

Time Study

The essential steps to earning twice as much for every hour you work.

All too common, we spend way too much time on things that don't lead us to where we want to be!

SEWPerstars, that needs to change! We want you to know when your time to play is, when you need to focus, when you need to be ON, and when you can disconnect. We want you to see how much time you are wasting doing LOW-DOLLAR activities, so you can start to see how much time can be saved by NOT doing them (delegation).

The time study is exactly that; a study of how you currently spend your time. It will give you a 20/20 view of what you're currently doing with your time, so you can make empowering decisions and create the schedule you need to ROCK your practice and enjoy your life!

Don't get bogged down with technicalities of this exercise. Guesstimate, stay flexible and have fun!

Here we go.

1

Start your time study this Monday coming up.

2

Record how you use your time; each activity that you do throughout

3

Record how much money that activity is worth, by guesstimating what you would pay someone to do it for you.

4

Remember, some things you do are PRICELESS, and some are worth minimum wage. Don't think too far into this, just record.

5

Once you've finished one week's worth of daily worksheets, fill out the WEEKLY SUMMARY SHEET.

	Today's Date:	
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Weekly Summary

List the activities you did this week that are valued at \$0-\$15/hr

Total Hours:

List the activities you did this week that are valued at \$20-\$50/hr

Total Hours:

List the activities you did this week that are valued at \$55-\$90/hr

Total Hours:

List the activities you did this week that are valued at \$100 +/hr

Total Hours: