

168 – My week Re-imagined

1. Think about your average week. How are you spending your hours each week? Fill in the table below according to your average week.

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00Am							
7:00Am							
8:00Am							
9:00Am							
10:00Am							
11:00Am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							
12:00Am							
1:00Am							
2:00Am							
3:00Am							
4:00Am							
5:00Am							

2. Are the hours you are spending on each activity each week reflective of your priorities?

3. If you could re-arrange your weekly schedule so that it reflects a time investment in the things/activities/people that matter to you the most, what would it look like? Fill in the table below according to this vision.

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00Am							
7:00Am							
8:00Am							
9:00Am							
10:00Am							
11:00Am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							
12:00Am							
1:00Am							
2:00Am							
3:00Am							
4:00Am							
5:00Am							

4. How much different is this schedule compared to the one on the previous page? What changes do you need to make to spend more time doing the things that matter to you the most?

5. If your first two tables look drastically different, then you need to make a few changes to your current schedule. Start by making gradual changes. Maybe you need to spend more time cooking at home so that you go out to eat less, or maybe you want to make exercise part of your daily routine. Try by adding a 30-minute work-out to your schedule 2-3 times a week.

Fill out the table below once again, this time, by making those gradual changes to your current schedule. Print it, post it somewhere visible, and commit to it! Take it one week at a time and make the most out of your 168 hours!

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00pm							
1:00pm							
2:00pm							
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5:00AM							