



Sacred Depths

COACH CERTIFICATION

Connecting to Your Pace Worksheet

A key to being able to move through your life in a way and at a pace that is right for you, is to notice:

- 1. If you're enjoying/feeling aligned with your daily routines and activities*
- 2. If you enjoy the people you surround yourself with.*
- 3. When it's time to stop working and take a rest.*

Track and get clear on each of these 3 areas Throughout the day for each activity you engage in, ask yourself: (a) am I enjoying this activity, (b) am I enjoying this person I am interacting with? (c) is it time to stop working now?

Keep notes for each day this week below:

<i>Day of the week</i>	<i>Activity</i>	<i>Am I enjoying this activity</i>	<i>Am I enjoying the person(s) I'm interacting with?</i>	<i>Is it time to stop working now?</i>