Invest in Yourself

If you don't value your time, neither will others. Stop giving away your time and talents. Value what you know and invest in yourself.

How do you spend your time? Whatever you are doing with your time tells you something about who you are. Are you working on you? Working on your dreams? Reading books? Acquiring new knowledge? Going home from work to do nothing? You make the decision on how you invest in yourself with your time. Discover what you are really committed to.

Movie Link (04:01)

https://youtu.be/Eu_dUxTg33I

Motivational Discussion Questions (Select One)

- Evaluate how you spend your time. Does your current time investment match with your goals and dreams?

- Is there something you've been wanting to do but put aside because you say you are too busy? What barriers can you remove to effectively invest in your dream and yourself?

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