

BETTER LIFE THROUGH EMOTIONAL FITNESS

WHERE DOES YOUR TIME GO?? RETHINKING PROSPERITY

Make a list of what takes up your time now in no particular order. Once done, estimate the typical time spent in a typical week and write it in the Hours/week column.

Task/Activity	Hours/week	
Sleep (if less than 49, you are sleep deprived!) Grand Total hours/week		
Grand Total hours/week	168	

Your list reflects who you really are at this moment. Now take a moment to put YOUR IDEAL amount of time for each category or activity into the last column.

Give some thought to how you need to reorganize what you are doing during the week to 1) reflect what is **REALLY** important to you (Value assessment using the **QR** code and value of life questions below), and 2) is in keeping with your desired positive life changes—what items should you/could you eliminate? What items should you/could you add?

Value of Life Questions

Are my relationships with those I love improving or deteriorating? Is my curiosity about the world increasing or decreasing? What things anger me today, as compared to a few years ago? Which of my behaviors do I value and which do I dislike? Generally, am I feeling more peaceful or more stressed? Am I becoming someone I admire?

