

PURPOSE WORKSHEET

DATE _____

WHAT IS MY MAIN PURPOSE TODAY?

WHAT ARE ONE TO FIVE TASKS I WILL ACCOMPLISH TODAY? WHAT IS MY PURPOSE FOR EACH ONE?

DO I NEED TO BREAK THESE DOWN TO SMALLER PARTS?

HOW LONG WILL I SPEND ON THEM, INDIVIDUALLY OR AS A GROUP?

HOW MUCH EMOTIONAL/MENTAL/PHYSICAL CURRENCY WILL THEY REQUIRE (1-10 SCALE)?

WORK SESSION 1 GOAL:

WHAT DID I DO DURING 5-MINUTE BREAK?

WORK SESSION 2 GOAL:

WHAT DID I DO DURING 5-MINUTE BREAK?

WHAT DID I ACCOMPLISH TODAY?