**Session 1: Addressing Time Management Issues**

* *Summary:* This session focused on the different distractions that could pull us away from effective time management, those things being interruptions and multitasking.
* *Reflection:* I chose this because I have a lot of work to do and am struggling to get everything done.
* *Application:* I will create a to-do list in order and with deadlines in order to better manage my time.

**Session 2: Setting Smart Goals**

* *Summary:* This session focused on creating SMART goals. These goals are specific, measurable, achievable, relevant, and time bound.
* *Reflection:* I chose this because it would help me with my time management specifics.
* *Application:* When I create my to-do list, I will create smart goals for my assignments.

**Session 3: Lifestyle Factors**

* *Summary:* This session focused on identifying the main parts of life and identifying where we are struggling in our current state.
* *Reflection:* I chose this because I wanted to better my life. I need to find more purpose and meaning throughout my life. This means in both the dull and the active moments.
* *Application:* During sacrament, I will reflect on ways that I can improve my personal view of my purpose.

Overall, these different sessions were pretty cool. What kept coming up was my overwhelming lack of proper time management, which is something that I’ve been thinking about for a while now. I need to better my personal time management skills. To do this, I will set two goals:

1. I will get out of bed by 7:00 AM and decide on what assignments to get done each day.
2. I will at least get 2 assignments done each day.