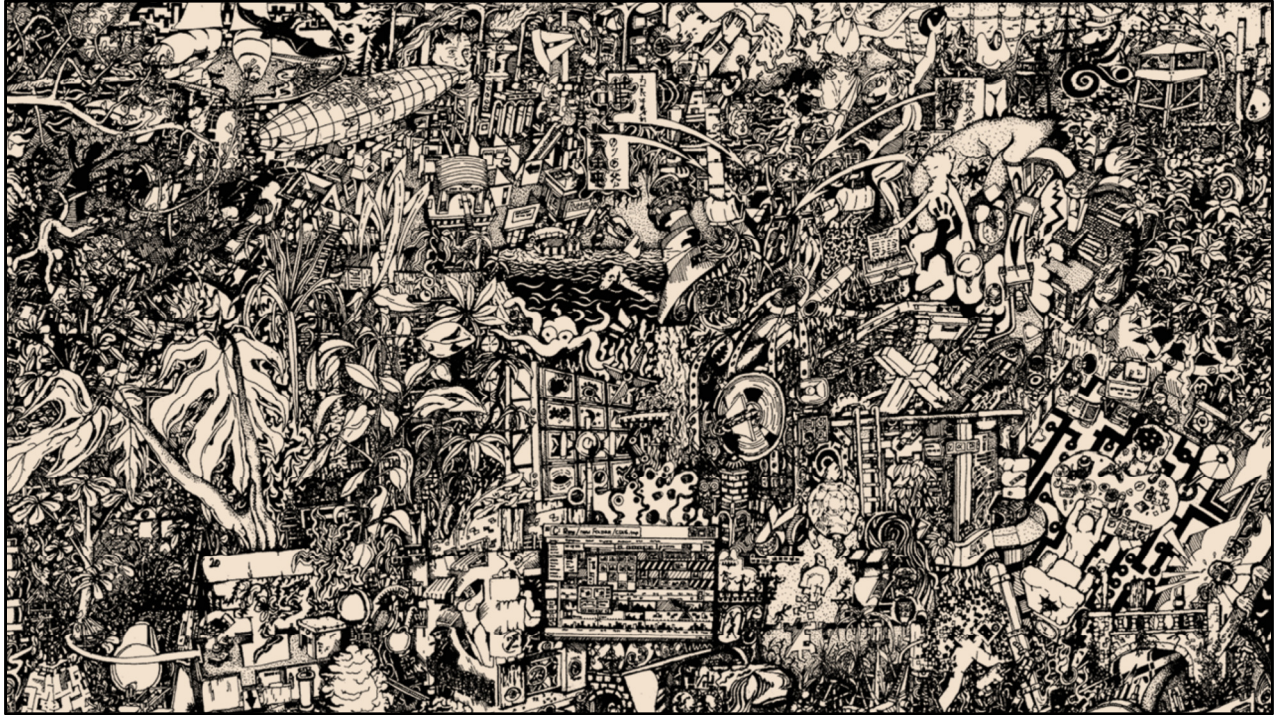


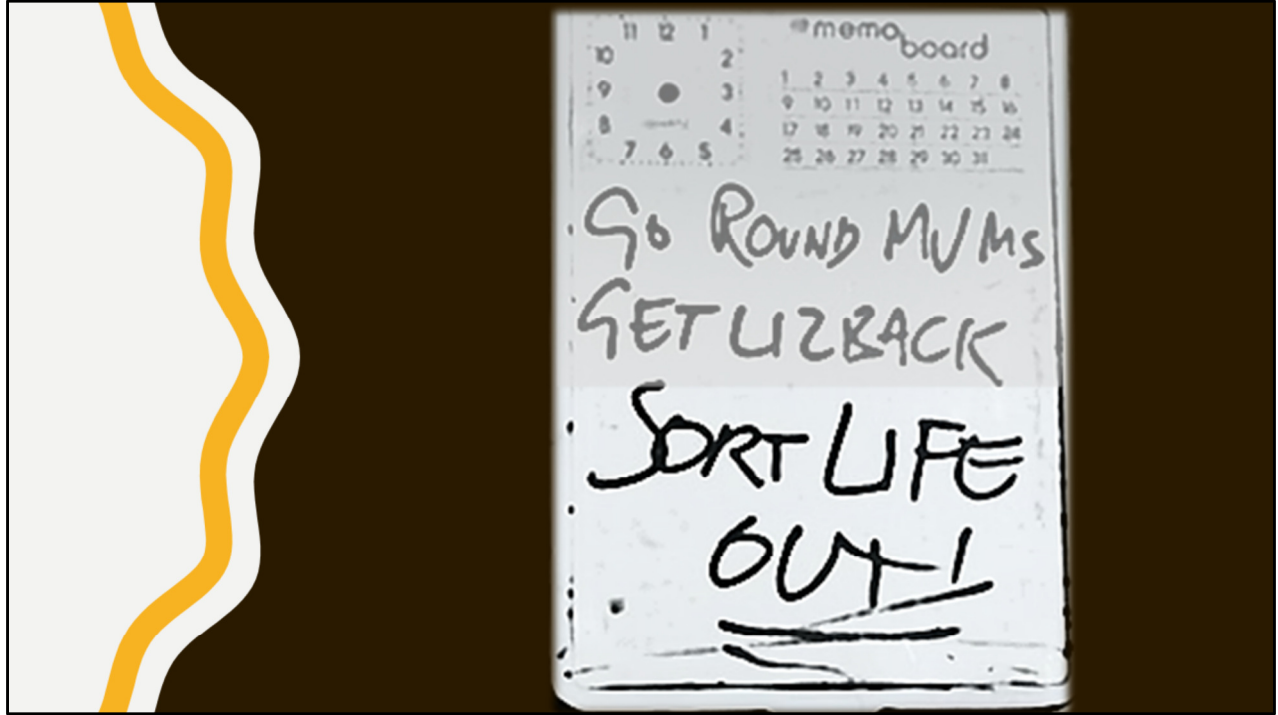


HI!

**BRANDY CHURCHILL, AGILE COACH
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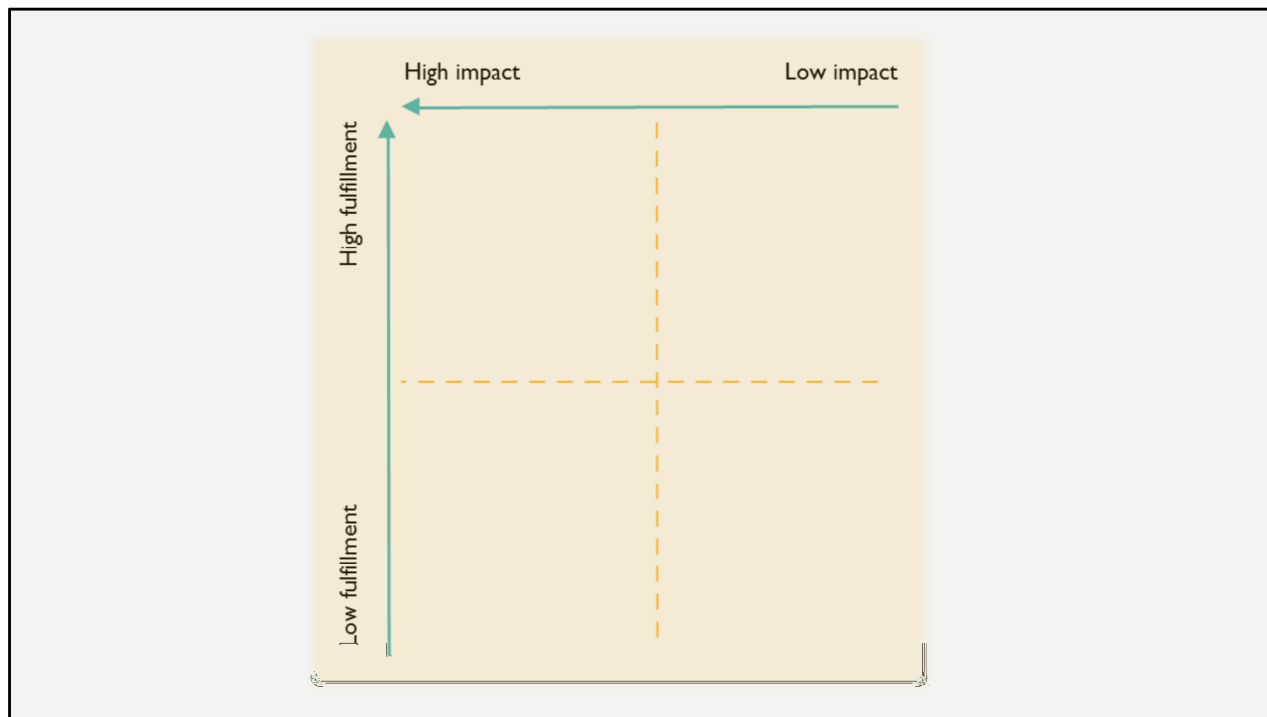


Does this remind you of your life? ☺ It certainly does for me...





Make a list of all the things happening right now in your life, whether in your control or not. Not too detailed – “brush your teeth” doesn’t count unless you’re really having to put some thought and effort into that. But “personal care” might count, once you sum up all the things that entails! Exercise, work projects, side projects, self-directed learning, in-progress personal/professional goals, family things, friend things, hobbies, volunteering (those might be separate items)...



Now, typically this exercise is used to filter by “important” versus “urgent”, but you can use whichever two points of comparison you like. I like to break mine down by “fulfilling” and “impactful” because those are the things that matter most to me in my life and work.

Using your terms, create a four-square, where the top left corner is the intersection of the high points of both of your terms.

Write your items into the four quadrants that are created, accordingly.

The items that reside in the top left corner should be the ones where you focus the majority of your time and energy – which also means that you shouldn’t have too many things here. Be *really* picky. 😊

