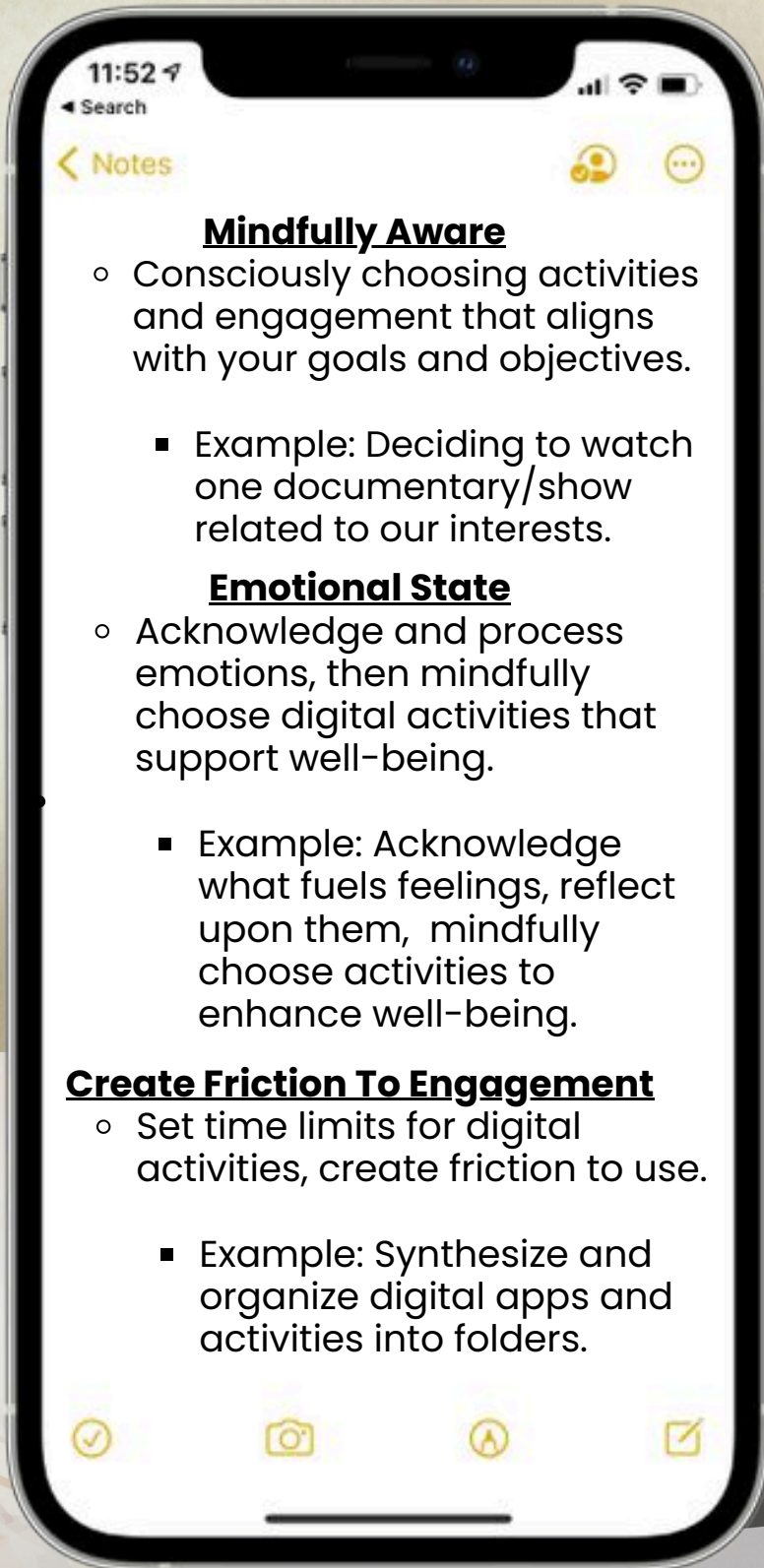
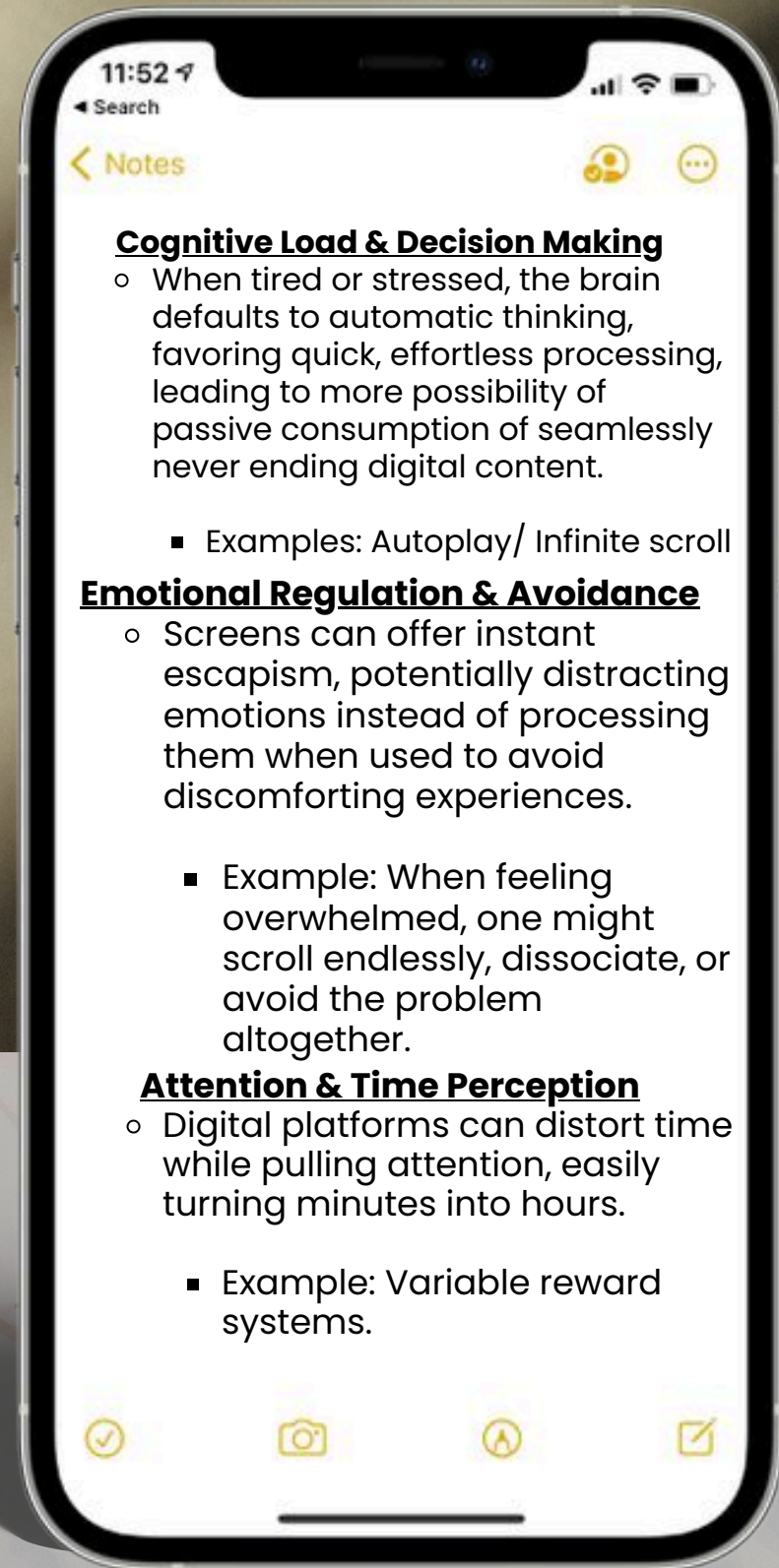


“ARE YOU CHOOSING THIS TIME, OR JUST PASSING IT?”

“CHOOSING” TIME



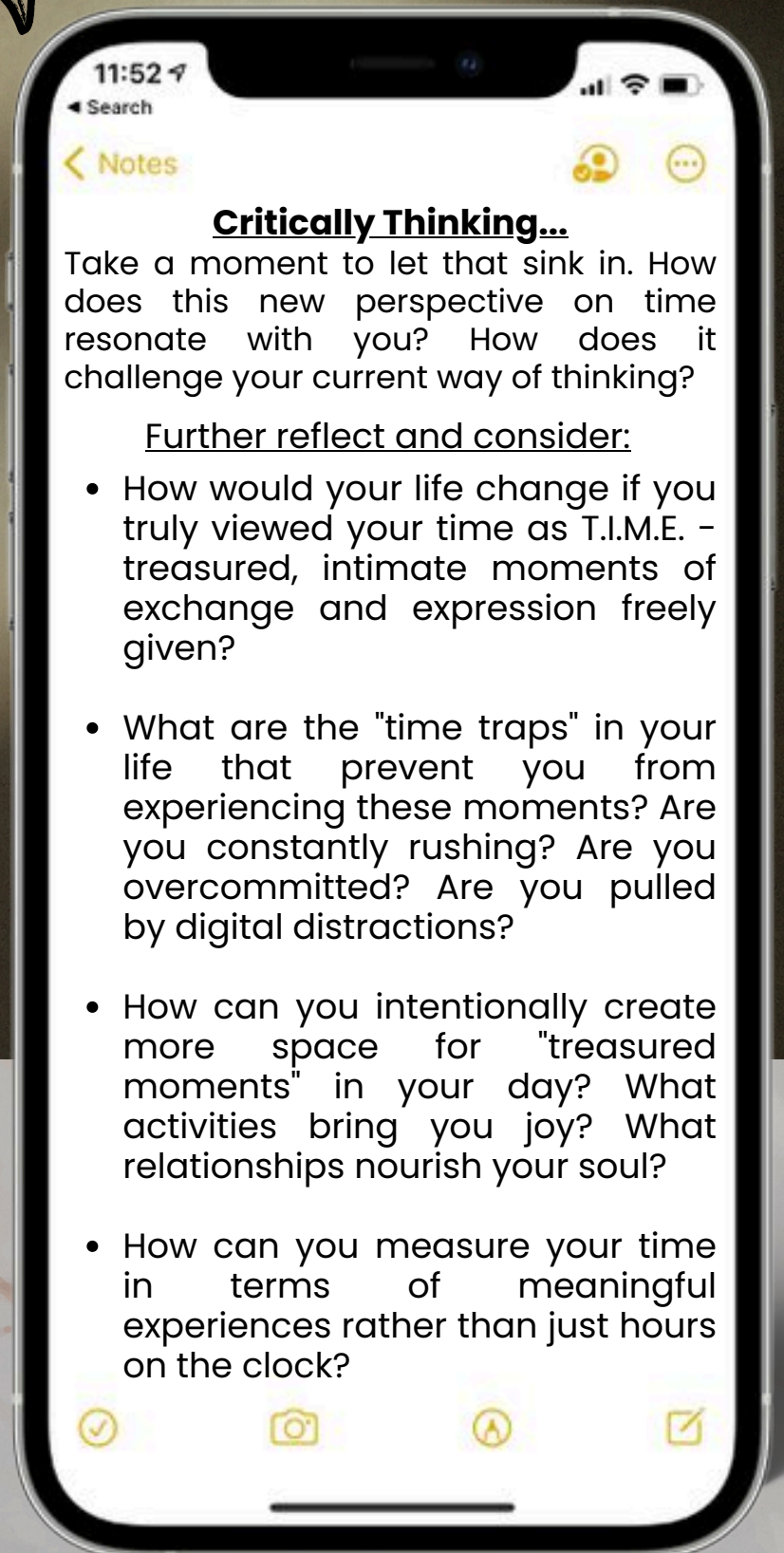
“PASSING” TIME



SHIFTING OUR PERSPECTIVE TOWARD "TIME"

- **T - Treasured (Tender):** Imagine viewing your time as a series of *tender* and *treasured* moments, each one holding value and significance. Instead of rushing through your day, you savor each experience, appreciating the small things and finding joy in the present.
- **I - Interactions (Intimate):** Time is often about connection. It's the *intimate* moments, the deep conversations, the shared laughter, that truly nourish our souls. How can we prioritize these connections and create more space for meaningful *interactions* with both self and others?
- **M - Moments (Measurements):** We often measure time in minutes and hours, but what if we *measured* it in *moments* of joy, of growth, of connection? What if we focused on the quality of our experiences rather than just the quantity of time?
- **E - Exchange (Expression):** Time is an *exchange* of energy, of effort, of ourselves. It's how we *express* our values, our passions, our love. Are we consciously choosing how we exchange our time, or are we letting it slip away on things that may not be serving our well-being?

Embrace a mindset where time transforms from a fleeting resource into a collection of treasured intimate moments of exchange and expression. Enriching your life with increased intentionality, connection, and joy.



HOW IS YOUR TIME
BEING WELL-SPENT
TODAY?

