

Painless Business

List the Top 5 things in your life
(what is most important to you?)

1)

2)

3)

4)

5)

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Now list the Top 5 thing you spend time on
(What do you spend the most hours on per week/month?)

1)

2)

3)

4)

5)

- **What is the betting that these five are not the same as the previous five?**
- **What does it tell you?**
- **Is there anything you want to address?**