

# Another Beautiful Life

## Intentional Living: What do you think/believe about time?

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Having an awareness of how we have been spending our time will give us an indication of how we think about time. Remember, most of us take time for granted and haven't truly considered what we think and believe about it. We haven't decided what we want to do with our time in a very deliberate way. So first, we looked at how we are spending our time. And now, we look at why.

We are going to uncover how you think about time. Below are some prompting questions. Do not edit your answers based on what you want to believe—we are simply uncovering your thinking patterns.

What do you believe your time is for?

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Do you believe you have enough time? Why or why not?

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Why do you spend your time the way you do?

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What takes up your time, and why?

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Time goes by fast when...

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If I had more time, I would...

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When you believe in the model, you really start to understand that the way you spend your time is determined by the way you think, and the way you think and spend your time will determine the results you get.

The truth is, only action creates results. Actions take time. Actions create time. Our actions determine our time. This ultimately means that our thoughts determine our time.