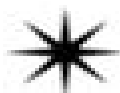


A YEAR OF INTENTIONAL LIVING

THE WORKBOOK



A YEAR OF INTENTIONAL LIVING

WEEK 7: WORKING WITH FOCUSED FLOW

Intentional productivity doesn't have to feel rigid or overwhelming. This week is about finding your focused flow—working in a way that's aligned with your values, energy, and priorities. It's not about doing everything—it's about building rhythms that last.

These activities are offered but optional. Give yourself the time and space to fully engage with them. Remember: it's about progress, not perfection. Small intentional changes add up.

How are the things going?

41. **Define Your Top 3 Priorities Right Now**
What matters most to you this season?
42. **Do Your "Most Important Thing" First**
What's one task that would make you feel grounded or accomplished today?
43. **Time Audit - Where Does Your Time Actually Go?**
Take inventory. What are your true time habits?
44. **Simplify One Area of Your Life Today**
Where are you overcomplicating things?
45. **Create Before You Consume**
Can you create something before scrolling or checking messages?
46. **Time-Block Your Day for Deep Work**
What's one chunk of time you can protect for focused work today?
47. **Reflection: What Helped You Work with More Intention This Week?**
Which small shifts created more clarity or ease?

WEEK 7

Working with Focused Flow

Living By The Workbook

R Bogdan



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