

Time, energy & money study

Where do you currently spend your time, energy and money? Keep this page with you over the next week so you can track where your time, energy and money are going.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1am							
2am							
3am							
4am							
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							

Eg: sleep, TV, eat, work, family, relationship, fun, education, community etc

Time spent per week:

Area	Time Now (in hours)	Time Future
Sleep	_____	_____
Eat	_____	_____
TV	_____	_____
Family	_____	_____
Relationship	_____	_____
Fun/Leisure	_____	_____
Health	_____	_____
Education	_____	_____
Community	_____	_____
Other _____	_____	_____
Other _____	_____	_____
Other _____	_____	_____

What changes do you commit to make to align the way you spend your time, energy and money with your passion, values and purpose?



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