

The Path to Potential

Worksheet #3

Use this worksheet to find the time you can commit to pursuing your passion.

MORNING ROUTINE:

What time do you wake up most days?

How long do you spend on your morning routine (breakfast, hygiene, etc)?

Do you have to rush off to work? If so, how long is your commute?

What time does your work day actually start?

DAYTIME ROUTINE:

How long is your workday? What is the time frame?

Do you have any down time during the day for breaks, lunch, etc? How much?

How much time during the day do you get to choose how to use your time?

What time does your workday end? How long is your commute or transition to evening activities?

EVENING ROUTINE:

What are your regularly scheduled evening commitments?

During the WEEK, how much time is committed to these activities?

How much of your evening is usually dedicated to preparing, eating, and cleaning up dinner?

How much of your evening is usually spent engaging family or friends?

NIGHTTIME ROUTINE:

What time of day do you typically start winding down?

How much time do you typically spend relaxing or watching television?

How much time do you spend getting ready for bed?

What time do you typically turn out the lights and try to sleep?

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HOW TO FIND THE TIME:

Look at your daily routine and identify any areas that you KNOW you have some free time.

How much free time do you normally have and how do you usually use it?

What part of the day are you most likely to be wasting time? Be honest.

How can you better use some of this time to begin building the life you've always wanted?

Look at your schedule and identify any areas that you can squeeze in a ten minute task. This might be lunchtime research, a podcast during your commute, or tasking during television time.

How much time can you squeeze out of these segments of the day in order to be productive?

What are some things you can do during this time?

Look at how you spend most of your evening time. Are you running around, go, go, going, and do, do, doing? Are any of these extra activities actually helping you progress toward your goals?

How can you use your time in the evening to bring your practical life and passion into better alignment?

Nighttime routines play an important role in maintaining a healthy and balanced lifestyle. Adequate sleep is critical to mental and physical performance. Relaxing and preparing for sleep is a high priority.

Do you feel like you're getting enough sleep? Do you wake up ready for the day?

If not, what causes you to stay up past the point of being tired?

How much time in the evening do you have to unwind and simply do what you want to do?

How do you typically use this time? Is it possible this time could be better used to pursue your passion?

At the end of the day, how you choose to use your time will ultimately define your life. Be wise.