

Examine Your Time

Where has my time been going?	Things I am willing to put on pause for the next six months
Facebook	Taking phone calls any time of the day → set boundaries on when I am available
Email	House Maintenance → postpone
Laundry	Cooking everyday → prepare meals ahead, negotiate which days you cook, ask for help
Dinners out	Dog walking → delegate to family member!
Netflix	

What times of the day are you able to do work that you love? This will drive when you schedule meetings with people, when you need to write a plan and yes even do chores such as laundry!

Everything you schedule should be based on your most creative relaxed time periods. Use e.ggtimer.com to measure exactly how long of a stretch you can make when you are in creative mode. Is it 90-minutes, 2-hours, only a half-hour?

