

Week 2 Training

STOP and BREATHE

Close your eyes
Take a deep breath in and out
See the plates you're juggling
As they meet your hand
Put them on the table

IDENTIFY

- 1) Who, what, and where are on the plates?
- 2) Begin to list them -- yep all of them
- 3) Once they are all listed, categorize them
 - 1) F for faith
 - 2) S for self
 - 3) M for marriage/spouse
 - 4) K for kids (if no kids choose another category)
 - 5) FF for Family and Friends
 - 6) B for business (you may have more than one.
You should have one plate per business

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IDENTIFY

- 1) Faith (church, bible study, prayer time, fellowship)
- 2) Self (self-care, hobbies, down time, etc)
- 3) Marriage/spouse (date night, planning, finances, outings, etc)
- 4) Kids(schools, 1:1 time, volunteering, carpooling, play dates, PT conf, games, events)
- 5) Family/Friends (night out, bbq's, getting the families together, holidays, birthdays)
- 6) Business (day-to-day activities; strategy, planning, investing - time and money, mentors, implementation, marketing, operations, sales, training/teaching, etc.
Business 1
Business 2

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IDENTIFY

A series of horizontal dotted lines for writing.

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EVALUATE

remove what can be set aside, move the plates around so when you sit at the table each plate fits nicely around the edge of the table so you can pull up a chair and sit at that plate.

This is the time to make any adjustments you need to
You should only have 6-8 plates on the table

SET YOUR TABLE

On a piece of paper draw a table, draw the number of plates - 6 to 8 (kids if you have multiple can be on one plate, you just have to divide that plate up amongst them.

Some people will even put their family on one plate including their spouse and then have a plate for extended family and friends)

TAKE ACTION

Looking at the paper:

PICK A PLATE

SIT AT THAT PLATE

GIVE IT YOUR FULL FOCUS (MENTALLY, EMOTIONALLY,
PHYSICALLY)

All energy and focus can now be on the one thing on the one plate in front of you.

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SET BOUNDARIES

Set boundaries for yourself
Set additional boundaries for each play and/or area on
the plate if needed.

Keep this simple.
Too many boundaries can make things more difficult.