



The
enchantingLawyer[™]

Action Guide

Jim Bunch

1. 24 Hour Challenge

Jim talks about his 24 hour challenge which will help you to understand what things in our life inspire you and which ones drain your energy.

How Does It Apply?

Take Jim's 9 Environments Wheel and spend 24 hours writing down which things inspire you and which expire you within each environment. At the end of the day, write down below what you have noticed.

2. Do the Closet Challenge

Jim explains how our physical environment can get cluttered with things that we really don't need any more. By getting rid of our clutter and being more organized we can completely transform other parts of our lives.

How Does It Apply?

Go through your closet and take everything that you haven't worn in the last 6 months and donate them. Try to be as ruthless as possible.

3. Figure out your Core Values

Jim describes how we seem to get bogged down by the little things in life. It is easy to get sidetracked and forget about what is really important for you. By knowing and understanding what your core values are, you can begin to design your life around these.

How Does It Apply?

Think about and then write down below what you think is important in life. What do you want to be remembered for? What do you really want to be spending your time on? Now write down below what your core values are and try to figure out a way to design your life around them.