

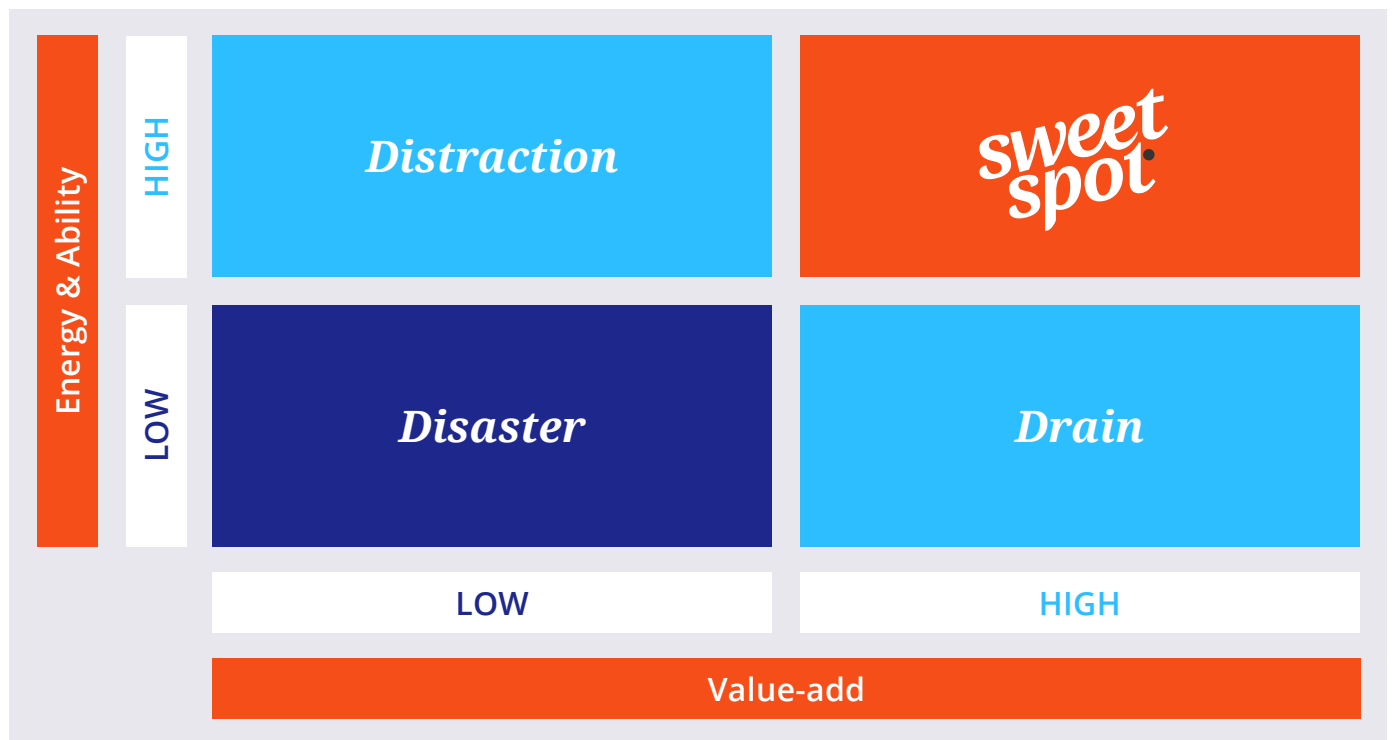
Discover your Sweetspot



Make progress in life

Spend more time in your Sweetspot, in order to:

- **Feel more engaged**
- **Get better results**
- **Enjoy financial success**



The 3D's stand in the way of spending more time in your Sweetspot. Reduce or eliminate them using SODA.

Stop	Outsource	Delegate	Automate
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Do the Sweetspot exercise every 3 months; the Habit will impact your Mindset

Exercise	Habit	Mindset
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To get the most out of this worksheet, visit www.sweetspot.guru

Discover your Sweetspot



Brainstorm and make notes

Distraction

Sweetspot

Drain

Disaster

Select the most important answers from your notes

1

Identify your sweetspot

My Sweetspot abilities & activities:

2

Eliminate or reduce 3D activities

3D Activities to Reduce or Eliminate:

Specific Actions to accomplish that:

Time saved

3D Activities to Reduce or Eliminate:	Specific Actions to accomplish that:	Time saved
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3

Take action towards your Sweetspot

Actions:
