

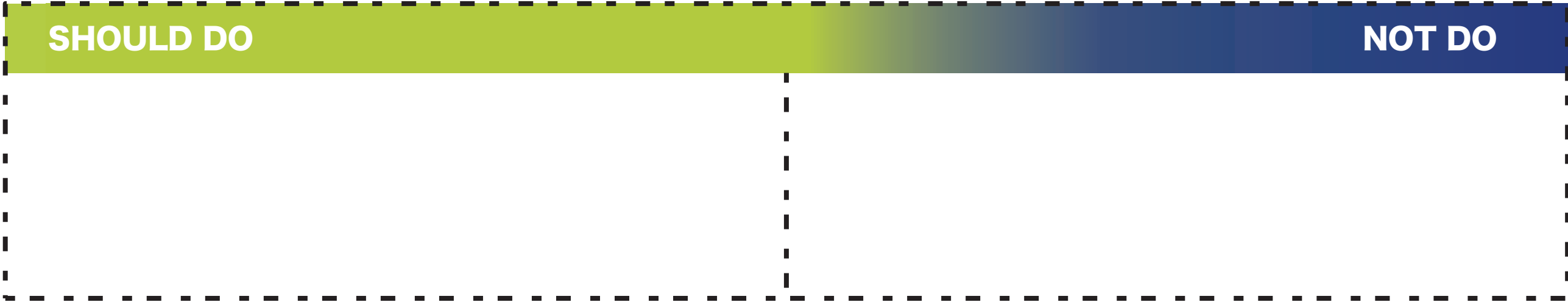
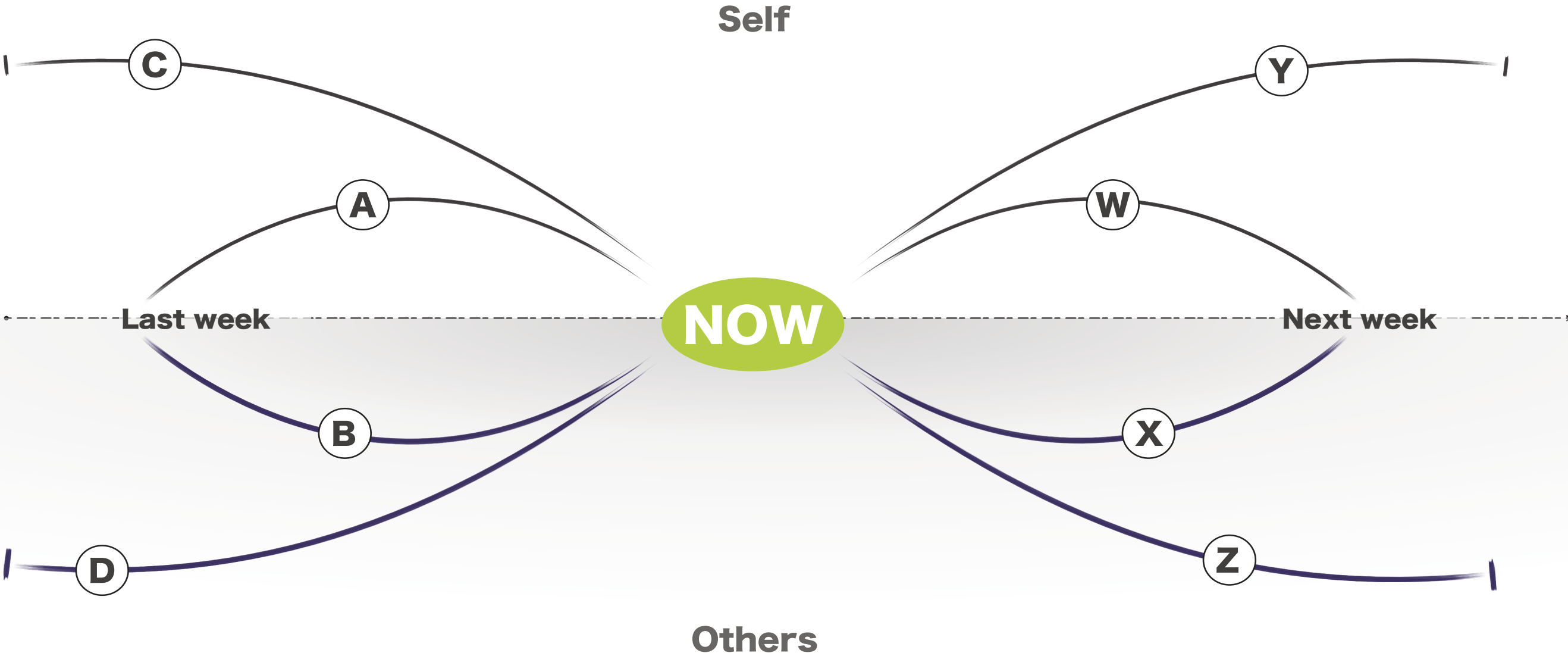
TLDR: Key takeaways from this week

1. The power of now comes from its connection to the future and past
2. News does not equal relevance
3. Shape your time according to your desired impact

Instructions for the Horns of Time:

1. Print out the three pages of the worksheet.
2. Find a moment of quiet reflection. Spend 5 minutes jotting down all the things you are working on right now. All the little projects, big projects, tasks and responsibilities.
3. Look at the 'Horns of Time' worksheet and now start adding:
  - a. On 'Horn' A: Write down personal decisions from the past week that have a direct influence on what you are working on.
  - b. On 'Horn' B: Write down decisions others have made in the past week that are shaping what you work on now.
  - c. On 'Horn' C: Write down decisions you have made in the last year that are improving (marked with a +) or decreasing (-) your chances of success.
  - d. On 'Horn' D: Write down decisions others have made in the last year that are improving (+) or decreasing (-) your chances of success.
3. Now shift you focus to the future:
  - a. On 'Horn' W: Write down what personal results you would like to see in one week.
  - b. On 'Horn' X: Write down you would like to influence others differently in one week.
  - c. On 'Horn' Y: Write down what long term change you would like to commit to, and how you will commit.
  - d. On 'Horn' Z: Write down three words you would like others to associate with you in a year's time.
4. Now, in the box at the bottom, write a list of things you should be working on right now to achieve the things you listed above. (And the things you should stop doing).
5. Complete the regenerative reflection sheet.





## Reflection

**Vitality:** What resources can be released if you applied this new focus?  
How could they be redeployed?

**Diversity:** How would the exercise be different if you did it in reverse?

**Interdependence:** Who do you trust to get feedback from?

*MANAWA: you can't change anything yesterday, you can't change anything tomorrow, you only change something now, here's where your power is. So you put more of your attention here and here is where you work to change. You want a different outcome tomorrow, changing something now. You want to change the effects of the past, you change something now.*

*This is where your power is*

SERGE KAHILI KING

