

3 THINGS TO TRY THIS MONTH

No. 1 Understand where your time is going. Track what you do (every 30 minutes!) for the next 2 days while you're awake.

DAY ONE

5:00 am	2:30 pm
5:30 am	3:00 pm
6:00 am	3:30 pm
6:30 am	4:00 pm
7:00 am	4:30 pm
7:30 am	5:00 pm
8:00 am	5:30 pm
8:30 am	6:00 pm
9:00 am	6:30 pm
9:30 am	7:00 pm
10:00 am	7:30 pm
10:30 am	8:00 pm
11:00 am	8:30 pm
11:30 am	9:00 pm
12:00 pm	9:30 pm
12:30 pm	10:00 pm
1:00 pm	10:30 pm
1:30 pm	11:00 pm
2:00 pm	11:30 pm

3 THINGS TO TRY THIS MONTH

DAY TWO

5:00 am

2:30 pm

5:30 am

3:00 pm

6:00 am

3:30 pm

6:30 am

4:00 pm

7:00 am

4:30 pm

7:30 am

5:00 pm

8:00 am

5:30 pm

8:30 am

6:00 pm

9:00 am

6:30 pm

9:30 am

7:00 pm

10:00 am

7:30 pm

10:30 am

8:00 pm

11:00 am

8:30 pm

11:30 am

9:00 pm

12:00 pm

9:30 pm

12:30 pm

10:00 pm

1:00 pm

10:30 pm

1:30 pm

11:00 pm

2:00 pm

11:30 pm

3 THINGS TO TRY THIS MONTH

No. 2 Choose your top 2-5 investment areas.

1.

2.

3.

4.

5.

No. 3 Schedule activities associated with your investment areas into your calendar for the next 2 weeks.

COMPLETED!

Bonus! Set your top 3 priorities the night before. For example, what will be your top 3 priorities for tomorrow?

1.

2.

3.