

TIME INVENTORY




"The key is in not spending time, but in investing it." - Stephen R. Covey

"Time = life: therefore, waste your time & waste your life, or master your time & master your life." - Alan Lakein

Date	Time	Type of Activity	Details

REFLECTION



Reflecting on how you spend each day provides valuable insights, empowering you to manage your time more effectively. Find balance for family, growth, and meeting expectations. Embrace this journey towards a fulfilling life!

Any Surprises?

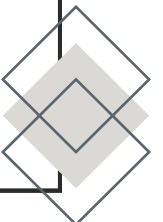
Embrace the chance to discover new insights about yourself and your daily routines.

What Patterns Did You Find?

Take a moment to spot anything you can adjust for better balance.

Time for positive changes!

Take this opportunity to create a more fulfilling and joyous life with time for what truly matters to you!



WEEKLY REFLECTION

Weekly reflection after a time inventory is crucial for continuous improvement. It helps you identify patterns, make adjustments, and stay on track with your goals.

THIS WEEK:

3 BIGGEST WINS OF THE WEEK

3 NICE THINGS I DID THIS WEEK

HOW WILL I MAKE NEXT WEEK EVEN BETTER?

- _____
- _____
- _____

NEXT WEEK'S GOALS

- _____
- _____
- _____

WEEKLY HABIT TRACKER

M T W T F S S

○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

DAILY PLANNING



There are times when life is demanding and restarting new routines is hard. Removing barriers like decision fatigue is key to my success.

TODAY:

BREAKFAST

LUNCH

DINNER

MY GOAL

NOTES
& INSPIRATION

SELF CARE
HEALTHY HABITS & FITNESS

MUST DO
TODAY

- 1 _____
- 2 _____
- 3 _____

APOINTMENTS

SCHEDULE
AND TO DO'S

