

"In research, a decision needs to be made at the beginning of what must be measured.

The way this is done is by assessing which specific variables will create the most significant outcomes.

In other words, that which will have the most impact.

Each one of us leads a very different life:

- Some work, some don't.
- Some have a lot of time unaccounted for, and some have nearly none. (Notice I didn't say some have "no time" - we all have the same amount of time!)
- Some do a lot of caregiving, some do none.

But the one thing we can all agree on is the measurement we can never be really sure of, and that's TIME.

Time is on our side - yes it is. That's what Mick Jagger said, anyway. And I have to agree with him -YES it is! But...only if you see it as the precious commodity that it is.

Time is not only a measurement, it's a currency - we spend it, waste it, or worse - kill it!

We have no idea how much we have of it and yet, so often, we act like it's endless and squander it.

So today I'm going to teach you how to use one of the most effective measuring sticks I know and it's FREE - The Timeblocking Sheet!

It's a simple tool to help figure out where your time is going AND to correct it to where you want it to go.

Once you get this visual together, you can figure out what needs correction.

Here is how to create a day that you want:

1. Goals - Use the TBYL Journal to whittle them down to just 3 Affirmation goals. (I'll be talking about this during Thursday's show!)
2. Schedule the stuff you want to do into your most productive time of day, AM or PM.
3. To-Do's have everything to do with goals. (See the examples below)
4. Copy off several Time Blocking Sheets - trust me!
5. Morning and Evening Rituals are bookends. Goals fit in between these.

6. Strive for excellence, not perfection!

7. On a day that you have extra time (Saturday or Sunday for most people) do some chunking:

- Batch cook
- Tackle a big project
- Meal Plan
- Brain Dump ideas
- Deep Clean

I shared examples of completed Time Blocking Sheets during the Show and highlighted the differences between someone who is just going through the motions, vs someone who actively plans their day and uses their time to realize their goals.

Here is an example of Mary Mayhem's Time Blocking Sheet.

Notice the large chunks of time spent working, watching Netflix, and browsing social media? There are no goals being checked off during the day, and she is exhausted by the time she goes to bed at midnight:

# Mary Mayhem's Time Block Sheet

## Time Blocking Sheet

6 am	Alarm - hit snooze	✓
6:30 am	Coffee, take dog out, FB, games,	
7 am	Instagram, TikTok, breakfast	
7:30 am	Shower, get ready, commute	
8 am	(late by 5 min)	
8:30 am	WORK	
9 am		
9:30 am		
10 am		
10:30 am		
11 am		
11:30 am		
12 pm	Lunch (spent \$8 FF) at desk,	
12:30 pm	check social media, games	
1 pm	WORK	
1:30 pm		
2 pm		
2:30 pm		
3 pm		
3:30 pm		
4 pm		
4:30 pm		
5 pm	Commute home	
5:30 pm	Take dog out, Netflix, heat up takeout	
6 pm	Netflix / Bingewatch	
6:30 pm		
7 pm		
7:30 pm		
8 pm		
8:30 pm		

Midnight - Bed

\* Kitchen a mess, me a mess (no hydration, movement, good food)

Now take a look at Veronica Vibrancy's Time Block Sheet:

Time Blocking Sheet			
	meditate		✓
6 am	Up - coffee, dog, sweaty w/out,		
6:30 am	Journal, read, write goals,		
7 am	Shower, get ready		
7:30 am	Smoothie on commute (when hungry) + supps		
8 am	Work (on time)		
8:30 am			
9 am	4 min w/out		
9:30 am			
10 am			
10:30 am	5 min arms/abs/leg (youtube) goal		
11 am			
11:30 am			
12 pm	lunch - packed HUS + protein, walked w/		
12:30 pm	friend, laughed, connected 4 min w/out		
1 pm			
1:30 pm			
2 pm	5 min additional arm or leg (goal)		
2:30 pm			
3 pm	Text spouse (goal)		
3:30 pm	Text kids (goal)		
4 pm			
4:30 pm			
5 pm	Commute Home		
5:30 pm	4 min w/out - make dinner		
6 pm	Eat dinner/clean up/night ritual		
6:30 pm	Stretch or yoga while watching TV		
7 pm			
7:30 pm	TV & or games on phone, fold		
8 pm	laundry projects, crafting, handwork		
8:30 pm	Read (goal)		
10 pm	Bed (9:30 bath)		
	nighttime meditation		

See how she checks off several goals before she even leaves for work, and then continues to meet her goals throughout the day in short 5-minute intervals? She also has a reminder to text her spouse and kids, and she does it because she has scheduled it into her day. She still watches TV in the evening but folds laundry at the same time. She also goes to bed early enough to wake up rested.

How can you become a better steward of your precious time?

Download your free Time Blocking Sheet at [savingdinner.com/time](http://savingdinner.com/time) and see for yourself!