

# Rhythm Solution Process Worksheet

Name \_\_\_\_\_

<b>Identify the Problem</b>	
<b>Identify Life Stages and Personal Seasons</b>	Life Stage:  Personal Seasons:
<b>Apply Kairos Rhythm Strategies</b>	Release Expectations:
	Seize Opportunities:
	Anticipate What's Next:
<b>Apply Chronos Rhythm Strategies</b>	Set Your Pace (frequency and flow):
	Build Rituals (traditions and habits):
	Oscillate Work and Rest: