

# Wit & Delight

*harness your ambition*

## EMBRACE NEW BEGINNINGS

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List three things you have always wanted to start. Don't rationalize them, just go with the first three things that pop into your head.

- 1.
- 2.
- 3.

Next, prioritize them 1-3 based on which one is most important in relation to achieving your goals this year.

## GET COMFORTABLE WITH DISCOMFORT

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We all have triggers that thwart our ability to stick to our newly formed habits. A few to get you started: Netflix, Instagram, Texting. Now, list what you gain from spending time doing these activities.

- 1.
- 2.
- 3.

Finally, I want you to visualize what you gain from learning a new skill. In what ways would this new skill change your life?

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## IDENTIFY ROADBLOCKS

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Think about what you do each day. What distractions or systems could you alter in order to make time for learning? Does your skill require you to dedicate 30 minutes each day or do you need longer blocks of time? Write down which aspects of your daily routine could change to make room for learning. Understanding what needs to change in order to make learning a priority is key.

1. Changing \_\_\_\_\_ to \_\_\_\_\_ :
2. Changing \_\_\_\_\_ to \_\_\_\_\_ :
3. Changing \_\_\_\_\_ to \_\_\_\_\_ :

## DESIGN YOUR DAYS WITH TIME FOR LEARNING

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Use our time block worksheet to organize your daily schedule into large chunks of time. Set aside the time you need for learning and protect it like it's the most important thing you have to do each day. If we don't make learning a priority, someone else will tell you how to spend that time, either through email, text or a phone call. Our worksheet will help you realize how much time is wasted jumping from task to task and show you where you can find the time to dedicate to learning.

## SET LIMITS AND IMPLEMENT SYSTEMS THAT ARE REPEATABLE

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Write down how you protect your time. List the tools and apps you'll use to keep distraction at bay. Use a calendar to track the days you completed your learning and celebrate when you're on a hot streak. The more days in a row you stick to making time to learn, the sooner the discomfort fades and learning becomes part of your daily routine.

When distraction hits, I will:

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TASK	PRIORITY	TIME REQ.	FOCUS REQ.
0. <i>'harnessing ambition worksheet'</i>	HI MED LOW	<u>1</u> hrs <u>00</u> mins	<u>100%</u> 80% 50%
1.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
2.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
3.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
4.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
5.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
6.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
7.	HI MED LOW	___ hrs ___ mins	100% 80% 50%
8.	HI MED LOW	___ hrs ___ mins	100% 80% 50%

## KEY

100% focus = 1-4 hours uninterrupted = designing, writing, photography, editing, reading  
 80% focus = 30 mins listening to music = social media managing, sourcing inspiration, ideating  
 50% focus = 10-15 mins = attending to emails, data entry, software updates, organizing

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## BIG PICTURE

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## PROJECTS

- 1.
- 2.
- 3.
- 4.

## NOTES

## HOME LIFE

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MON	TUES	WED	THURS	FRI
AM-	AM-	AM-	AM-	AM-
NOON-	NOON-	NOON-	NOON-	NOON-
PM-	PM-	PM-	PM-	PM-