



LSTM Self-Assessment Challenge:

## Schedule A Meeting With Yourself

7 Days | 20 Minutes Per Day

**Schedule a regular meeting with yourself to figure out how to do more satisfying work.**

### Why Do This Challenge?

It's time to make time for the most important person in your life, yourself. We spend the majority of our time listening to what other people think and actively ignore our own inner voice. Give it a chance to speak by making time to listen to it. If you truly want to make a big change in your life, you have to make time for it. Take the first step by scheduling a daily meeting with yourself.

### Required Tools

- Pen and notebook, Word document or note on your phone.

### Instructions

- **Step #1** Schedule a daily 20-minute meeting with yourself for one week.
- **Step #2** Put this meeting on your calendar and create a reminder for it.
- **Step #3** Do not cancel this meeting except for an emergency.
- **Step #4** Take some notes as you listen to your inner voice.

### Helpful Hints

- Don't judge yourself. Give yourself permission to dream and have crazy ideas.
- Consider establishing a set place for your meeting or try an activity like walking.
- Begin each meeting by asking yourself, "What do I really want to do for work? Why?"
- Ask a family member or friend to hold you accountable by sending you reminders.
- As you think, talk out loud as if you were talking to someone else.

Question? Email [itspossible@lifeskillsthatmatter.com](mailto:itspossible@lifeskillsthatmatter.com)