Time – spend it BETTER than you would your money. You'll never get it back or make more of it.

How you spend your time will tell you:

- ✔ **Who you will become;**
- ✔ **What you will build;**
- ✔ **What you will have.**

WEEKLY BUDGET: 168H

Sleep (hours a week):

Food (hours a week):

Work (hours a week):

Family and Friends (hours a week):

Health and Self-Care (hours a week):

Other non-negotiables (hours a week):

TOP Priority Projects for This Week/Month:

Project 1 ***(What it is + Hours with Slack Time):***

Project 2:

Project 3:

Project 4:

Project 5:

#1 LOOKING BACK: Capture where you spend your time for a week as you usually do. Reflect on how your time "spending" aligns with your stated priorities.

#2 LOOKING FORWARD: For the next week, go through this sheet and schedule the non-negotiables and priority projects BEFORE each week begins. For long-term projects – schedule several weeks/months in advance.

Refer to you values and yearly priorities when in doubt what to say NO and YES to.

This will tell you how much time you actually have and where your priorities and focus ACTUALLY are. What changes need to be done to align those and, ultimately, get the results you want in life?

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Angela,
Rooting for Your Success! 🎉
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