

Time for a Change

You are about to create a gorgeous, organized, implementable TIME MAP for your life in your ideal!

Start with a study.

This process is most productive after a week-long time study, so you can learn the common struggles and wins of your current schedule. Your study should have been completed in the previous lesson.

Then, consider how you work best.

Before you create your time map figure out when you focus best, when you move best, when you rest best, and when you play best! Remember, this is YOUR LIFE IN YOUR IDEAL.

Next, understand time signatures.

Study the time signatures on the next page and examples of each. You may want to add different time signatures to this list.

Then, go for it!

The ideal **SEWP**erstar creates a time structure that includes her PERSONAL schedule as well as her OFFICE schedule. You can separate them into two different schedules if that helps.

TIPS FOR MAKING THIS WORK!

- Make your time structure colorful and fun.
- Remember, this is a living document; you can change it any time! As your life evolves and changes, so will your schedule.
- If during the week you have an interruption in your “plan”, schedule the interrupted time in another spot that week.
- Be sure to revisit this regularly. Put a reminder in your schedule to check in with it every few weeks and move stuff around if needed.
- Once you complete it and study it, make sure it is JUST SO, share it with the people you live with and your team (if you have one). Let them hold you accountable.

MUST DO'S

These are activities that reoccur regularly. They are part of routine, not likely to change any time soon. Examples: Client hours, classes, meetings, family obligations that are regular, etc.

DATE TIME

This is time with your love. If you're single — plan it with yourself. It can be an evening, afternoon, or an entire day!

FAMILY TIME

This is the time to focus on your kids, family, friends, etc. This is when you enjoy the people you love — including yourself.

DIAMOND TIME

This is your focused, distraction-free time. It's when you create and manifest plans for greatness for your practice. Be sure to have a copy of your mission statement front and center while in DIAMOND TIME. It's important to not go more than three hours straight on these hours. We want to keep your mind and energy fresh and focused. There can be NO DISTRACTIONS during this time. If you need to, go to a coffee shop or library to get this done. No phones or emails!

BUSY TIME

This is the time that you're getting "life" done. Ex: errands, cleaning, grocery shopping, and/or washing your car.

ME TIME

This is time you spend with yourself, having fun, doing hobbies and self care. This can include food prep, getting bodywork, working out, etc. This is the time you include in your schedule to take care of you.

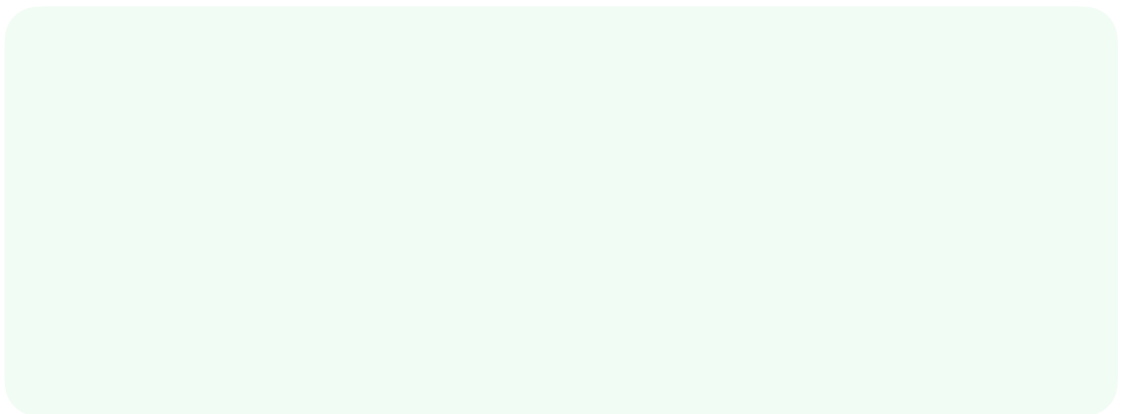
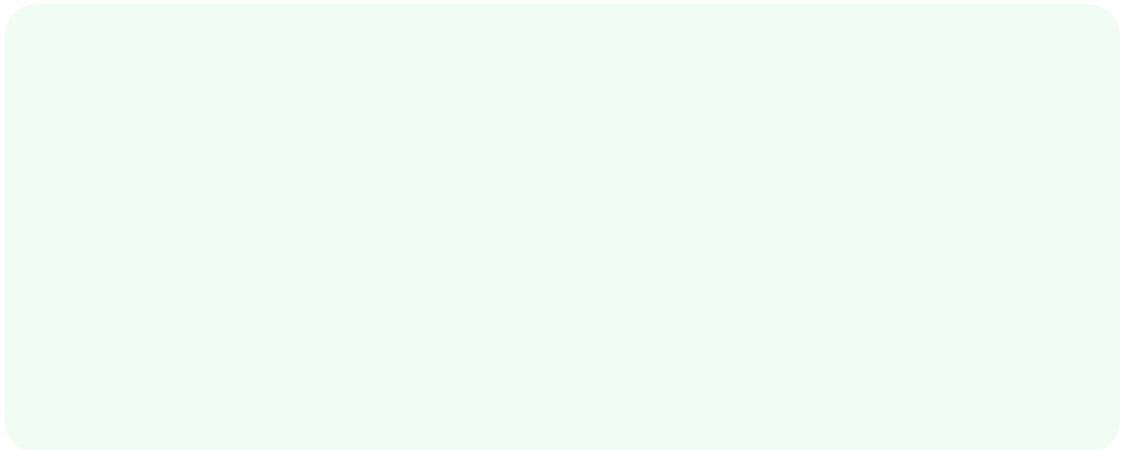
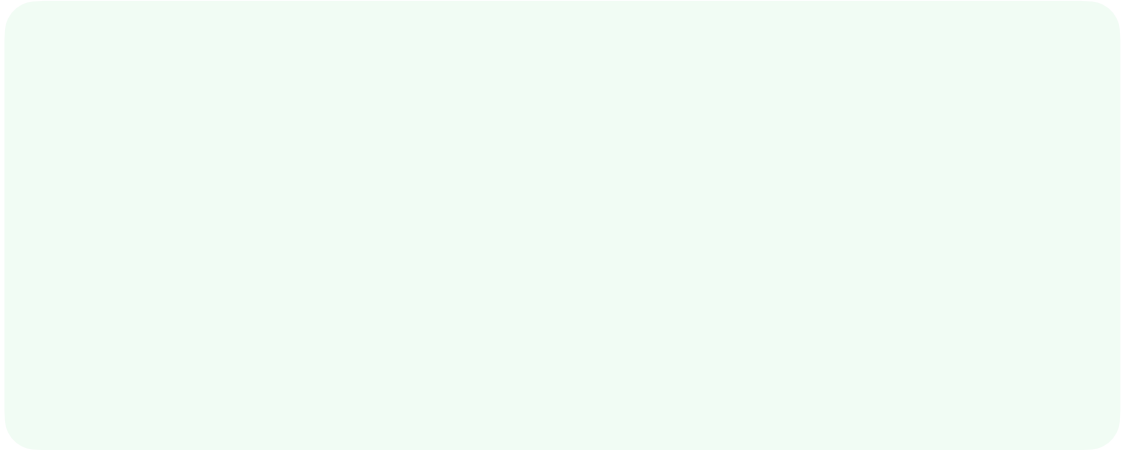
NOTHING AT ALL TIME

Not every moment needs to be scheduled! It is quite lovely to have time in your schedule for nothing at all! But most of us really do need to schedule it in!

Now, add your own!

If there are time signatures that are relevant to your TIME MAP, that were NOT included on the previous page, go ahead and add them here!

Time Signatures



Dr. Jodi's Take

Time Map

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM	Workout	Workout	Workout	Workout	Workout		
8AM	Kids on bus	Kids on bus	Kids on bus	Kids on bus	Kids on bus		
9AM	Client Hours		Client Hours		Client Hours		
10AM	Client Hours		Client Hours		Client Hours		
11AM	Client Hours		Client Hours		Client Hours	NOTHING	
12PM						NOTHING	
1PM						NOTHING	
2PM	Diamond time	Diamond time		Diamond time	Diamond time	NOTHING	
3PM	Diamond time	Diamond time		Diamond time	Diamond time	NOTHING	
4PM		Client Hours		Client Hours		NOTHING	Diamond time
5PM		Client Hours		Client Hours		NOTHING	Diamond time
6PM		Client Hours		Client Hours		NOTHING	
7PM	Kids dinner	Kids dinner	Kids dinner	Kids dinner	Kids dinner	NOTHING	
8PM						Family Meeting	Date night
9PM							
10PM							
11PM							

If I follow the TIME MAP above, I am good. I can get A LOT done. If I don't (and sometimes I don't) I regret it. I get disorganized and overwhelmed and let things slip. The most important time, for me, is the NOTHING time. I need it like I need air. And, as long as I stick to it, my world works. Really well.

Dr. Jodi Dinnerman

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
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