

DO YOU HAVE ENOUGH TIME TO MEET YOUR GOALS?

How do you spend your time? We are all busy, and we use all 168 hours each week. So the big question is:

Are your WEEKLY ACTIVITIES taking you towards your GOALS?

Fill out the chart below to determine how much spare time you have to crush your goals.

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL

Add the total hours a week that you've accounted for and subtract from 168.

This is the discretionary time your have left each week. Now the choice of how to spend that time is yours!

$$168 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$