

## Time Flow Analysis

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							

\_\_\_\_\_ Hours of sleep  
 \_\_\_\_\_ Hours of basics  
 \_\_\_\_\_ Hours of fun, fulfillment  
 \_\_\_\_\_ Hours of empty, low value

I want to do MORE: \_\_\_\_\_  
 I want to do LESS: \_\_\_\_\_  
 I want to STOP: \_\_\_\_\_  
 I want to START: \_\_\_\_\_

=168 Total hours