

168 Hours in My Week

Each time I move something into my time schedule, I have to move something out. No two things can occupy the same space.

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|-----------|--|------|-----|------|-----|-----|-----|
| 4:00 a.m. | | | | | | | |
| 5 | Example: Sleep (7 hours) | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| NOON | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | Example: Sleep (11:00 p.m.- 6:00 a.m.) | | | | | | |
| Midnight | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |

Fill in this chart for a day, or several days, to see if your time schedule reflects your desired lifestyle. Look for time slots in your week to make changes.