

Protecting What Matters Most

"Your time is limited, so don't waste it living someone else's life."

— Steve Jobs

Where Are Your Most Precious Resources Going?

Rate each statement:

1 = Never true

2 = Rarely true

3 = Sometimes true

4 = Often true

5 = Always true

- 1.____ I feel scattered, pulled in multiple directions throughout my day.
- 2.____ I say "yes" to requests even when I want to say "no."
- 3.____ I check my phone, email, or social media compulsively throughout the day.
- 4.____ I feel guilty when I prioritize my own goals over others' needs.
- 5.____ I struggle to concentrate deeply on important tasks without interruption.
- 6.____ I'm so busy reacting to urgent demands that I rarely work on what's important.
- 7.____ I'm exhausted at the end of the day and don't accomplish what mattered most.
- 8.____ My calendar is filled with other people's priorities instead of my own.
- 9.____ I lose track of time scrolling through my phone or getting distracted online.
- 10.____ I'm constantly working but never making real progress on my big goals.

Your Score:____

Interpretation:

10-20 points: You protect your resources well.

These tips will help you maintain and refine your focus.

21-35 points: You're losing significant time and energy to

distractions and competing demands. These tips will give you practical tools to reclaim your focus.

36-50 points: Your resources are depleted.

It is time to protect them.

The strategies behind these tips are essential for you.

You can't move towards something new if you're still giving your best energy to everything else.

Three Sacred Resources

Let's talk about "protecting what matters most," we're really talking about three interconnected resources: Time, Energy and Focus.

Energy Vampires vs. Energy Investments

Not all activities are created equal. Some deplete you. Some sustain you. And some — the right ones — actually energize you. Energy Vampires drain your resources without contributing to your goals or well-being. We're talking about things like:

- Doomscrolling social media
- Toxic relationships that leave you depleted
- Unnecessary meetings that accomplish nothing
- Perfectionism about tasks that don't matter
- Saying "yes" to obligations out of guilt
- Consuming outrage-inducing news 24/7
- Engaging in drama that isn't yours to solve

On the other hand, Energy Investments require effort upfront and return dividends. Think of things like:

- Exercise that boosts your physical and mental capacity
- Learning that advances your skills
- Relationships that genuinely support your growth
- Work that aligns with your values and goals
- Rest and recovery that restore your reserves
- Creative projects that energize your spirit
- Meaningful conversations that deepen connection

The Focus Audit Exercise: This week track where your time, energy, and focus.

At the end of each day, ask yourself:

Honestly, what drained me today?

What energized me today?

What occupied my thoughts and didn't advance my goals?

If I could reclaim one thing, what would it be?

Most people are shocked by what they discover.

Hours lost to activities they don't even enjoy.

Energy poured into relationships that don't reciprocate.

Mental bandwidth consumed by concerns beyond their control.

The question isn't: "What should I add to my life?"

The question is: "What must I subtract?"

The price of reclaiming your life — doing something differently to have a better experience and result.