



TIME AUDIT

- A. List the primary activities that fill your day & how much time you spend on each activity.

Activity	Hours	% of my day

- B. Ask yourself the following questions and write down the answers.

Which of these activities is contributing to your betterment?

Which of these activities is contributing to your stagnation?

Which 1-3 of these activities consumes the most of your time and contributes in no way positively to your life?

- 1.
- 2.
- 3.



What do you do on a daily basis that makes you the most money?

How much money does it make you?

How can you increase that number?