

Celebrate your Sacred Time

week **89**

While we often think of 'sacred' as being related to religion, it can also be applied to your work, your career and your business. Sacred time is precious time. It's when you devote and dedicate yourself to a specific task that you place a high value on. This week define your sacred time and then celebrate it like your life depends upon it - because it does.

Why do you do what you do? What is sacred about your work? What is the purpose of your life? What do you value the most? What is your legacy? Eg family, body of work, social cause

Why

What's the one skill that will grow your business or career? What do you need to learn? How do you express your purpose? What's specific goal you want to fulfil? Eg speak in public, write a book, lead others to victory

What

Where

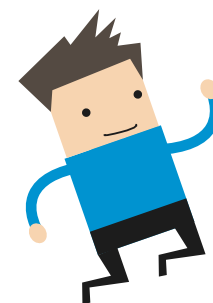
Do you need a special place to make this happen? Or perhaps it's more about making the most of where ever you're at? Eg meditation room, favourite coffee shop, workshop, training room

When

When are you going to perform your sacred acts? Every single day? First thing in the morning? Weekends only? And for how long? An hour a day? Two days a week?



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